

Portugal



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

Nutri-Score labelling

The Nutri-Score labelling system is a 5-point colour coded nutritional rating system. It was originally implemented in France and has since been adopted by multiple countries in the WHO European region. Portugal officially adopted this system on a voluntary basis in April 2024. It is used by companies such as Nestlé, Auchan & Danone.

Categories:	Industry/Government regulations - voluntary /pledges
Year(s):	2024 (ongoing)
Target age group:	Adults and children
Linked document:	Download linked document
References:	Information sourced from Global Food Research Programme

Order No. 12634/2023 -Determines the implementation of an Integrated Care Model for the Prevention and Treatment of Obesity

Order No. 12634/2023 determines the implementation of an Integrated Care Model for the Prevention and Treatment of Obesity. This order is aligned with the strategic objectives of National Program for the Promotion of Healthy Eating 2022-2030 strategy and is part of the set of efforts that Portugal is developing to intensify the response to obesity within the scope of the WHO Acceleration Plan to STOP Obesity. The order highlights the importance of interventions in the primary care setting, schools and at different stages of the life cycle (including pregnancy and childhood). There is also an emphasis on the importance of multidisciplinary input.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Categories (partial):	Evidence of Multidisciplinary Intervention Evidence of Management/treatment guidelines
Year(s):	2023 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	nutrimento.pt
Linked document:	Download linked document

National Program for the Promotion of Healthy Eating 2022-2030

National Program for the Promotion of Healthy Eating 2022-2030 intends to continue the work started in 2012, promoting the health of the population, preventing and controlling all forms of malnutrition, through a concerted and integrated set of actions, at the level of food environments, at the individual level and at the health care level.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2022-2030
Target age group:	Adults and children
Organisation:	Directorate-General for Health
Find out more:	nutrimento.pt
Linked document:	Download linked document

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

Law 30/2019

This law was an amendment of Portugal's 14th Advertising code. Restrictions of the law included prohibition of advertising of unhealthy HFSS food and drinks to children below of the age of 16 years, in a variety of broadcasting mediums. Categorisation of HFSS foods follows the WHO nutrient profile model. The law was introduced in 2019.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2019 (ongoing)
Find out more:	abreuadvogados.com

Guidelines for School Meals and Cafeterias

Promotes healthy food offer in all public schools, from pre-school to secondary school. The guidelines promote the Mediterranean diet.

Categories:	Evidence of School Food Regulations
Year(s):	2018 (ongoing)
Target age group:	Children
Organisation:	Ministry of Education
Linked document:	Download linked document

Integrated Strategy for the Promotion of Healthy Eating

The main focus of the strategy is addressing health holistically and tackle NCDs through healthier eating. The strategy looks at the main nutritional issues the Portuguese population is facing, in particular the excess consumption of High Fat Salt and Sugar (HFSS) foods, while pushing for the promotion of a more traditional and healthier Mediterranean diet. Main objectives include creating healthier food environments, promoting the reformulation of certain categories of HFSS food, promoting and developing consumer literacy for healthy food choices from a young age and promoting innovation and entrepreneurship in the area of promotion of healthy eating.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health, Directorate-General for Health.
Find out more:	eipas.pt
Linked document:	Download linked document

Regional programme for the promotion of healthy food 2018-2020

Aims to improve the diet of the population.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Community Interventions/Campaign
Year(s):	2018-2020
Target age group:	Adults and children
Organisation:	Autonomous region of Azores; Regional Health Secretary
Find out more:	www.azores.gov.pt
Linked document:	Download linked document
References:	REGIÃO AUTÓNOMA DOS AÇORES: SECRETARIA REGIONAL DA SAÚDE. Programa Regional para a Promoção da Alimentação Saudável 2018-2020. Available from: https://www.azores.gov.pt/NR/ronlyres/E2E99B2D-8DA9-46A4-BD87-C9222013C27F/1094952/pras.pdf . [Accessed 21 December 2018].

retrato da saude 2018 (Health portrait 2018)

In Portuguese

Categories:	Evidence of NCD strategy
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.sns.gov.pt
Linked document:	Download linked document
References:	Ministario da Saude. retrato da saude 2018. Available from: https://www.sns.gov.pt/wp-content/uploads/2018/04/RETRATO-DA-SAUDE_2018_compressed.pdf [accessed july 2019].

2017 OBESIDADE: OTIMIZAÃ+Ãfo DA ABORDAGEM TERAPÃŠUTICA NO SERVIÃ+O NACIONAL DE SAÃŠDE (OBESITY: OPTIMIZATION OF THERAPEUTIC APPROACH NATIONAL HEALTH SERVICE)

A document which aims to outline the obesity status in portugal, consider the best obesity indicators, provide guidelines for its' treatment and outlines the NHS's approach to treatment.

Categories:	Non-national obesity strategies
Categories (partial):	Evidence of Management/treatment guidelines
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	Camolas et al
Find out more:	alimentacaosaudavel.dgs.pt
Linked document:	Download linked document

National Programme for the Promotion of Physical Activity

2017 national physical activity strategy for Portugal.

Categories (partial):	Evidence of Physical Activity Guidelines/Policy
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
References:	https://extranet.who.int/ncdccc/Data/PRT_B12_DGS_PNPAF2017_V8.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.

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

Sugary Drink tax

Tax on beverages containing added sugar or other sweeteners. Including those intended for human consumption, containing added sugar or other sweetening matter, falling within the combined nomenclature (CN) code 2202; and beverages falling within CN codes 2204, 2205, 2206 and 2208, concentrates in the form of syrup or powder intended for the preparation at the premises of the consumer or retailer of beverages containing added sugar or other sweetening matter (falling within CN code 2202).

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Find out more:	ind.millenniumbcp.pt
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 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 Sports for All Programme Mexa-Se (Programa nacional de desporto para todos à Mexa-Se)

This program is part of the governmental strategy to increase physical activity and sports practice in the population. Objectives have been defined, including for example mobilizing inactive people to include physical activity into their daily routines. Activities are carried out with different partners, including for example a national physical activity day, bike tours and school projects

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute of Sports
Linked document:	Download linked document

Food Industry Commitments on Diet, Physical Activity and Health: Advertising and marketing directed at children

Food Industry Commitments on Diet, Physical Activity and Health: Advertising and marketing directed at children (Compromissos da indústria alimentar sobre Alimentação, Actividade Física e Saúde: Publicidade e Marketing dirigidos a Crianças)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Children
Organisation:	Portuguese Food Industry Federation
Linked document:	Download linked document

Healthy Eating Portugal

Portugal's nutrition and obesity strategy 2015.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Directorate-General for Health
Linked document:	Download linked document
References:	https://extranet.who.int/ncdccs/Data/PRT_B11_11_PNPAS%20em%20numeros%202015.pdf

European Union (EU) Action Plan on Childhood Obesity 2014-2020

EU Action plan. To contribute to halting the rise in overweight and obesity in children and young people (0-18 years) by 2020

Categories:	Transnational Obesity Strategies/Policy or Action Plan
Year(s):	2014-2020
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	ec.europa.eu
Linked document:	Download linked document
References:	EU Action Plan on Childhood Table of contents [Internet]. Available from: https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf

LUTA POR TI

One of the European Youth Tackling Obesity (EYTO) projects, the campaign title translates as "fight for yourself" and is about taking the power and responsibility for your lifestyle choices. It is a campaign created by and for the young people and was launched via Facebook and Media (CNE Magazine), which they use to post content like: "Hoje o Cozinheiro Sou Eu", "Soup Contest" and "National Fighting Obesity Day" tips and news.

Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2013 (ongoing)
Target age group:	Children
Find out more:	www.eyto.org.uk

Come Devagar e Bem & Mexe-te também (Eating Slowly and Well & Move it)

The project "Eating Slowly and Well & Move it also" aim is to contribute to the promotion of a set of behaviours that reinforce the practice of healthy eating habits and physical activity in a group of children. The target population consists of children attending the 1st year of primary school in school year 2012/2013 the ACES Lisbon North School Park (Alvalade Benfica, Lumiar and Seven Rivers).

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2012 (ongoing)
Target age group:	Children
Organisation:	Health Centres in North Lisbon with the support of the Health General Directorate
Linked document:	Download linked document

Treatment of Pediatric Obesity (TOP) - A Multidisciplinary Approach Involving Adolescents and Their Peers (TOP)

A multi-disciplinary intervention aiming to treat obesity in adolescents, interventions include Interactive Sessions, Physical activity sessions and holiday camps and the presence of peers is predominant, indispensable and motivational in the context and the dynamics of development of activities.

Categories:	Evidence of Multidisciplinary Intervention
Year(s):	2012-2014
Target age group:	Adults and children
Organisation:	Fonseca and Palmeira
Find out more:	clinicaltrials.gov
Linked document:	Download linked document
References:	Available from https://clinicaltrials.gov/ct2/show/NCT02024061 [accessed 7th August 2019].

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 1 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

Growing up with Healthy Weight

The aim of this project was to promote healthy eating habits and physical activity in children 1 Viana do Alentejo municipality cycle during the academic years 2011-2015.

Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2011-2015
Target age group:	Children
Organisation:	Directorate General of Health
Find out more:	www.arsalentejo.min-saude.pt

Nutri Ventures

The Nutri Ventures project aims to create, through entertainment, a positive environment around the healthy eating theme, taking children to associate good feelings to healthy food and creating a unique opportunity for parents, teachers, nutritionists and other health professionals influence the diet of children.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2010 (ongoing)
Target age group:	Children
Organisation:	Rodrigo Carvalho and Rui Lima Miranda
Find out more:	nutri-ventures.com

Law No. 75/2009

In 2009, Law No. 75/2009 was amended in order to introduce a new maximum salt content level in bread products of 1.4g salt/100g.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2009 (ongoing)
References:	https://ec.europa.eu/health/sites/default/files/nutrition_physical_activity/docs/salt_report1_en.pdf

MUN-SI program

MUN-SI is an on-going community-based program which aims to tackle the problem of childhood malnutrition (obesity and thinness), seeking its prevention on continuous and sustainable actions developed during 1-4 years periods.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2009 (ongoing)
Target age group:	Children
Organisation:	CEIDSS -Center for Study and Research on Social Dynamics and Health
Find out more:	mun-si.com
References:	http://mun-si.com/programa/

Program Obesity Zero (POZ)

"A multi-component, community-, family- and school-based childhood obesity intervention. Parents and children attended four individual nutrition and physical activity counselling sessions, a one-day healthy cooking workshop and two school extracurricular sessions of nutrition education."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2009 (ongoing)
Target age group:	Children
Organisation:	Portuguese local health centres
References:	https://www.researchgate.net/publication/235796412_Program_Obesity_Zero_POZ_-_A_community-based_intervention_to_address_overweight_primary-school_children_from_five_Portuguese_municipalities

PASSE

"PASSE enables the promotion of healthy behaviors and the creation of health-promoting environments, training the entire school community in healthy eating. The rise in health literacy levels and responsible decisions result from a set of integrated health and education strategies, in which the PASSE is inserted...PASSE aims to promote knowledge and healthy eating behaviors, as well as to contribute to a health-promoting environment , especially with regard to food."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2008 (ongoing)
Target age group:	Children
Organisation:	Department of Public Health (DSP) of the Northern Regional Health Administration
References:	https://passe.com.pt/

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

Food Wheel Guide

These recommendations are intended for the healthy Portuguese population in general and include the number of portions required for individual energy requirements.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2003 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.dgs.pt
Linked document:	Download linked document

Procurement standards for the Operational Program to Support the Most Deprived (POAPMC)

Established in 2017, the Operational Program to Support the Most Deprived (POAPMC) distributes food to the most deprived people, reaching more than 80,000 beneficiaries, distributed among several regions. The POAPMC food baskets aim to ensure 50% of the daily energy and nutritional requirements of the beneficiaries. The POAPMC collaborates with the National Program for the Promotion of Healthy Eating (PNPAS) to ensure that the food supply is nutritionally adequate in accordance with the food-based dietary guidelines for the Portuguese population, known as the “Roda dos Alimentos” (Food Wheel) (see “I – Development and communication of food-based dietary guidelines”). In 2019, a series of measures to ensure variety in food baskets and minimise food waste were added. As a result, foods that are usually not present in the food aid models, such as varied meats, fish and vegetables, were included.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=6#step3=338

PDF created on July 11, 2024