

Poland



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:	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

Sugar tax levy

In August 2020, legislation was passed which placed a levy/tax on beverages containing sugar, caffeine or taurine & some alcoholic beverages. the tax is tiered based on sugar content.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2021 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	isap.sejm.gov.pl

Adoption of regulations aimed at limiting consumption of sugar sweetened beverages (Discussion)

Position of the National Consultant in the field of Public Health on launching a discussion on the adoption of regulations aimed at limiting the consumption of high-sugar products, including beverages

Categories (partial):	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Find out more:	www.gov.pl
Linked document:	Download linked document

Healthy eating recommendations: Plate of Healthy Eating (Polish: Zalecenia zdrowego Ā¼ywnienia: Talerz zdrowego Ā¼ywnienia).

Poland published the current version of its dietary guidelines for general the population in 2020.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute of Public Health
References:	http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/poland/en/

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) 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

Sugar, obesity - consequence

Report (in Polish) by the National Health Fund on behalf of the Ministry of Health

Categories (partial):	Labelling Regulation/Guidelines
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	National Health Fund, Ministry of Health
Find out more:	www.gov.pl
Linked document:	Download linked document

Health Employer

Programme for improving health and wellbeing of employees. Employers can apply for certification

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2018 (ongoing)
Target age group:	Adults
Organisation:	Ministry of Health
Find out more:	www.gov.pl

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

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 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 Health Program for 2016-2020

National health program aiming to improve the diet, nutritional status and physical activity of the society.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016-2020
Target age group:	Adults and children
Organisation:	Legal Journal of the Government of Poland
Find out more:	dziennikustaw.gov.pl
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/POL%202016%20National%20Health%20Policy%202016-2020.pdf . 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 Program for Combating Cancer Diseases

Categories:	Evidence of NCD strategy
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2016-2024
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	isap.sejm.gov.pl

Sport Development Programme 2020

The vision set out in the Programme, to be implemented through strategic sport activities, is a society with a well-developed habit of practicing physical activity with sufficient frequency and intensity to enjoy a healthy and longer life.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Sport and Tourism
Find out more:	en.msport.gov.pl
Linked document:	Download linked document

Act on Food and Nutrition Safety

The Polish Act on Food and Nutrition Safety was updated in 2014 to include mandatory nutritional standards for food in schools. The amendment also set restrictions on advertisement and promotional activity in schools.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2014 (ongoing)
Target age group:	Children
References:	http://extwprlegs1.fao.org/docs/pdf/pol113724.pdf (document in Polish)

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) 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:	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

Principles of healthy eating for adults

These principles of healthy eating were developed and endorsed by the National Food and Nutrition Institute in collaboration with the Ministry of Health

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2010 (ongoing)
Target age group:	Adults
Organisation:	National Food and Nutrition Institute, Ministry of Health
Find out more:	www.fao.org
Linked document:	Download linked document

The Toy Box Study

The Toy Box intervention is a multicomponent, kindergarten-based, family-involved intervention, focusing on the promotion of water consumption, healthy snacking, physical activity and the reduction/ breaking up of sedentary time in preschool children and their families.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2010-2014
Target age group:	Adults and children
Organisation:	EU funded multidisciplinary team project
Find out more:	www.toybox-study.eu

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Categories:	Evidence of Community Interventions/Campaign
Year(s):	2010-2014
Target age group:	Adults and children
Organisation:	EU funded multidisciplinary team project
Find out more:	www.toybox-study.eu

Principles of healthy eating for children and adolescents

These principles of healthy eating were developed and endorsed by the National Food and Nutrition Institute in collaboration with the Ministry of Health

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2009 (ongoing)
Target age group:	Children
Organisation:	National Food and Nutrition Institute, Ministry of Health
Find out more:	www.fao.org
Linked document:	Download linked document

Healthy Stadia Network

"At Healthy Stadia, we encourage professional and amateur sports clubs, league operators, national and international governing bodies of sport to develop their stadia and sports facilities as health-promoting environments. We do this by supporting them to adopt a range of policies and practices in support of the health of their fans, their staff and the surrounding community. The definition we give to Healthy Stadia is: Healthy Stadia are... those who promote the health of visitors, fans, players, employees and the surrounding community... places where people can go to have a positive, healthy experience playing or watching sport."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2008 (ongoing)
Target age group:	Adults and children
References:	https://healthystadia.eu/healthy-stadia-concept/

The Choices Programme

The Choices Programme is a global, front-of-pack initiative designed to help consumers to easily select healthy food options and to help industry to improve their products. Regional product criteria have been developed for Europe. These are being used in Poland (with a slight deviation) and the Czech Republic.

Categories:	Labelling Regulation/Guidelines
Year(s):	2008 (ongoing)
Target age group:	Adults and children
Organisation:	The Choices International Foundation
Find out more:	www.wiemcowybijeram.pl
References:	The Choices International Foundation. http://www.choicesprogramme.org/ (last accessed 10 Feb 2016)

Wiem, co Wybieram

It is a food labeling program whose main goal is precisely to make it easier for consumers to choose food products. The logo Wiem, co Wybieram placed on the packaging makes it easier to choose products that can become part of a well-balanced diet. The second, very important goal of the Wiem, co Wybieram Program is to encourage food producers to review and change their recipes in order to offer consumers products in accordance with international nutritional recommendations. The program is open to all food producers operating on the Polish market whose products meet the qualifying criteria. Wiem, co Wybieram is part of the International CHOICES Program, introduced in many countries around the world.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2008 (ongoing)
Target age group:	Adults and children
Find out more:	www.zywienieczlowieka.pl

National Health Programme 2007-2015 (Narodowy Program Zdrowia na lata 2007-2015)

National Health Programme - document in Polish

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2007-2015
Target age group:	Adults and children
Organisation:	Council of Ministers
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

National programme for the prevention of overweight, obesity and non-communicable diseases through diet and improved physical activity 2007-2016

The programme is carried out in cooperation with the Polish Platform for Action on Diet, Physical Activity and Health, which was established in July 2005 with a particular focus on counteracting and preventing overweight, obesity and other diet-related diseases. The National Programme aims to reduce the incidence of overweight and obesity mainly by improving nutrition and increase of physical activity, reduce morbidity, and mortality from chronic non-communicable diseases, but does not refer to marketing to children.

Categories (partial):	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):	2007-2016
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.mz.gov.pl
Linked document:	Download linked document

'Keep Fit'

"The National "Keep Fit" Programme is aimed at educating school children and their families so as to achieve sustainable development of pro-healthy eating habits through promoting an active lifestyle and balanced diet."

Categories:	Evidence of
Year(s):	
Target age group:	
Organisation:	
References:	https://www.researchgate.net/publication/339274440_The_impact_of_the_Keep_Fit_national_programme_in_poland_on_diet_physica

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

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 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/

Marketing legislation act

"The existing legislation related to advertising aimed at children comprises the Act of 23 August 2007 on combating unfair commercial practices and the Broadcasting Act of 29 December 1992. Article 9 of the former stipulates that: "In all circumstances, the following aggressive commercial practices shall be regarded as unfair commercial practices: including in an advertisement a direct exhortation to children to buy advertised products or persuade their parents or other adults to buy advertised products for them". On 8 July 2010, the Federation of Food Producers created a voluntary code of food advertising to children, based on the solutions contained in the EU pledge. The code prohibits advertising of food in the media when more than 50% of the audience consists of children aged under 12 years. In addition, the code does not allow the advertising of food in primary schools. Restrictions on the advertising of food products do not apply to products that meet specific nutritional criteria based on accepted and documented scientific evidence and/ or national and international dietary recommendations." - WHO

Categories:	Evidence of Marketing Guidelines/Policy
Target age group:	Children
Organisation:	Polish Government
References:	https://www.euro.who.int/_data/assets/pdf_file/0006/155436/e96047.pdf

Standards of Food Advertising targeting Children

In 2015, a self-regulatory code was published by the Broadcasters and the National Broadcasting Council of Poland (KRRiT). This self-regulatory code - "Standards of Food Advertising targeting Children" - was an adaptation of the EU pledge. The code applies to broadcasters and advertisers and prohibits the advertisement/marketing of unhealthy food and drink to children under the age of 12.

Categories:	Evidence of Marketing Guidelines/Policy
Target age group:	Children
Organisation:	Polish Federation of Food Industry
Linked document:	Download linked document

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