

Romania



Policies, Interventions and Actions

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(GINA): https://extranet.who.int/nutrition/gina/en/node/36162 (last accessed 12.07.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work.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/

More and Less Programme

The More and Less Programme is a parent support program for the management of overweight and obesity in children. The programme "consists of 10-weekly group sessions which focus on evidence-based parenting practices". Part of the wider STOP project.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2019 (ongoing)
Target age group:	Children
References:	https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-019-7161-y

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/

Preventive interventions Addressed to Lifestyle - Food & Physical Activity

Physical activity guidelines for Romania. Part of Project RO19.04 "Multi-level interventions for prevention non-communicable diseases (NTDs) associated with lifestyle in Romania"

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2016 (ongoing)
References:	https://extranet.who.int/ncdcss/Data/ROU_B13_Ghid-physical%20activity.pdf

Ethical Code for Food Product Advertising Targeting Children

A set of voluntary rules and regulations for all parties involved in food promotions targeting children.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Children
Organisation:	Romanian Advertising Council (RAC)
Find out more:	www.rac.ro
Linked document:	Download linked document

National public health programme

Romania's public health programme 2015/16, including national obesity strategy.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
References:	https://extranet.who.int/ncdcss/Data/ROU_B10_ordin_MS_386_2015.pdf

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

SETS

"I'm living a healthy life, too!" – SETS is a national programme which has been implemented in primary schools in five major cities and 14 rural communities. The programme targets schoolchildren and their families, teachers and school principals. SETS also focuses on the general public. The programme provides educational materials about a healthy lifestyle and the importance of sports, hydration, sleep and well-balanced meals."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2011 (ongoing)
Target age group:	Children
Find out more:	www.sets.ro
References:	https://youthhealthcommunity.com/meet-our-community/public-health-institute-of-iceland

Legislation on prohibited food in schools (Law no. 123/2008)

Legislation that sets maximum amounts for sugar, fat and salt in food sold in schools and pre-schools (Ministerial Order 1563/2008). The maximum levels amount to 15g sugar, 20g fat and 1.5g salt or 0.6g sodium per 100g of a food product. Soft drinks are prohibited from being sold and distributed and drinking water must be accessible.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2008 (ongoing)
Target age group:	Children
Find out more:	anpc.ro

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

Guidelines for a healthy diet (Romanian: Reguli pentru o alimentație sănătoasă).

The Ministry of Health led the development of the guidelines. Universities and nutrition institutes were involved in the process. The guidelines are endorsed by the Ministry of Health. Romania uses a food pyramid divided into seven food groups. At the base, there are images of physical activity.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2006 (ongoing)
Target age group:	Adults and children
References:	http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/romania/en/

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/

Law 182/2020

In August 2020, a law was passed in Romania which stipulated that trans fats would be limited to 2g per 100g of fat (Law 182/2020). This law applies to both domestic and imported products.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Adults and children
Find out more:	agriexchange.apeda.gov.in

Ministerul SÄfnÄftÄfÅ£ii Institutul pentru Ocrotirea Mamei ÅYi Copilului

Diagnostic and treatment protocol in childhood obesity 2011

Categories:	Evidence of Management/treatment guidelines
Target age group:	Children
Organisation:	Ministry of Health Institute for the Protection of Mother and Chil
Linked document:	Download linked document

The Code of Audiovisual Content Regulations

The Code of Audiovisual Content Regulations was introduced to Romania in 2013 and includes regulations surrounding the advertisement of food and drink products on broadcast media, including rules on health/nutrient claims, the use of celebrities in advertisement, and rules on health messaging. The code was updated in 2017.

Categories:	Evidence of Marketing Guidelines/Policy
Target age group:	Children
Find out more:	www.vf.ro

PDF created on June 19, 2024