

Qatar



Policies, Interventions and Actions

National Clinical Guideline: Bariatric and Metabolic Surgery in Adult

Bariatric and Metabolic Surgery in Adults

Categories:	Evidence of Management/treatment guidelines
Year(s):	2021-2023
Target age group:	Adults
Organisation:	Ministry of Public Health
Find out more:	www.moph.gov.qa
Linked document:	Download linked document
References:	https://www.moph.gov.qa/english/OurServices/eservices/Pages/Clinical-Guidelines.aspx#B

Qatar National Physical Activity Guidelines

Qatar National Physical Activity Guidelines

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2021 (ongoing)
Target age group:	Adults and children
Organisation:	Aspetar Orthopaedic and Sports Medicine Hospital
Linked document:	Download linked document

National Clinical Guideline: The Management of Obesity in Adults

The purpose of this guideline is to define the appropriate diagnosis and management of obesity in adults. The objective is to guide the appropriate investigation, prescribing and referral of patients presenting to provider organisations in Qatar. It is intended that the guideline will be used primarily by healthcare professionals in primary care and outpatient settings.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2020-2022
Target age group:	Adults
Organisation:	Ministry of Public Health Qatar
Linked document:	Download linked document
References:	Ministry of Public Health Qatar. National Clinical Guideline: The Management of Obesity in Adults (2019).

National Clinical Guideline: The Management of Obesity in Children

The purpose of this guideline is to define the appropriate prevention, diagnosis and management of obesity in children. The objective is to guide the appropriate prevention, investigation, treatment and referral of patients presenting to provider organisations in Qatar. It is intended that the guideline will be used primarily by healthcare professionals in primary, secondary and tertiary levels of care.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2020-2022
Target age group:	Children
Organisation:	Ministry of Public Health
Linked document:	Download linked document
References:	Ministry of Public Health Qatar. National Clinical Guideline: The Management of Obesity in Children (2019).

National Health Strategy 2018-2022

Aims to create a mentally and physically healthy population.

Categories:	Evidence of NCD strategy Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2018-2022
Target age group:	Adults and children
Organisation:	State of Qatar Ministry of Public Health
Find out more:	www.moph.gov.qa
Linked document:	Download linked document
References:	State of Qatar Ministry of Public Health. National Health Strategy 2018-2022. Available from: https://www.moph.gov.qa/Style%20Library/MOPH/Files/strategies/National%20Health%20Strategy%202018%20-%202022/NHS%20EN.pdf . [Accessed 17 January 2019].

Qatar Excise Tax - soft & energy drink

Carbonated drinks (non-flavoured aerated water excluded) 50% tax rate Energy drinks 100% tax rate

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	State of Qatar, General tax authority
Find out more:	gta.gov.qa

Food and Beverage Guidelines for Healthcare Facilities

Restrictions on foods sold in café's and vending machines in healthcare facilities

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Organisation:	Healthcare Facilities Hamad Medical Corporation (HMC), Aspetar hospital, and Sidra Medical and Research Center
Find out more:	thepeninsulaqatar.com
References:	Link currently unavailable, link to news article available

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.

Qatar National Nutrition and Physical Activity Action Plan

The main Goal of the Action Plan is to reduce morbidity and mortality attributable to chronic non-communicable diseases through healthy nutrition and increased physical activity of the people through life cycle in the State of Qatar. The action plan developed to implement the National Health Strategy 2017 - 2022.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2017-2022
Target age group:	Adults and children
Organisation:	Government
Linked document:	Download linked document

Qatar Public Health Strategy 2017-2022

The Qatar Public Health Strategy will operate under the overarching National Health Strategy 2017-2022, one of eight sector strategies that make up the National Development Strategy 2017-2022 for Qatar. The purpose of the Qatar's first Public Health Strategy is to further develop an integrated and comprehensive system that can effectively address current and future public health challenges.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017-2022
Target age group:	Adults and children
Organisation:	Ministry of Public Health
Linked document:	Download linked document
References:	Qatar Public Health Strategy 2017-2022. Ministry of Public Health, https://extranet.who.int/ncdccc/Data/QAT_B3_QPHS%202017-2022.pdf (Accessed 29.07.21)

Qatar Dietary Guidelines

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	National Dietary Guidelines Task Force
Linked document:	Download linked document
References:	The Food and Agriculture Organization of the United Nations. http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/qatar/en/ (last accessed 2 March 2016)

Your Health First - Sahtak Awalan

A multi-media, multi-generational, bilingual health education campaign to improve the populations health and reduce prevalence of obesity.

Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Public Health
Find out more:	sahtakawalan.com
Linked document:	Download linked document

Active Qatar Campaign

The campaign includes a series of programmes aimed at making sport activities and healthy food habits an integral part of daily lifestyles in order to help reduce obesity and the problems associated with being overweight in Qatar. It also includes specially targeted efforts for priority groups that are particularly vulnerable to inactivity-related diseases, such as people with disabilities, women, the elderly, and people with clinical conditions.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Qatar Olympic Committee (QOC)
Find out more:	www.olympic.qa

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:	Adults and children
Organisation:	Gulf Cooperation Council
Find out more:	www.gso.org.sa
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:	Children
References:	https://campaignme.com/global-food-beverage-companies-in-the-gcc-achieve-100-commitment-to-restrict-marketing-to-children/

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

Mandatory standard for food in schools

The Department of the Ministry of Education and Higher Education has banned unhealthy food sold in school canteens, including products containing high amounts of fat, sugar and salt.

Categories:	Evidence of School Food Regulations
Target age group:	Children
Organisation:	Ministry of Education
Linked document:	Download linked document
References:	https://extranet.who.int/nutrition/gina/en/node/57257 (Accessed 25.01.22)

