

# North Macedonia



## 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 |

## Mandatory limit on trans fatty acids

Mandatory national limit of iTFA <2 g/100 g total oils and fats in all foods.

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|-------------------|---|
| Categories:       | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s):          | 2023 (ongoing)  |
| Target age group: | Adults and children   |
| Organisation:     | Ministry of Health  |
| Find out more:    | <a href="http://www.slvesnik.com.mk">www.slvesnik.com.mk</a>              |

## Subsidised Student Meals

February, 2020, a Law on Subsidized Student Meal was adopted by the Macedonian Assembly. The purpose of the Law is to improve the student standard and quality of student services through state subvention of 120 MKD (2 EUR per day) for healthy meal or 2,400 MKD (approximately 40 EUR) monthly for all full-time students studying at public and private universities

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| Year(s):         | 2020 (ongoing)                              |
| Organisation:    | The Government of the Republic of Macedonia |
| Linked document: | <a href="#">Download linked document</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.

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|------------------|---|
| 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> |

## Better nutrition for children in kindergartens and schools for quality early child growth and development

Press release presenting Ministry of Health legislative changes to protect children and provide healthier foods in kindergarten

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|-------------------|--|
| Categories:       | Taxation/Subsidies on Food or Beverages or law relating to public health |
| Year(s):          | 2018 (ongoing)   |
| Target age group: | Children   |
| Linked document:  | <a href="#">Download linked document</a>                                 |

## Food-based dietary guidelines - The Republic of North Macedonia

The Macedonian dietary guidelines are developed by the Institute of Public Health. They are endorsed by the Ministry of Health. (Available only in Macedonian language)

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| Categories:       | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan  |
| Year(s):          | 2014 (ongoing)   |
| Target age group: | Adults and children  |
| Organisation:     | Ministry of Health   |
| Linked document:  | <a href="#">Download linked document</a>   |
| References:       | <a href="https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/the-former-yugoslav-republic-of-macedonia/en/">https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/the-former-yugoslav-republic-of-macedonia/en/</a> (last accessed 21.07.22) |

## Health is a Choice! Healthy Food and Healthy Lifestyle for a Long Life!

This is a government campaign to raise awareness about the importance of eating healthy food, leading a healthy lifestyle and exercising. The campaign includes TV and radio commercials, media advertisements and billboards.

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|-----------------------|--|
| Categories (partial): | Evidence of Community Interventions/Campaign |
| Year(s):              | 2014-2015                                    |
| Target age group:     | Adults and children                          |
| Organisation:         | Government of the Republic of Macedonia      |
| Find out more:        | <a href="http://vlada.mk">vlada.mk</a>       |

## National mandatory standards for food available in school

National mandatory standards for food available in schools adopted by the Minister of Labor and Social Policy from January 2014. (Available only in Macedonian language)

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|-------------------|---|
| Categories:       | Evidence of School Food Regulations   |
| Year(s):          | 2014 (ongoing)  |
| Target age group: | Children  |
| Organisation:     | Minister of Labor and Social Policy   |
| 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/25718">https://extranet.who.int/nutrition/gina/en/node/25718</a> (last accessed 20.07.22) 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> |

## Committee on environment and health

National Multisectoral stakeholder mechanism in place (such as Coalition, Taskforce, Committee) for Obesity or Nutrition (including obesity)

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|-------------------|---|
| Categories:       | Evidence of a multi-sectoral national coordination mechanism for obesity or nutrition (including obesity) |
| Year(s):          | 2013 (ongoing)  |
| Target age group: | Adults and children   |
| Organisation:     | Prime Minister  |
| Linked document:  | <a href="#">Download linked document</a>  |

## The Macedonian National Nutrition Action Plan (2009-2014)

The Macedonian National Nutrition Action Plan (2009-2014) includes education in pre-school and school programmes, with guides and training provided for staff

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| Categories:       | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan   |
| Year(s):          | 2009-2014   |
| Target age group: | Adults and children   |
| Organisation:     | The Government of the Republic of Macedonia   |
| References:       | Currently a web link to this intervention is unavailable. If you are aware of the location of this document/intervention, please contact us at <a href="mailto:obesity@worldobesity.org">obesity@worldobesity.org</a> |

## National regulation with maximum thresholds for manufactured food/drink content

National regulation with maximum thresholds for manufactured food/drink content relating to specific unhealthy ingredients adopted by the Government of Macedonia from September 1999. (Available only in Macedonian language)

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| Categories:       | Evidence of Marketing Guidelines/Policy   |
| Year(s):          | 1999 (ongoing)  |
| Target age group: | Adults and children   |
| Organisation:     | Government of Macedonia   |
| 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/25883">https://extranet.who.int/nutrition/gina/en/node/25883</a> (last accessed 20.07.22) 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> |

## 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)

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| 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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