

# Lithuania



## Policies, Interventions and Actions

### Commercial Determinants of Noncommunicable Diseases in the WHO European Region

This report highlights the substantial impact of commercial determinants on noncommunicable diseases (NCDs) in the WHO European Region. Nearly 7500 deaths per day in the Region are attributed to commercial determinants, such as tobacco, alcohol, processed food, fossil fuels and occupational practices. These commercial products and practices contribute to 25% of all deaths in the Region. The report’s chapters systematically explore various facets of how commercial interests exacerbate NCDs and key strategies used by commercial actors to negatively influence NCD-related policies at the national and international level. The report also provides selected case studies from the Region to illustrate key strategies and outcomes of industry influence on health policies. The report then calls for urgent and coordinated action to address the commercial determinants of NCDs. It advocates for building coalitions based on the values of equity, sustainability, and resilience. Public health actors are urged to develop competencies in economic and legal frameworks, enforce transparency, and manage conflicts of interest effectively. The report underscores the need for robust financial reforms and strict regulation to curb industry power and protect public health. By implementing these strategies, the Region can accelerate progress towards global NCD targets and Sustainable Development Goals by 2030.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2024 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation (WHO)
Linked document:	<a href="#">Download linked document</a>
References:	World Health Organization. Regional Office for Europe. (2024) Commercial Determinants of Noncommunicable Diseases in the WHO European Region. World Health Organization. Regional Office for Europe. <a href="https://iris.who.int/handle/10665/376957">https://iris.who.int/handle/10665/376957</a> . License: CC BY-NC-SA 3.0 IGO

## Annex III to Regulation (EC) No 1925/2006 of the European Parliament and of the Council as regards trans fat, other than trans fat naturally occurring in fat of animal origin

Measures to limit or virtually eliminate industrially-produced trans fatty acids in food intended for the final consumer and/or for supply to retail. Adopted by The European Commission from April 2019. (Available in multiple languages)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	The European Commission
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en/node/36162">https://extranet.who.int/nutrition/gina/en/node/36162</a> (last accessed 12.07.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## European practical and patient-centred guidelines for adult obesity management in primary care

This article aims to provide obesity management guidelines specifically tailored to GPs, favouring a practical patient-centred approach. The focus is on GP communication and motivational interviewing as well as on therapeutic patient education. The new guidelines highlight the importance of avoiding stigmatization, something frequently seen in different health care settings. In addition, managing the psychological aspects of the disease, such as improving self-esteem, body image and quality of life must not be neglected.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Linked document:	<a href="#">Download linked document</a>
References:	Dominique Durrer Schutz, Luca Busetto, Dror Dicker, Nathalie Farpour-Lambert, Rachel Pryke, Hermann Toplak, Daniel Widmer, Volkan Yumuk, Yves Schutz; European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care. <i>Obes Facts</i> 15 March 2019; 12 (1): 40–66. <a href="https://doi.org/10.1159/000496183">https://doi.org/10.1159/000496183</a>

## Standards for meals in health facilities

The mandatory order sets out quality requirements for the food products supplied and the permitted amounts of sugars, salt and fibre in food products supplied to patients.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework <a href="http://www.wcrf.org/NOURISHING">www.wcrf.org/NOURISHING</a>

## NCD Country Profiles 2018 (Obesity Targets)

The profiles also provide data on the key metabolic risk factors, namely raised blood pressure, raised blood glucose and obesity and National Targets on Obesity (as of 2017)

Categories:	Evidence of Obesity Target
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

## School Fruit, Vegetables and Milk Scheme

"Applicable since 1 August 2017, the EU school fruit, vegetables and milk scheme combines two previous schemes (the school fruit and vegetables scheme and the school milk scheme) under a single legal framework for more efficiency and an enhanced focus on health and educational. The scheme supports the distribution of products, educational measures and information measures. The scheme supports the distribution of fruit, vegetables, milk and certain milk products to schoolchildren, from nursery to secondary school. EU countries approve a list of products (in collaboration with their health and nutrition authorities) which will help achieve the schemes objective of helping children to follow a healthy diet. Priority is for fresh fruit and vegetables and for plain milk. In order to support a varied diet and/or specific nutritional needs, EU countries may also make processed fruit and vegetables such as juices and soups and certain milk products such as yoghurt and cheese, available. Additionally, under stricter conditions, milk-based drinks may be included." - EU Commission

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Organisation:	European Commission
Find out more:	<a href="http://ec.europa.eu">ec.europa.eu</a>
References:	<a href="https://ec.europa.eu/info/food-farming-fisheries/key-policies/common-agricultural-policy/market-measures/school-fruit-vegetables-and-milk-scheme/school-scheme-explained_en">https://ec.europa.eu/info/food-farming-fisheries/key-policies/common-agricultural-policy/market-measures/school-fruit-vegetables-and-milk-scheme/school-scheme-explained_en</a>

## GNPR 2016-2017: Infant and young child nutrition - Breastfeeding promotion and/or counselling

This programme was reported by countries for the 2nd WHO Global Nutrition Policy Review 2016-2017 module on actions related to infant and young child nutrition. Information provided by WHO GINA Programme.

Categories:	Evidence of Breastfeeding promotion or related activity
Year(s):	2016 (ongoing)
Target age group:	Children
Find out more:	<a href="http://extranet.who.int">extranet.who.int</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en">https://extranet.who.int/nutrition/gina/en</a> Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## NATIONAL PUBLIC HEALTH CARE 2016-2023

Lithuanian national public health care programme including national obesity strategy.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2016-2023
Target age group:	Adults and children
Organisation:	GOVERNMENT OF THE REPUBLIC OF LITHUANIA
References:	<a href="https://extranet.who.int/ncdccs/Data/LTU_B11_Visuomen%c4%97s%20sveikatos%20programa.pdf">https://extranet.who.int/ncdccs/Data/LTU_B11_Visuomen%c4%97s%20sveikatos%20programa.pdf</a>

## Physical Activity Promotion among Kaunas Region Communities Using Information Technology

This intervention involves the development of distance learning programmes to promote physical activity among Kaunas region communities.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Find out more:	<a href="http://www.lsu.lt">www.lsu.lt</a>
References:	WHO Europe: <a href="http://www.euro.who.int/en/countries/lithuania/news/news/2016/02/lithuanian-sports-university-and-kaunas-region-promote-physical-activity">http://www.euro.who.int/en/countries/lithuania/news/news/2016/02/lithuanian-sports-university-and-kaunas-region-promote-physical-activity</a> (last accessed 29.6.16)

## Standards or rules for foods and beverages available in schools and social care (Order V-964 Amendment 2016)

Catering standards for pre-schools, secondary schools and childrens' social care institutions. Criteria to determine which foods are prohibited, limited or encouraged are based on nutrient content (although specific foods and beverages are also banned).

Categories:	Evidence of School Food Regulations Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	Minister of Health of the Republic of Lithuania
Find out more:	<a href="http://e-seimas.lrs.lt">e-seimas.lrs.lt</a>
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of GINA (Global database on the Implementation of Nutrition Action) <a href="https://extranet.who.int/nutrition/gina/sites/default/files/2015%20Amending%202011%20school%20food%20law.pdf">https://extranet.who.int/nutrition/gina/sites/default/files/2015%20Amending%202011%20school%20food%20law.pdf</a> . Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Law on Food Advertising

Laws on advertising food products including marketing of energy drinks to under 18 year olds, food content, characteristics, infant formula, genetic modification and food supplements.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Republic of Lithuania
Find out more:	<a href="http://e-seimas.lrs.lt">e-seimas.lrs.lt</a>
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of GINA (Global database on the Implementation of Nutrition Action) <a href="https://extranet.who.int/nutrition/gina/sites/default/files/LTU%202015%20Law%20on%20Advertising.pdf">https://extranet.who.int/nutrition/gina/sites/default/files/LTU%202015%20Law%20on%20Advertising.pdf</a> . Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Republic of Lithuania Law on Advertising

The Republic of Lithuania Law on Advertising includes food marketing restrictions in children's television programmes.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Children
Organisation:	Lithuanian Government
Find out more:	<a href="http://e-seimas.lrs.lt">e-seimas.lrs.lt</a>
References:	<a href="https://www.sciencedirect.com/science/article/pii/S0195666320303135">https://www.sciencedirect.com/science/article/pii/S0195666320303135</a>

## European Union (EU) Action Plan on Childhood Obesity 2014-2020

EU Action plan. To contribute to halting the rise in overweight and obesity in children and young people (0-18 years) by 2020

Categories:	Transnational Obesity Strategies/Policy or Action Plan
Year(s):	2014-2020
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	<a href="http://ec.europa.eu">ec.europa.eu</a>
Linked document:	<a href="#">Download linked document</a>
References:	EU Action Plan on Childhood Table of contents [Internet]. Available from: <a href="https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf">https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf</a> &amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;wnj;

## Law on Advertising - Energy drink advertisement

The Lithuanian Parliament passed legislation in 2014 which prohibits the advertisement of energy drinks to children (under 18s) via sponsorship in media and in physical settings such as schools, cinemas. etc as part of an amendment to their Law on Advertising.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2014 (ongoing)
Target age group:	Children

## National Health Strategy 2014-2025

Aims to make people living in Lithuania healthier, prolong their life expectancy, improve the health of the population and reduce health inequalities by forming a healthy lifestyle and its culture, promoting healthy eating habits, developing optimal physical activity habits, improving maternal and child health and strengthening the prevention and control of chronic non-infectious diseases.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2014-2025
Target age group:	Adults and children
Organisation:	The Seimas of the Republic of Lithuania
Find out more:	<a href="http://www.e-tar.lt">www.e-tar.lt</a>
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of GINA (Global database on the Implementation of Nutrition Action) <a href="https://extranet.who.int/nutrition/gina/sites/default/files/LTU%202014%20National%20Health%20Strategy%202014-2025.pdf">https://extranet.who.int/nutrition/gina/sites/default/files/LTU%202014%20National%20Health%20Strategy%202014-2025.pdf</a> . Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Ordering on Labelling of foodstuffs by Keyhole symbol

Regulations on food labelling using a keyhole symbol to reduce morbidity by CVD, cancer, obesity, diabetes and improve a nutrition of population by promoting choice of foodstuffs containing less fat, sugar and (or) salt and (or) more dietary fibre among other similar foodstuffs.

Categories:	Labelling Regulation/Guidelines
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://sam.lrv.lt">sam.lrv.lt</a>
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of GINA (Global database on the Implementation of Nutrition Action) <a href="https://extranet.who.int/nutrition/gina/sites/default/files/LTU%202017%20Health%20Claim%20Labeling%20Symbol.pdf">https://extranet.who.int/nutrition/gina/sites/default/files/LTU%202017%20Health%20Claim%20Labeling%20Symbol.pdf</a> . Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>



## Commission on health affairs

The Lithuanian Commission on Health Affairs, an inter-institutional coordination of activities related to health, including nutrition, was established in 2013.

Categories: Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan

Year(s): 2013 (ongoing)

## NCD targets for Lithuania

Lithuania's NCD targets include the aim of stabilising the rate of obesity growth for both men (18% overweight in 2012) and women (19% overweight in 2012) for ages 20-64 by 2025

Categories: Evidence of NCD strategy

Year(s): 2012-2025

References: [https://extranet.who.int/ncdccs/Data/LTU\\_Lithuania\\_NCD\\_targets\\_2019.pdf](https://extranet.who.int/ncdccs/Data/LTU_Lithuania_NCD_targets_2019.pdf)

## EU Regulation 1169/2011

Passed in 2011, EU Regulation 1169/2011 on the Provision of Food Information to Consumers requires a list of the nutrient content of most pre-packaged food to be provided on the back of the pack from October 2011.

Categories: Labelling Regulation/Guidelines

Year(s): 2011 (ongoing)

Target age group: Adults and children

Organisation: European Parliament and the Council of the European Union

Find out more: [eur-lex.europa.eu](http://eur-lex.europa.eu)

References: Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <https://extranet.who.int/nutrition/gina/en/node/22917> (last accessed 28.06.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <https://gifna.who.int/>

## Evaluation of the EU school milk and fruit scheme

European Court of Auditors (2011) Are the school milk and school fruit schemes effective? Special Report No 10. Publications Office of the European Union, Luxembourg.

Categories:	Health Effectiveness Reviews (obesity related)
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	EUROPEAN COURT OF AUDITORS
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework <a href="http://www.wcrf.org/NOURISHING">www.wcrf.org/NOURISHING</a>

## National Sport Development Strategy

A national policy strategy on physical activity

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2011-2020
Target age group:	Adults and children
Organisation:	Government
Find out more:	<a href="http://www3.lrs.lt">www3.lrs.lt</a>

## Regulations on pre-school and school nutrition (with 2016 amendments)

Guidelines on pre-school and school nutrition aiming to create conditions conducive to the health of children's diet, to ensure the best food safety and quality, to satisfy the physiological needs of children's nutrients, and to develop healthy eating habits.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	Office of the Seimas of the Republic of Lithuania
Find out more:	<a href="http://extranet.who.int">extranet.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of GINA (Global database on the Implementation of Nutrition Action) <a href="https://extranet.who.int/nutrition/gina/sites/default/files/LTU%202011%20Preschool%20and%20school%20nutrition.pdf">https://extranet.who.int/nutrition/gina/sites/default/files/LTU%202011%20Preschool%20and%20school%20nutrition.pdf</a> Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## EU health and nutrient claims regulation

Regulation n° 1924/2006 establishes EU-wide rules on the use of specified health and nutrient claims. The European Commission approves claims provided they are based on scientific evidence and accessible consumers. The European Food Safety Authority is responsible for evaluating the scientific evidence supporting health claims. Nutrition claims may only be used on food defined as "healthy" by a nutrient profile.

Categories:	Labelling Regulation/Guidelines
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	European Commission
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924">https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924</a>

## Nutrition-Friendly Schools Initiative (NFSI)

"The NFSI is a school-based programme that addresses the double burden of malnutrition –undernutrition, including micronutrient deficiencies, and overweight/obesity. It is a tool for developing a school environment that promotes the nutritional well-being of school-age children and increases their physical activity levels."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2006 (ongoing)
Target age group:	Children
Organisation:	World Health Organization
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://ec.europa.eu/health/sites/default/files/nutrition_physical_activity/docs/implementation_report_a1c_en.pdf">https://ec.europa.eu/health/sites/default/files/nutrition_physical_activity/docs/implementation_report_a1c_en.pdf</a>

## Lithuania's State Food and Nutrition Strategy and Action Plan for 2003-2010

Lithuania's State Food and Nutrition Strategy State Action Plan for 2003-2010 includes specific nutritional goals, but does not mention food marketing to children

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2003-2010
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>

## State Food and Nutrition Strategy

In 2001, the Government of the Republic of Lithuania approved the State Food and Nutrition Strategy.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2003-2010
Target age group:	Adults and children
Organisation:	Government of the Republic of Lithuania
References:	<a href="https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/TAIS.219949/asr">https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/TAIS.219949/asr</a>

## GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	<a href="https://extranet.who.int">extranet.who.int</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en">https://extranet.who.int/nutrition/gina/en</a> Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

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