

Португалия

Policies, Interventions and Actions



Action Roadmap to Accelerate the Prevention and Control of Obesity in Portugal 2025-2027

The action roadmap proposes 10 actions to prevent and control obesity, including improving access and quality of health care for people living with obesity, creating healthier food environments and guidelines for public food procurement, and strengthening the promotion of healthy eating and physical activity by municipalities, daycare centers, schools, and universities. These actions are within the scope of Portugal's participation in the WHO Acceleration Plan to Stop Obesity. (Document in Portuguese)

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Categories (partial):	Evidence of Management/treatment guidelines Evidence of Physical Activity Guidelines/Policy Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2025-2027
Target age group:	Възрастни и деца
Organisation:	Directorate-General for Health
Find out more:	nutrimento.pt
Linked document:	Download linked document
References:	Direção-Geral da Saúde. ROTEIRO DE AÇÃO PARA ACELERAR A PREVENÇÃO E CONTROLO DA OBESIDADE EM PORTUGAL 2025-2027. [Accessed 02.06.25].

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:	Възрастни и деца
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

Voluntary Nutri-Score Labelling (Order No. 3637/2024)

In April 2024, the Portuguese government announced that it has chosen Nutri-Score as its official front-of-package labelling system, but it is not mandatory for food manufacturers to use it. (Document in Portuguese)

Categories:	Labelling Regulation/Guidelines
Year(s):	2024 (ongoing)
Target age group:	Възрастни и деца
Organisation:	Government of Portugal
Find out more:	www.ingredientsnetwork.com
Linked document:	Download linked document

Commission for the Promotion of Breastfeeding (Order No. 13056/2023)

The Commission for the Promotion of Breastfeeding was established in 2023 to promote and support breastfeeding in health institutions. It will establish a process for implementing, monitoring and evaluating practices. In line with the National Programme for the Promotion of Healthy Eating, the commission aims to increase the rate of exclusive breastfeeding to 50% by 2030.

Categories:	Evidence of Breastfeeding promotion or related activity
Year(s):	2023 (ongoing)
Target age group:	Възрастни и деца
Organisation:	Directorate-General for Health
Find out more:	nutrimento.pt
Linked document:	Download linked document

National Programme for Diabetes

A programme to combat diabetes has existed in Portugal since 1974. In 2012, this programme became one of the priority health programmes of the Directorate-General for Health (DGS). The programme aims to improve healthcare for and reduce the prevalence of diabetes by addressing risk factors. This document contains an action plan for 2023-2024, and a report of 2021-2022 activities.

Categories:	Evidence of NCD strategy
Year(s):	2023-2024
Target age group:	Възрастни и деца
Organisation:	Directorate-General for Health
Find out more:	www.dgs.pt
Linked document:	Download linked document

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:	Възрастни и деца
Organisation:	Government
Find out more:	nutrimento.pt
Linked document:	Download linked document

National Programme for the Promotion of Healthy Eating (PNPAS) 2022-2030

National Programme for the Promotion of Healthy Eating 2022-2030 intends to continue the work started in 2012, promoting the health of the population, and preventing and controlling all forms of malnutrition including obesity, through a concerted and integrated set of actions, at the level of food environments, at the individual level and at the health care level. Through these actions, the programme also aims to prevent and control non-communicable diseases and obesity.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of NCD strategy Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2022-2030
Target age group:	Възрастни и деца
Organisation:	Directorate-General for Health
Find out more:	nutrimento.pt
Linked document:	Download linked document
References:	Portugal. Ministério da Saúde. Direção-Geral da Saúde. PROGRAMA NACIONAL PARA A PROMOÇÃO DA ALIMENTAÇÃO SAUDÁVEL 2022-2030 Lisboa: Direção-Geral da Saúde, 2022. [Last Accessed: 02.06.25].

National Programme for the Promotion of Physical Activity (PNPAF) 2022-2024 (Preliminary)

Three year action plan for the National Programme for the Promotion of Physical Activity. The plan contains initiatives to facilitate and promote physical activity, in line with the National Plan of Health 2030.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2022-2024
Target age group:	Възрастни и деца
Organisation:	Directorate-General for Health
Find out more:	www.dgs.pt
Linked document:	Download linked document

National Health Plan (PNS) 2030

The 2030 National Health Plan (Plan Nacional de Saúde (PNS), 2030) outlines guidelines to improve the health and wellbeing of the population throughout the lifecycle. It includes commitments to address determinants of non-communicable disease including inadequate diet, physical activity, and excess weight and obesity.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2021-2030
Target age group:	Възрастни и деца
Organisation:	Directorate-General for Health
Find out more:	eurohealthobservatory.who.int
Linked document:	Download linked document

National Strategy to Fight Against Cancer

Portugal's national cancer strategy for 2021 to 2030. It includes plans to address risk factors by promoting healthy lifestyles and reducing obesity.

Categories:	Evidence of NCD strategy
Year(s):	2021-2030
Target age group:	Възрастни и деца
Organisation:	Directorate-General for Health
Linked document:	Download linked document

National Strategy for Active Mobility 2020-2030

The National Strategy for Active Mobility is an action plan to promote and facilitate active modes of transport such as walking and cycling in Portugal, in order to contribute to healthier lives and reduce the environmental impact of transport.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2020-2030
Target age group:	Възрастни и деца
Organisation:	Institute of Mobility and Transport
Find out more:	www.ccd-r-a.gov.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:	Възрастни и деца
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/

Cities for Better Health - Lisbon

Lisbon joined the Cities for Better Health programme in 2019. The programme aims to promote actions to create a healthier urban environment. In Lisbon, the priority is to reduce obesity and diabetes by changing the food environment and offering screenings.

Categories:	Non-national obesity strategies
Year(s):	2019 (ongoing)
Target age group:	Възрастни и деца
Organisation:	Cities for Better Health
Find out more:	www.citiesforbetterhealth.com
Linked document:	Download linked document

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

Expanded Commitment to Reformulate Food Products

In May 2019, a broad commitment was signed to reformulate the levels of salt, sugar and trans fatty acids in many food products by 2023. This was signed by the Directorate-General for Health (DGS), the National Institute of Health (INSA), the Portuguese Association of Distribution Companies (APED) and the Federation of Portuguese Agri-Food Industries (FIPA). The 2022 monitoring report found that 50% of products analysed had met these reduction commitments so far.

Categories:	Industry/Government regulations - voluntary /pledges
Year(s):	2019-2023
Target age group:	Възрастни и деца
Organisation:	Directorate-General for Health
Find out more:	alimentacaosaudavel.dgs.pt
Linked document:	Download linked document

Restrictions on advertising aimed at minors (Law 30/2019)

This law was introduced in 2019 as 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 including the internet and social media. Categorisation of HFSS foods follows the WHO nutrient profile model.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2019 (ongoing)
Target age group:	Деца
Organisation:	Portuguese Parliament
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:	Деца
Organisation:	Ministry of Education
Linked document:	Download linked document

Integrated Strategy for the Promotion of Healthy Eating (EIPAS)

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. Its proposals were agreed to be implemented by various ministries, to reflect WHO obligations to integrate "health in all policies". 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 Evidence of a multi-sectoral national coordination mechanism for obesity or nutrition (including obesity)
Year(s):	2018 (ongoing)
Target age group:	Възрастни и деца
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:	Възрастни и деца
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/rdonlyres/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:	Възрастни и деца
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 Obesity: Optimizing the Therapeutic Approach in the 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 outline the NHS's approach to treatment.

Categories:	Evidence of Management/treatment guidelines
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2017
Target age group:	Възрастни и деца
Organisation:	Directorate-General for Health
Find out more:	alimentacaosaudavel.dgs.pt
Linked document:	Download linked document
References:	Camolas, J. et al. 2017. OBESIDADE: OTIMIZAÇÃO DA ABORDAGEM TERAPÊUTICA NO SERVIÇO NACIONAL DE SAÚDE. Lisboa, Portugal: Programa Nacional para a Promoção da Alimentação Saudável Direção-Geral da Saúde.

National Programme for the Promotion of Healthy Eating (PNPAS) 2017-2020

The National Programme for the Promotion of Healthy Eating (PNPAS) 2017-2020 continues from 2012, providing a national strategy to promote public health, improve nutrition, and reduce non-communicable disease risk factors. It has a particular focus on reducing childhood obesity.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan Evidence of NCD strategy
Year(s):	2017-2020
Target age group:	Възрастни и деца
Organisation:	Directorate-General of Health
Linked document:	Download linked document
References:	Portugal. Ministério da Saúde. Direção-Geral da Saúde. Programa Nacional para a Promoção da Alimentação Saudável 2017 Lisboa: Direção-Geral da Saúde, 2017. [Last Accessed: 02.06.25]

National Programme for the Promotion of Physical Activity (PNPAF) 2017-2020

National physical activity strategy for Portugal from 2017

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2017-2020
Target age group:	Възрастни и деца
Organisation:	Ministry of Health
Linked document:	Download linked document

NCD Country Profiles 2018 (Obesity Targets)

Each profile tracks which countries have set national targets (as of 2017) based on the Global Monitoring Framework targets for 2025. The profiles also provide data on the key metabolic risk factors, namely raised blood pressure, raised blood glucose and obesity.

Categories:	Evidence of Obesity Target
Year(s):	2017 (ongoing)
Target age group:	Възрастни и деца
Organisation:	World Health Organisation
Find out more:	www.who.int
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:	Възрастни и деца
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:	Деца
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 Programme for Cerebro-Cardiovascular Diseases

As part of the National Health Plan (PNS), the Directorate-General for Health set up a number of priority health programmes including the National Programme for Cerebro-Vascular Diseases. The programme is responsible for promoting the prevention, treatment, and rehabilitation of cerebro-cardiovascular diseases.

Categories:	Evidence of NCD strategy
Year(s):	2016 (ongoing)
Target age group:	Възрастни и деца
Organisation:	Directorate-General for Health
Find out more:	www.dgs.pt
Linked document:	Download linked document

National Sports for All Programme Mexa-Se (Programa nacional de desporto para todos â 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:	Възрастни и деца
Organisation:	National Institute of Sports
Linked document:	Download linked document

National Strategy for the Promotion of Physical Activity, Health and Well-being (ENPAF) 2016-2025

Portugal's national strategy to promote physical activity and decrease sedentary behaviour in order to improve health and increase disease-free life expectancy.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2016-2025
Target age group:	Възрастни и деца
Organisation:	Directorate-General for Health
Find out more:	nutrimento.pt
Linked document:	Download linked document

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

Voluntary industry commitments to restrict marketing of unhealthy food to children, provide nutritional information, and reformulate products to offer a greater range of healthier foods.

Categories:	Industry/Government regulations - voluntary /pledges
Categories (partial):	Evidence of Marketing Guidelines/Policy
Year(s):	2015
Target age group:	Деца
Organisation:	Portuguese Food Industry Federation
Linked document:	Download linked document

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:	Деца
Organisation:	Health Centres in North Lisbon with the support of the Health General Directorate
Linked document:	Download linked document

National Programme for the Promotion of Healthy Eating (PNPAS) 2012-2016

Portugal's national nutrition and obesity strategy from 2012 to 2016

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2012-2016
Target age group:	Възрастни и деца
Organisation:	Directorate-General for Health
Linked document:	Download linked document
References:	Portugal. Direção-Geral da Saúde. Direção de Serviços de Informação e Análise Portugal – Alimentação Saudável em números – 2015. Available at: https://extranet.who.int/ncdcs/Data/PRT_B11_11_PNPAS%20em%20numeros%202015.pdf [Last accessed: 02.06.25]

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:	Възрастни и деца
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:	Възрастни и деца
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

This report found that the EU School Milk Scheme has had a very limited real impact on schools, and makes recommendations based on its shortcomings for the EU School Fruit Scheme.

Categories:	Health Effectiveness Reviews (obesity related)
Year(s):	2011
Target age group:	Деца
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:	Деца
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:	Деца
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:	Деца
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:	Деца
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:	Деца
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:	Възрастни и деца
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:	Възрастни и деца
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

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