

Norway



Policies, Interventions and Actions

Tax on sugar and chocolate

Norway taxes non-alcoholic beverages containing added sugar or sweeteners, chocolate, sugar and sugar products. Rate for 2020 Chocolate and sugar products NOK 21.22 per kg

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	www.skatteetaten.no
References:	The Norwegian Tax Administration

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)

Nasjonal handlingsplan for bedre kosthold (2017-2021). Sunt kosthold, mÅltidsglede og god helse for alle! [National Action Plan for Better Diet (2017-2021). Healthy diet, meal pleasure and good health for everyone!]

Aiming for a healthy and varied diet throughout the population regardless of gender, age, geography, socioeconomic status, cultural background, functional ability, religion and philosophy of life.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017-2021
Target age group:	Adults and children
Organisation:	Departementene
Find out more:	www.regjeringen.no
Linked document:	Download linked document
References:	Information provided with kind permission of GINA (Global database on the Implementation of Nutrition Action) https://extranet.who.int/nutrition/gina/sites/default/files/NOR%202017%20Nasjonal%20handlingsplan%20for%20bedre%20kosthold.pdf

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.

Food-based dietary guidelines - Norway

The Nordic nutrition recommendations were developed by a Nordic working group established by the Nordic Council of Ministers; the process was transparent and involved approximately 100 experts. The 'Food-based dietary guidelines for public health promotion and prevention of chronic diseases - Methodology and scientific evidence' was drafted by Norwegian experts on nutrition and health; the process leading to the final document included open hearings. The merging of these two documents was done by the Norwegian Directorate of Health, the resulting product being the 'Norwegian guidelines on diet, nutrition and physical activity, published in 2014'. (Available only in English)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Linked document:	Download linked document
References:	https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/norway/en/ (last accessed 21.07.22)

Norwegian guidelines on diet, nutrition and physical activity

These recommendations aim to reduce the risk of diseases associated with diet and physical inactivity.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Norwegian Directorate of Health
Find out more:	helsedirektoratet.no
Linked document:	Download linked document

Activity alliance

7 health promotion actors have made an alliance to promote physical activity and an active lifestyle through the campaign 'Cheering you'!

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2012 (ongoing)
Target age group:	Adults and children
Organisation:	Den Norske Turistforening, Skiforeningen, Syklistenes Landsforening, Grete Roede, Sportsbransjen, Virke Trening and Gjensidigestiftelsen
Find out more:	aktivitetsalliansen.no

Nordic Nutrition Recommendation 2012: Integrating nutrition and physical activity

Guidelines for dietary composition and recommended intakes of nutrients.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2012 (ongoing)
Target age group:	Adults and children
Organisation:	Nordic Council of Ministers, Nordic Council of Ministers Secretariat.
Find out more:	www.norden.org
Linked document:	Download linked document

Small steps - big difference (Sma grep, stor forskjell)

This is a national dietary advice campaign encouraging people to make changes to their diet to improve their health over time.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2012 (ongoing)
Target age group:	Adults and children
Organisation:	The Norwegian Health Directorate
Find out more:	www.iccp-portal.org

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 13 December 2016.

Categories:	Labelling Regulation/Guidelines
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	European Parliament and the Council of the European Union
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/22917 (last accessed 28.06.22)

Guidelines for marketing food and beverages to children

Self-regulatory guidelines to supplement and elaborate existing national legislation to promote responsible marketing practice and raise awareness

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	Children
Organisation:	Norwegian Ministry of Healthcare services
Linked document:	Download linked document

The Key Hole Label

Food label that identifies products containing less fat, sugars and salt and more dietary fibre than other products within the same category

Categories:	Labelling Regulation/Guidelines
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	The Norwegian Directorate of Health (Helsedirektoratet) and Norwegian Food Safety Authority (Mattilsynet).
Find out more:	www.nokkelhullsmarket.no

Prescriptions for a Healthier Norway. A broad policy for public health - short version

This White Paper draws up strategies for a healthier Norway

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2003 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Social Affairs
Find out more:	thepep.unecce.org
Linked document:	Download linked document
References:	Information provided with kind permission of HEPA Europe (European network for the promotion of health-enhancing physical activity): http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe

Get Out!

This intervention aims to increase the level of physical activity in the whole population by promoting hiking (friluftsliv).

Categories:	Evidence of Physical Activity Guidelines/Policy
Target age group:	Adults and children
Organisation:	The Nordmøre and Romsdal Outdoor council
Find out more:	www.stikkut.no

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