

Malta



Policies, Interventions and Actions

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:	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)

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:	Adults
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:	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:	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:	Adults
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:	Children
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

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:	Adults and children
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:	Children
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:	Adults and children
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:	Children
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:	Adults and children
Organisation:	Government of Malta
Find out more:	deputyprimeminister.gov.mt

A healthy weight for life 2012-2020

A national obesity strategy to address the prevalence of obesity, and reduce the health, social and economic consequences of excess body weight. Includes nutrition and physical activity strategies.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2012-2022
Target age group:	Adults and children
Organisation:	Public Health, Ministry for Health,the Elderly and Community Care (Malta)
Find out more:	deputyprimeminister.gov.mt
Linked document:	Download linked document
References:	Public Health Ministry for Health, the Elderly and Community Care 'A Healthy Weight for Life': A National Strategy for Malta. Available from: https://deputyprimeminister.gov.mt/en/Documents/National-Health-Strategies/hwL_en.pdf (Accessed 13th October 2020)

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
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)

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:	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:	Children
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:	Adults and children
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:	Children
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:	Adults
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

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:	Adults and children
References:	https://extranet.who.int/ncdccc/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:	Adults and children
Organisation:	Sport Malta
References:	http://sportmalta.mt/programmes/onthemove-programme/

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