

Oman



Policies, Interventions and Actions

Obesity National Clinical Management Guidelines 2024

The guidelines covers the whole treatment and management pathway for adults and children, starting with adequate assessment and diagnosis and including lifestyle and psychosocial interventions, pharmacological management and endoscopic and bariatric surgery.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2024 (ongoing)
Target age group:	Voksne og børn
Organisation:	Oman Ministry of Health
Linked document:	Download linked document

Ban on Trans Fats

On the 24 July 2022, Oman implemented a best-practice trans fatty acids policy. The policy - a ban the production, import and/or marketing of PHO and food products in which these oils are used - was passed in April 2022.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2022 (ongoing)
Target age group:	Voksne og børn
Organisation:	Minister of Agriculture and Fisheries and Water Resources
Linked document:	Download linked document

National Nutrition Strategy and Framework for Action 2020 – 2030 for the Sultanate of Oman

The overall objective of the strategy over the next 10 years is to ensure universal access to healthy and sustainable diets, and implement effective nutrition actions, in order to improve nutrition throughout the life course for mothers, infants, children, adolescents and older people, and prevent undernutrition, overweight, obesity and diet-related NCDs. Specific objectives within the strategy include to reduce the prevalence of overweight in children under 5 years, halt the rise in diabetes and obesity in adults by 2030 and halt the rise in overweight in school-age children and adolescents 5-18 years old.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2020-2030
Target age group:	Voksne og børn
Organisation:	Ministry of Health
Linked document:	Download linked document

Strategy on nutrition for the Eastern Mediterranean Region 2020-2030

The WHO strategy on nutrition for the Eastern Mediterranean Region (2020-2030) sets objectives and plans to improve nutrition in the region by 2030. This includes preventing overweight, obesity, and diet-related NCDs. The strategy sets targets to reduce the prevalence of overweight in children under 5, halt the rise in diabetes and overweight in adults, halt the rise in overweight in children and adolescents, and eliminate industrially-processed trans fats from the food supply. A framework for countries to reach these goals is provided.

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Year(s):	2020-2030
Target age group:	Voksne og børn
Organisation:	World Health Organization
Find out more:	iris.who.int
Linked document:	Download linked document
References:	Strategy on nutrition for the Eastern Mediterranean Region, 2020–2030. Cairo: WHO Regional Office for the Eastern Mediterranean; 2019. Licence: CC BY-NC-SA 3.0 IGO

Mandatory measures to reduce sodium in bread

Mandatory measures to reduce sodium in bread became mandatory as of May 2019. There a limit of 0.5% (0.5 g of salt in 100 g of bread) for flat bread (Arabic bread) and for other kinds of bread such as sliced bread or French bread a 1% limit (1 g of salt in 100 g of bread).

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2019 (ongoing)
Target age group:	Voksne og børn
Organisation:	Ministry of Commerce and Industry
Linked document:	Download linked document
References:	https://qanoon.om/p/2019/moci20190095/ (Accessed 27.01.22)

Tax on sugar sweetened beverages

In June 2019, a tax on energy drinks (100%) and carbonated soft drinks (50%) came into force. In 2020, the rate increased and the tax was extended to cover all sugar-sweetened beverages. Unsweetened waters, 100% juice, milk and other dairy products that contain at least 75% milk are exempt.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2019 (ongoing)
Target age group:	Voksne og børn
Organisation:	Oman Ministry of Health
Find out more:	tms.taxoman.gov.om

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:	Voksne og børn
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

National plan for the prevention and control of chronic non-communicable diseases 2016-2025

Categories:	Evidence of NCD strategy
Year(s):	2016-2025
Target age group:	Voksne og børn
Organisation:	Ministry of Health
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 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/

National Nutrition Strategy - Strategic Study 2014-2050

One of the objectives within this strategy is to reduce the prevalence of overweight and obesity to < 5% of the population through exercise and a balanced diet of fresh vegetables and fruits.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2014-2050
Target age group:	Voksne og børn
Organisation:	Department of Nutrition Ministry of Health Sultanate of Oman
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 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/

Gulf Technical Regulation: Labeling of prepackaged food stuffs

Gulf Cooperation Council countries namely adopted the standards GSO (09/2013) Amd 2016 and GSO (150-2/2013) for labeling of pre-packaged foods and shelf life. According to this GCC-wide standard, prepackaged food product labels should be in Arabic or include an Arabic language translation of the label. Producers and retailers are also mandated to provide a list of the nutrient content of pre-packaged food products, even in the absence of a nutrition or health claim.

Categories:	Labelling Regulation/Guidelines
Year(s):	2013 (ongoing)
Target age group:	Voksne og børn
Organisation:	Gulf Cooperation Council
Linked document:	Download linked document
References:	https://www.gso.org.sa/store/standards/GSO:615544/GSO%209:2013?lang=en

Breastfeeding policy

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011 (ongoing)
Target age group:	Børn
Organisation:	Ministry of Health
Linked document:	Download linked document

Responsible Food and Beverage Marketing to Children Pledge

The Responsible Food and Beverage Marketing to Children Pledge, initially adopted in the GCC in 2010, is a voluntary commitment by the signatory companies to conduct responsible food and beverage marketing to children. The pledge informs and benchmarks how food and beverage products are marketed in a responsible way to children under the age of 12 in the region. In 2016 the pledge was enhanced by applying a set of nutrition criteria to define 'better for you options'. The pledge was endorsed by the Advertising Business Group in 2018.

Categories:	Industry/Government regulations - voluntary /pledges
Categories (partial):	Evidence of Marketing Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	Børn
References:	https://campaignme.com/global-food-beverage-companies-in-the-gcc-achieve-100-commitment-to-restrict-marketing-to-children/

The Omani Guide to Healthy Eating

This is a set of dietary guidelines to encourage healthy eating in Oman.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2009 (ongoing)
Target age group:	Voksne og børn
Organisation:	Department of Nutrition, Ministry of Health
Linked document:	Download linked document
References:	The Food and Agriculture Organization of the United Nations. http://www.fao.org/nutrition/education/food-based-dietary-guidelines/regions/countries/oman/en/ (last accessed 2 March 2016)

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:	Voksne
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/

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