

Rumænien



Policies, Interventions and Actions

Voluntary Nutri-Score Labelling

The Nutri-Score labelling system is a 5-point colour coded nutritional rating system. In 2025, Romania endorsed the use of Nutri-Score labelling on a voluntary basis.

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|-------------------|------------------------------------------|
| Categories: | Labelling Regulation/Guidelines |
| Year(s): | 2025 (ongoing) |
| Target age group: | Voksne og børn |
| Linked document: | Download linked document |

"Choose smartly, eat healthily" campaign

In 2024, the National Institute of Public Health dedicated November to a national campaign on promoting healthy eating habits. The goal was to inform schoolchildren and their parents on the benefits of a healthy lifestyle in order to prevent obesity and the development of noncommunicable diseases.

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| Categories: | Evidence of Community Interventions/Campaign |
| Year(s): | 2024 |
| Target age group: | Børn |
| Organisation: | National Institute of Public Health |
| Find out more: | insp.gov.ro |
| Linked document: | Download linked document |

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.

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|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Categories: | Evidence of Marketing Guidelines/Policy |
| Year(s): | 2024 (ongoing) |
| Target age group: | Voksne og børn |
| 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 |

Intervention Guide for Healthy Eating and Physical Activity in Kindergartens and Schools

This guide outlines current evidence on children's nutrition and physical activity in Romania, and provides suggestions and ideas for interventions to promote physical activity and healthy eating in schools. This is intended to improve health and prevent obesity and non-communicable diseases. (Document in Romanian)

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| Categories: | Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy |
| Year(s): | 2024 (ongoing) |
| Target age group: | Børn |
| Organisation: | National Institute for Public Health (INSP) |
| Find out more: | insp.gov.ro |
| Linked document: | Download linked document |

National Youth Strategy 2024-2027

The national youth strategy includes an objective on promoting health and health education. Under this objective, specific plans include campaigns promoting habits for a healthy and responsible lifestyle, campaigns on the benefits of practicing physical education and sports, and nutrition courses to prevent and combat overweight and obesity among young people.

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| Categories (partial): | Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan |
| Year(s): | 2024-2027 |
| Target age group: | Børn |
| Organisation: | Government |
| Find out more: | national-policies.eacea.ec.europa.eu |
| Linked document: | Download linked document |
| References: | Europa.eu. (2025). 7.4 Healthy lifestyles and healthy nutrition [Accessed 25.07.25]. [] |

National Health Strategy 2023-2030

The national health strategy outlines key areas of intervention for the 2023-2030 period. This includes a goal to increase healthy life expectancy and reduce morbidity from non-communicable diseases through health promotion efforts across Romanian society, with a focus on vulnerable and disadvantaged populations. There are specific targets to provide at least 75% of the eligible child and adolescent population, and 50% of the eligible adult population, with health education interventions.

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| Categories: | Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan |
| Categories (partial): | Evidence of NCD strategy |
| Year(s): | 2023-2030 |
| Target age group: | Voksne og børn |
| Organisation: | Ministry of Health |
| Linked document: | Download linked document |

Prevention Guide for the Family Physician - Diet and Physical Activity (2023)

This updated prevention guide for family physicians provides a framework of systematic preventive interventions focused on diet and physical activity, with a goal to reduce obesity and morbidity and mortality from noncommunicable diseases.

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| Categories: | Evidence of Management/treatment guidelines |
| Categories (partial): | Evidence of Physical Activity Guidelines/Policy Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan |
| Year(s): | 2023 (ongoing) |
| Target age group: | Voksne og børn |
| Organisation: | National Institute of Public Health |
| Find out more: | insp.gov.ro |
| Linked document: | Download linked document |

Tax on food and drink high in sugar

The value added tax for foods with added sugar in which sugar accounts for at least 10 % of the product's weight increased from 9 % to 19 %. Non-alcoholic beverages with added sugar above 5g per 100 ml will be subject to non-harmonised excise duty.

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| Categories: | Taxation/Subsidies on Food or Beverages or law relating to public health |
| Year(s): | 2023 (ongoing) |
| Target age group: | Voksne og børn |
| Organisation: | Government |
| 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)

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| Categories: | Evidence of Marketing Guidelines/Policy |
| Year(s): | 2019 (ongoing) |
| Target age group: | Voksne og børn |
| 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.

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| 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 |

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.

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| Categories: | Evidence of Community Interventions/Campaign |
| Year(s): | 2019 (ongoing) |
| Target age group: | Børn |
| 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

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| 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.

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| Categories: | Evidence of Breastfeeding promotion or related activity |
| Year(s): | 2016 (ongoing) |
| Target age group: | Børn |
| 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/ |

Physical activity strategy for the WHO European Region 2016-2025

The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.

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| Categories: | Evidence of Physical Activity Guidelines/Policy |
| Year(s): | 2016-2025 |
| Target age group: | Voksne og børn |
| Organisation: | WHO Regional Office for Europe |
| Find out more: | www.who.int |
| Linked document: | Download linked document |

Preventive interventions in Primary Healthcare, 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"

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| Categories: | Evidence of Physical Activity Guidelines/Policy |
| Year(s): | 2016 |
| References: | https://extranet.who.int/ncdccs/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.

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| Categories: | Evidence of Marketing Guidelines/Policy |
| Year(s): | 2015 (ongoing) |
| Target age group: | Børn |
| Organisation: | Romanian Advertising Council (RAC) |
| Find out more: | www.rac.ro |
| 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. It specifies that advertisements for food or soft drink that do not meet the nutritional criteria outlined in the EU pledge cannot target children under 13, cannot feature celebrities or well-known characters, cannot appear on shows audience ratings of 50% or more among the “under 13” age group.

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| Categories: | Evidence of Marketing Guidelines/Policy |
| Year(s): | 2013 (ongoing) |
| Target age group: | Børn |
| Organisation: | Romanian Advertising Council |
| Find out more: | www.rac.ro |

Diagnostic Protocol for Childhood Obesity

Diagnostic and treatment protocol in childhood obesity 2011

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| Categories: | Evidence of Management/treatment guidelines |
| Year(s): | 2011 (ongoing) |
| Target age group: | Børn |
| Organisation: | Ministry of Health Institute for the Protection of Mother and Child |
| Linked document: | Download linked document |

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.

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| Categories: | Labelling Regulation/Guidelines |
| Year(s): | 2011 (ongoing) |
| Target age group: | Voksne og børn |
| 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.

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|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Categories: | Health Effectiveness Reviews (obesity related) |
| Year(s): | 2011 (ongoing) |
| Target age group: | Børn |
| 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."

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| Categories: | Evidence of Community Interventions/Campaign |
| Year(s): | 2011 (ongoing) |
| Target age group: | Børn |
| 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.

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| Categories: | Evidence of School Food Regulations |
| Year(s): | 2008 (ongoing) |
| Target age group: | Børn |
| 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.

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| Categories: | Labelling Regulation/Guidelines |
| Year(s): | 2006 (ongoing) |
| Target age group: | Voksne og børn |
| 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

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.

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

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.

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| Categories: | Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan |
| Target age group: | Voksne og børn |
| Find out more: | agriexchange.apeda.gov.in |

PDF created on January 9, 2026