

Malta



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:	Adultos e crianças
Organisation:	World Health Organisation (WHO)
Linked document:	Download linked document
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. https://iris.who.int/handle/10665/376957 . 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:	Adultos e crianças
Organisation:	The European Commission
Linked document:	Download linked document
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/36162 (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: https://gifna.who.int/

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:	Download linked document
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. https://doi.org/10.1159/000496183

Weight Management Programme

"The programme consists of two sessions per week for a period of 12 weeks. Each session is of 2 hours duration, various topics relating to healthy nutrition and weight loss are presented and discussions take place in a group setting."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2018 (ongoing)
Target age group:	Adultos
Organisation:	Maltese Government
References:	https://deputyprimeminister.gov.mt/en/phc/Pages/Services/Nutritionist/Weight-Management-Programme.aspx

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:	Adultos e crianças
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:	ec.europa.eu
References:	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

Dietary Guidelines for Maltese Adults

The dietary guidelines in Malta were updated and published in 2016 and include a graphical representation of a 'Healthy Plate'

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
Target age group:	Adultos
Organisation:	Ministry of Health
Find out more:	health.gov.mt
Linked document:	Download linked document

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:	Crianças
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en 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/

The Mediterranean Diet Campaign

As part of the OPEN (Obesity Prevention through European Network) project, the Mediterranean Diet campaign is a multi-media campaign aiming to reach out to various sectors of the population. It focuses on the Mediterranean Diet as outlined in the new Food Based Dietary Guidelines and the various services being offered across the health sector to prevent unhealthy weight.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2016 (ongoing)
Target age group:	Adultos e crianças
Organisation:	Ministry of Health
Find out more:	deputyprimeminister.gov.mt

A whole school approach to a healthy lifestyle: Healthy Eating and Physical Activity policy

This policy aims to get schools working together with policy makers, parents and communities to create an environment where students eat healthily, become physically fit and develop lifelong habits that contribute to wellness.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Crianças
Organisation:	Ministry for Education and Employment
Find out more:	ehealth.gov.mt
Linked document:	Download linked document

Food and Nutrition Policy and Action Plan for Malta 2015-2020

A plan that sets out priority action areas in order to address the main public health challenges facing the Maltese Nation in the area of nutrition and food security.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015-2020
Target age group:	Adultos e crianças
Organisation:	Health Promotion and Disease Prevention Directorate, Parliamentary Secretariat for Health
Find out more:	ehealth.gov.mt
Linked document:	Download linked document

Lunchbox Campaign 2015

The Health Promotion and Disease Prevention Directorate has teamed up with the Education Authorities to launch a campaign to encourage healthier lunchboxes. This is one of the implementation measures of the Whole of school approach to healthy lifestyles: healthy eating and physical activity.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	Crianças
Organisation:	The Health Promotion and Disease Prevention Directorate
Find out more:	deputyprimeminister.gov.mt
Linked document:	Download linked document

Move for Health Day 2015

The day provides a focal point to generate public awareness of the benefits of physical activity in the prevention of non-communicable diseases.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	Adultos e crianças
Organisation:	Government of Malta
Find out more:	deputyprimeminister.gov.mt

National Breastfeeding Policy And Action Plan 2015-2020

The 2015-2020 National Breastfeeding Policy and Action Plan updates the previous policy in line with current scientific evidence on the short and long term benefits of breast feeding to the mother and child, to achieve higher exclusive breastfeeding rates for the first six months and thereafter for breastfeeding to continue with appropriate complementary foods.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015-2020
Target age group:	Crianças
Organisation:	Health Promotion and Disease Prevention Directorate
Linked document:	Download linked document

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:	Adultos e crianças
Organisation:	European Parliament and the Council of the European Union
Find out more:	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:	Crianças
Organisation:	EUROPEAN COURT OF AUDITORS
Linked document:	Download linked document
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework www.wcrf.org/NOURISHING

Healthy Eating Lifestyle Plan (HELP)

This document is aimed primarily at schools to encourage them to give high priority to healthy eating and healthy lifestyles. It aims to design, implement and monitor school healthy eating lifestyle plans.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2007 (ongoing)
Target age group:	Crianças
Organisation:	Ministry of Education, Youth and Employment
Find out more:	education.gov.mt
Linked document:	Download linked document

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:	Adultos e crianças
Organisation:	European Commission
Linked document:	Download linked document
References:	https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924

Broadcasting code for the protection of minors

"Maltese subsidiary legislation 350.05 "Broadcasting Code for the Protection of Minors", which came into force on 1 September 2000 and was amended in 2010, states in paragraph 19: "Advertisements for confectionery and snack foods shall not suggest that such products may be substituted for balanced meals" - WHO

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2000 (ongoing)
Target age group:	Crianças
Organisation:	Maltese Government
Find out more:	academic.oup.com
References:	https://www.euro.who.int/__data/assets/pdf_file/0006/155436/e96047.pdf

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:	Adultos
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en 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/

NCD targets for Malta

Malta's NCD targets include: • Reduce the prevalence of obesity within the population over the age of 15 years from 22% to 18% by 2020 • Keep the prevalence of obesity among 13 year olds below 15% by 2020.

Categories:	Evidence of NCD strategy
Target age group:	Adultos e crianças
References:	https://extranet.who.int/ncdccs/Data/MLT_Malta_NCD_targets.pdf

On the Move Programme

"This programme offers all age groups to enjoy sports in various localities through Malta and Gozo" The mission of this programme is "moving a nation through the promotion and development of sport for a healthy, inclusive and successful Malta"

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Adultos e crianças
Organisation:	Sport Malta
References:	http://sportmalta.mt/programmes/onthemove-programme/

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