

Scotland



Policies, Interventions and Actions

Childhood Obesity Briefing Paper

This briefing paper provides an overview of the current levels of child obesity in Scotland. It discusses child obesity outcomes, the causes and consequences of child obesity, options for prevention and treatment, and informs discourses on inequalities. Further, the briefing highlights the current policy context in Scotland with a view to inform policy and practice. It offers a number of recommended actions for the Scottish Government and other stakeholders to take in addressing the growing levels of child obesity in Scotland.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2024 (ongoing)
Target age group:	Children
Organisation:	Obesity Action Scotland
Find out more:	www.obesityactionsotland.org
References:	Obesity Action Scotland 2024. Childhood Obesity Briefing Paper.

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

Commercial Determinants of Noncommunicable Diseases in the WHO European Region (UK-wide policy)

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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Advertising and Sponsorship Policy (UK-wide policy)

The Advertising and Sponsorship Policy approved by Bristol City Council restricts the marketing of food and drinks high in fat, sugar and/or salt. The policy covers all advertising generated by the Council itself and advertising and sponsorship by third parties on Bristol City Council-owned sites.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2021 (ongoing)
Target age group:	Adults and children
Organisation:	Bristol City Council
Linked document:	Download linked document
References:	https://news.bristol.gov.uk/news/new-rules-to-reduce-unhealthy-food-ads-in-bristol#:~:text=Under%20the%20policy%2C%20ads%20that,sites%20such%20as%20bus%20shelters.

Turning the Tide: A 10-year Healthy Weight Strategy (UK-wide policy)

"Our 10-year healthy weight strategy sets out a long-term agenda of evidence-informed policies with 30 recommendations, covering food and drink marketing, early years and treatment as well as the infrastructure needed to ensure policies are robustly implemented and evaluated."

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2021-2031
Target age group:	Adults and children
Linked document:	Download linked document
References:	http://obesityhealthalliance.org.uk/turningthetide/

Calorie reduction: guidelines for the food industry (UK-wide policy)

This report sets out the calorie reduction ambitions for all food industry sectors, including: the approach to calorie reduction and reformulation, the different ambitions set across food industry sectors recognising that more action is required in the eating out, takeaway and delivery sectors, food products included in the categories and baseline figures for the different food sectors

Categories:	Industry/Government regulations - voluntary /pledges
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Public Health England
Find out more:	www.gov.uk
Linked document:	Download linked document
References:	Calorie reduction: guidelines for the food industry. A technical report outlining guidelines for industry, 2017 baseline calorie levels and next steps. Public Health England. Available at https://www.gov.uk/government/publications/calorie-reduction-guidelines-for-the-food-industry (last accessed 11.09.20)

Policy paper, Tackling obesity: empowering adults and children to live healthier lives (UK-wide policy)

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Health and Social Care
Find out more:	www.gov.uk
Linked document:	Download linked document
References:	Policy paper, Tackling obesity: empowering adults and children to live healthier lives, Published 27 July 2020.

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 (UK-wide policy)

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/

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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

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A Healthier future: Scotland's diet and healthy weight delivery plan

Aims to half childhood obesity by 2030 and significantly reduce health inequalities. This will be achieved by ensuring: children have the best start in life - they eat well and have a healthy weight, the food environment supports healthier choices, people have access to effective weight management services, leaders across all sectors promote healthy weight and diet and that diet-related health inequalities are reduced.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	The Scottish Government
Find out more:	www.gov.scot
Linked document:	Download linked document
References:	Scottish Government. (2018). A healthier future: Scotland's diet and healthy weight delivery plan. Available from: https://www.gov.scot/publications/healthier-future-scotlands-diet-healthy-weight-delivery-plan/pages/2/ . [Accessed 2 May 2019].

Active Scotland Delivery Plan

Physical activity strategy for Scotland developed by the Scottish Government.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Scottish Government
Find out more:	www.gov.scot
Linked document:	Download linked document

Care of Women with Obesity in Pregnancy (UK-wide policy)

This is the second edition of this guideline. The first edition was published in 2010 as a joint guideline with the Centre of Maternal and Child Enquiries under the title 'Management of Women with Obesity in Pregnancy'.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2018 (ongoing)
Target age group:	Adults
Organisation:	Royal College of Obstetricians and Gynaecologists
Find out more:	obgyn.onlinelibrary.wiley.com
Linked document:	Download linked document
References:	Denison FC, Aedla NR, Keag O, Hor K, Reynolds RM, Milne A, Diamond A, on behalf of the Royal College of Obstetricians and Gynaecologists. Care of Women with Obesity in Pregnancy. Green-top Guideline No. 72. BJOG 2018

Soft drinks industry levy

The Soft Drinks Industry Levy is a mandatory tax on the amount of sugar present in soft drinks in the UK. It is a two-tiered tax, affecting both manufacturers and importers of soft drinks. This levy was introduced by the UK Government in March 2016 and was enforced in April 2018 as a method of reducing the levels of sugar being consumed through soft drinks.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	UK Government
Find out more:	www.gov.uk
References:	https://www.gov.uk/topic/business-tax/soft-drinks-industry-levy

Soft Drinks Levy (UK-wide policy)

The Soft Drinks Industry Levy aims to encourage producers to reduce added sugar content in drinks, market low-sugar alternatives, and reduce portion sizes for high-sugar drinks. The excise tax is levied on any prepackaged soft drink with added sugar containing at least 5 g of total sugars per 100 ml. The tax is £0.18 per litre on drinks with 5–8 g total sugar per 100 ml and £0.24 per liter on drinks with >8 g total sugar per 100 ml. Milk-based drinks with >75% milk, milk substitute drinks (e.g. plant based milks), pure fruit juices or any other drinks with no added sugar, are exempt. Producers who produce <1 million litres/year are also exempt.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	HM Revenue and Customs
Find out more:	www.gov.uk
Linked document:	Download linked document
References:	HM Revenue and Customs. Soft drinks Industry Levy. Available from: https://www.gov.uk/topic/business-tax/soft-drinks-industry-levy [Last accessed 13 December 2018]. http://www.legislation.gov.uk/ukxi/2018/264/pdfs/ukxi_20180264_en.pdf

Healthy Active Schools System (HASS) (UK-wide policy)

This is a free tool devised and delivered by a UK children's activity provider 'Fit For Sport.' It is an online activity measurement tool which allows schools to track, monitor and evaluate children's activity levels in schools.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2017 (ongoing)
Target age group:	Children
Organisation:	Fit For Sport
Find out more:	www.healthyactiveschools.co.uk

NCD Country Profiles 2018 (Obesity Targets) (UK-wide policy)

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

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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

EU nutrient content lists (UK-wide policy)

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 13 December 2016.

Categories:	Labelling Regulation/Guidelines
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	European Commission
Find out more:	eur-lex.europa.eu

GNPR 2016-2017: Infant and young child nutrition - Breastfeeding promotion and/or counselling (UK-wide policy)

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/

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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/

Government Dietary Recommendations (UK-wide policy)

Government recommendations for energy and nutrients for males and females aged 1 – 18 years and 19+ years. NB These guidelines relate to England, The form the basis of the Eatwell guide which is applicable across all the nations.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Public Health England
Find out more:	assets.publishing.service.gov.uk

Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets (UK-wide policy)

This guidance supports the development of front of pack (FoP) nutrition labels that are compliant with the UK Health Ministers. Recommendation on the use of colour coding as an additional form of expression and with EU Regulation No. 1169/2011 on the provision of food information to consumers (EU FIC). The provision of FoP information remains voluntary, but if provided it must meet the requirements set out in the EU FIC. UPDATED 2016

Categories:	Labelling Re
Year(s):	
Target age group:	
Organisation:	The guidance was developed by the Department of Health, the Food Standards Agency, and devolved administrations in Scotland and Wales in collaboration with the British
Find out more:	
Linked document:	Downlo
References:	Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets. Updated https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/566251/FoP_Nutrition_labelling (last

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Categories (partial):	Labelling Re
Year(s):	
Target age group:	
Organisation:	The guidance was developed by the Department of Health, the Food Standards Agency, and devolved administrations in Scotland and Wales in collaboration with the British
Find out more:	
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References:	Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets. Updated https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/566251/FoP_Nutrition_Labelling (last

The Child's Obesity Strategy (UK-wide policy)

This report calls for a ban on fast food takeaway deliveries to schools and the introduction of initiatives such as new classifications on unhealthy food and loyalty cards to tackle the childhood obesity epidemic in the UK.

Categories:	Non-national obesity strategies
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	Published by Royal Society for Public Health (RSPH), the Youth Health Movement and Slimming World.
Find out more:	www.rsph.org.uk
Linked document:	Download linked document

Walk to School Week (UK-wide policy)

Walk to School Week is a project run by the UK charity 'Living Streets.' It uses various campaigns and projects to overcome barriers to walking and encourage millions of people in the UK to walk.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	Living Streets
Find out more:	www.livingstreets.org.uk

Guidelines on Preventing excess weight gain (NICE) (UK-wide policy)

Guidelines on how to prevent becoming overweight/obese, including interventions and activities in which weight is not the primary outcome, such as those aimed at preventing cardiovascular disease or type 2 diabetes, improving mental wellbeing or increasing active travel.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute for health care and excellence (NICE)
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	National Institute for health care and excellence (2015). Preventing excess weight gain. Available from: https://www.nice.org.uk/guidance/ng7/resources/preventing-excess-weight-gain-pdf-51045164485 . [Accessed 14 December 2018].

Preventing excess weight gain (NICE Guidelines NG7) (UK-wide policy)

These guidelines makes recommendations on behaviours that may help people maintain a healthy weight or prevent excess weight gain.

Categories:	Non-national obesity strategies
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute for Health and Care Excellence (NICE)
Find out more:	www.nice.org.uk
Linked document:	Download linked document

School Food Regulations 2014 (No. 1603) (UK-wide policy)

Applicable to school lunches and food provided to students on school premises, will come into force 1 January 2015. These replace the School Food Standards of 2007.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health Evidence of School Food Regulations
Year(s):	2015 (ongoing)
Target age group:	Children
Organisation:	Government
Find out more:	www.legislation.gov.uk
Linked document:	Download linked document

Sporting Future: A New Strategy for an Active Nation 2015 (UK-wide policy)

'This cross-government strategy will tackle head on the flatlining levels of sport participation and high levels of inactivity in this country. Through this strategy, government is redefining what success in sport means, with a new focus on five key outcomes: physical wellbeing, mental wellbeing, individual development, social and community development and economic development.'

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Culture, Media and Sport
Find out more:	www.gov.uk
Linked document:	Download linked document

The Food Standards Agency's Strategy for 2015-2020 (UK-wide policy)

'The FSA Strategy 2015 -20 reinvigorates our pledge to put consumers first in everything we do, so that food is safe and what it says it is, that we have access to an affordable healthy diet, and can make informed choices about what we eat, now and in the future.'

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015-2020
Target age group:	Adults and children
Organisation:	Food Standards Agency
Find out more:	www.food.gov.uk
Linked document:	Download linked document

Thrive Plymouth (UK-wide policy)

Thrive Plymouth is a ten year programme which aims to improve health and wellbeing in Plymouth and narrow the gap in health status between people in the city. Its objective is to generate collective action for social change around the main lifestyle choices that determine health and wellbeing in Plymouth. The programme will encourage and enable partners (residents, organisations, institutions) to support positive lifestyle choices in different settings. It encourages eating a healthy diet, leading active lifestyle, drinking sensibly and not smoking. Year one focus was the workplace, year two focus was schools and year three will be focused on the 'One You' campaign.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Plymouth City Council
Find out more:	www.plymouth.gov.uk

Annual weigh-in (UK-wide policy)

Assessment of the Academy's 10 recommendations for obesity one year on.

Categories (partial):	Health Effectiveness Reviews (obesity related)
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Academy of Royal Colleges
Find out more:	www.aomrc.org.uk

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

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

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

GP Guidance: Management of nutrition following bariatric surgery (UK-wide policy)

This guideline assumes that the bariatric centre will provide the first two years of follow up for the patient before discharging back to the care of the General Practitioner.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	British Obesity & Metabolic Surgery Society. GP Guidance: Management of nutrition following bariatric surgery August 2014
Find out more:	www.bomss.org.uk
References:	http://www.bomss.org.uk/wp-content/uploads/2014/09/GP_Guidance-Final-version-1Oct141.pdf

MAN v FAT (UK-wide policy)

Man V Fat is a digital magazine and social media community designed to support and champion men who want to lose weight. It also runs bootcamps and football leagues for men with a BMI of 30+.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2014 (ongoing)
Target age group:	Adults
Organisation:	Andrew Shanahan, a writer for The Guardian, The Times and Loaded.
Find out more:	manvfat.com

National Clinical Guidelines: Obesity (UK-wide policy)

Clinical guidelines for the identification, assessment and management of overweight and obesity in children, young people and adults

Categories:	Evidence of Management/treatment guidelines
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute for Health and Care Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document

National Clinical Guidelines: Obesity (UK-wide policy)

Clinical guidelines for the identification, assessment and management of overweight and obesity in children, young people and adults

Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute for Health and Care Excellence
Find out more:	www.nice.org.uk

National Clinical Guidelines: Obesity

Clinical guidelines for the identification, assessment and management of overweight and obesity in children, young people and adults

Categories:	Evidence of Management/treatment guidelines
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute for Health and Care Excellence
Find out more:	www.nice.org.uk

Front of Pack nutrition labelling - traffic light (UK-wide policy)

Since 2013, the UK has recommended the "Traffic Light" Front of Pack Nutrition Labelling system. The system combines colour coding and percentage reference intakes in line with UK health ministers' recommendations and the requirements of Article 35 of EU Regulation 1169/2011 on the provision of food information to consumers. The system is voluntary.

Categories:	Labelling Regulation/Guidelines
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	www.gov.uk

Measuring Up: The medical profession's prescription for the nation's obesity crisis (UK-wide policy)

A report suggesting a number of policy measures to tackle obesity, a ban on junk food advertising before 9pm and recommendations on reducing the proximity of fast food outlets to schools.

Categories:	Evidence of Marketing Guidelines/Policy
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Labelling Regulation/Guidelines
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	The Academy of Medical Royal Colleges
Find out more:	www.aomrc.org.uk
Linked document:	Download linked document

Out to Lunch (UK-wide policy)

This campaign works with restaurants and pub chains to improve the food and service offered to children and families when they eat out on the high street. With the help of a team of "secret diner" parents, the campaign compiled an "Out to Lunch" league table, ranking 21 of Britain's top high street chains. Out to Lunch aims to improve healthy menu development and encourages good sourcing and preparation practices.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	The Soil Association
Find out more:	www.soilassociation.org

The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 (UK-wide policy)

The Healthy Eating Regulations impose requirements and standards on the types of food and drink that can be served at breakfast and lunch, including nutritional standards.

Year(s):	2013 (ongoing)
Target age group:	Children
Organisation:	Welsh Government
Find out more:	www.assembly.wales
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.

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

Evaluation of the EU school milk and fruit scheme (UK-wide policy)

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

Improving Maternal and Infant Nutrition: A Framework for Action

This action framework is aimed at a wide variety of organisations with a role in improving maternal and infant nutrition in Scotland.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	The Scottish Government
Find out more:	www.gov.scot
Linked document:	Download linked document

Multidisciplinary Tier 3 weight management service (UK-wide policy)

Evaluation of this multi-disciplinary approach using focus groups revealed that participants described high levels of satisfaction. A Tier 3 weight management service for obese patients with complex co-morbidity was successfully delivered in a primary care setting with a full multidisciplinary team. Health outcomes were good compared with existing services.

Categories:	Evidence of Multidisciplinary Intervention
Year(s):	2011 (ongoing)
Target age group:	Adults
Organisation:	Jennings et al 2014
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Jennings et al 2014. Evaluation of a multidisciplinary Tier 3 weight management service for adults with morbid obesity, or obesity and comorbidities, based in primary care. <i>Clinical Obesity</i> . doi: 10.1111/cob.12066

Start Active, Stay Active (UK-wide policy)

A UK-wide document that presents guidelines on the volume, duration, frequency and type of physical activity required across the life course to achieve general health benefits. It is aimed at the NHS, local authorities and a range of other organisations designing services to promote physical activity.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Health, Physical Activity, Health Improvement and Protection
Linked document:	Download linked document

All Wales Obesity Pathway (UK-wide policy)

The Pathway is a tool for Health Boards, working jointly with Local Authorities and other key stakeholders, to map local policies, services and activity for both children and adults against four tiers of intervention, and to identify any gaps.

Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	Welsh Assembly Government
Find out more:	www.wales.nhs.uk

Healthy Happy Communities Project

The Healthy Happy Communities Project (HHCP) runs in disadvantaged areas of Angus, focusing on food and health, particularly for women of childbearing age, pregnant women and the under-fives. It has Healthy Start cafes and community gardening and cooking projects.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	NHS Tayside and Angus Council_x000D__x000D_
Find out more:	www.communityfoodandhealth.org.uk

Preventing Overweight and Obesity in Scotland: A Route Map Towards Healthy Weight

This policy is aimed at central and local government decision-makers working with their partners in agencies, the third sector, NHS Scotland and business to develop and subsequently deliver the long-term solutions to overweight and obesity in Scotland. The Route Map sets out the direction of national and local government decision making in the short and medium term.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	The Scottish Government
Find out more:	www.gov.scot
Linked document:	Download linked document

SIGN Management of Obesity - A National Clinical Guideline

This guideline provides evidence based recommendations on the prevention and treatment of obesity within the clinical setting, in children, young people and adults.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	Scottish Intercollegiate Guidelines Network
Find out more:	www.sign.ac.uk
Linked document:	Download linked document
References:	Scottish Intercollegiate Guidelines Network (2010). Management of Obesity: A national clinical guideline. Available from: https://www.sign.ac.uk/assets/sign115.pdf [Accessed 14 December 2018].

SIGN Management of Obesity - Quick reference guide

A quick reference guide providing a summary of the main recommendations contained in the SIGN guideline (including primary prevention of obesity in children, young people and adults, treatments by diet, lifestyle, pharmacological therapy and bariatric surgery and prevention of weight regain after treatment).

Categories:	Evidence of Management/treatment guidelines
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	Scottish Intercollegiate Guidelines Network
Find out more:	www.sign.ac.uk
Linked document:	Download linked document
References:	Scottish Intercollegiate Guidelines Network (2010). Management of Obesity: Quick Reference Guide. Available from: https://www.sign.ac.uk/assets/qrq115.pdf [Accessed 13 July 2020].

The Toy Box Study (UK-wide policy)

The Toy Box intervention is a multicomponent, kindergarten-based, family-involved intervention, focusing on the promotion of water consumption, healthy snacking, physical activity and the reduction/ breaking up of sedentary time in preschool children and their families.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2010-2014
Target age group:	Adults and children
Organisation:	EU funded multidisciplinary team project
Find out more:	www.toybox-study.eu

Creating an Active Wales (UK-wide policy)

This action plan sets out the steps the Welsh Assembly Government will take, with partners, to achieve an active, healthy and inclusive Wales. Creating an Active Wales focuses on four strategic aims; to develop a physical environment that makes it easier for people to choose to be more physically active; to support children and young people to live active lives, and become active adults; to encourage more adults to be more active, more often throughout life and to increase participation in sport, by all sectors of the population.

Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	Welsh Government
Find out more:	www.wales.nhs.uk
Linked document:	Download linked document

Recipe For Success: Scotland's national food and drink policy

This paper sets out how to support the growth of the food and drink industry; build on the Scottish reputation as a land of food and drink; ensure the public makes healthy and sustainable choices; make the public sector an exemplar for sustainable food procurement; ensure the food supplies are secure and resilient to change; make food both available and affordable to all; and ensure that the Scottish people understand more about the food they eat.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	The Scottish Government
Find out more:	www.gov.scot
Linked document:	Download linked document

Healthy Eating in Schools: A guide to implementing the nutrition requirements for food and drinks in schools (Scotland) regulations 2008

Regulations approved to help improved the health of children and young people in Scotland.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2008 (ongoing)
Target age group:	Children
Organisation:	Scottish Government
Find out more:	www.gov.scot
Linked document:	Download linked document

Healthy Eating, Active Living: An action plan to improve diet, increase physical activity and tackle obesity (2008-2011)

A plan of action to help improve the nation's diet, encourage greater physical activity and begin to establish a base for addressing obesity through both targeted interventions and supporting the public to achieve and maintain a healthy weight.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2008-2011
Target age group:	Adults and children
Organisation:	The Scottish Government
Find out more:	www.gov.scot
Linked document:	Download linked document

Healthy Stadia Network (UK-wide policy)

"At Healthy Stadia, we encourage professional and amateur sports clubs, league operators, national and international governing bodies of sport to develop their stadia and sports facilities as health-promoting environments. We do this by supporting them to adopt a range of policies and practices in support of the health of their fans, their staff and the surrounding community. The definition we give to Healthy Stadia is: Healthy Stadia are... those who promote the health of visitors, fans, players, employees and the surrounding community... places where people can go to have a positive, healthy experience playing or watching sport."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2008 (ongoing)
Target age group:	Adults and children
References:	https://healthystadia.eu/healthy-stadia-concept/

Developing a Whole School Food and Fitness Policy (UK-wide policy)

This document is designed to guide and support schools as they develop whole school food & fitness policies

Year(s):	2007 (ongoing)
Target age group:	Children
Organisation:	Welsh Government
Linked document:	Download linked document

Health, Exercise and Nutrition in the Really Young (HENRY) (UK-wide policy)

"Health, Exercise and Nutrition in the Really Young (HENRY) is an eight-week obesity prevention programme currently delivered in children's centres across the UK."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2007 (ongoing)
Target age group:	Children
Find out more:	www.henry.org.uk
References:	https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-019-7410-0

The Schools (Health Promotion and Nutrition) (Scotland) Act, 2007

The Act places health promotion at the heart of a school's activities, and details a number of duties on local authorities such as to promote school meals and consider sustainable development guidance when providing food and drink.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2007 (ongoing)
Target age group:	Children
Organisation:	Scottish Government
Linked document:	Download linked document

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

EU health and nutrient claims regulation (UK-wide policy)

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

Confidence to Cook – Community Kitchens

Confidence to Cook aims to promote healthy eating messages through practical hands-on cookery sessions, particularly in low-income communities with vulnerable groups.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2004 (ongoing)
Target age group:	Adults and children
Organisation:	NHS Grampian and Aberdeen City Council
Find out more:	www.confidence2cook.co.uk

SGF's Healthy Living Programme

The Scottish Grocers' Federation (SGF) Healthy Living Programme is a Scottish Government sponsored programme. The main objective is to increase the range, availability and value of healthy products in Scottish Convenience Stores, with particular focus on disadvantaged communities.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2004 (ongoing)
Target age group:	Adults and children
Organisation:	Scottish Grocers' Federation
Find out more:	www.scottishshop.org.uk

Game Plan, Strategy for delivering the Government's sport and physical activity objectives (UK-wide policy)

This document describes the United Kingdom's Government objectives for sport and physical activity and identifies ways of improving Government support. It was published in 2002 by two government departments: the Social Exclusion Unit and the Department of Culture, Media and Sport. The overall objectives of the plan are to increase the participation of all people in sport and to improve results in international competition.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2002-2020
Target age group:	Adults and children
Organisation:	Department for Culture, Media and Sport
Find out more:	www.sportdevelopment.org.uk
References:	DCMS/Strategy Unit. (2002) Game plan: A strategy for delivering government's sport and physical activity objectives. London: Cabinet Office

The Eatwell Plate

The United Kingdom published its first national food model in 1994, and it has been updated since then. The national food model, then known as 'The Balance of Good Health', was launched in 1994. It was revised and named 'The eatwell plate' in 2007. The most recent model, the Eatwell Guide, was published in March 2016. The revision of the eatwell plate to the Eatwell Guide in 2016 was led by Public Health England in association with Food Standards Scotland, the Welsh Government and by the Food Standards Agency in Northern Ireland. The Eatwell Guide has been accepted across UK government departments.

Year(s):	1994 (ongoing)
Target age group:	Adults and children
Find out more:	www.gov.uk
Linked document:	Download linked document
References:	http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/united-kingdom/en/

Alive and Kicking

"The Alive & Kicking Project was established in 1988 by community activists to provide a centre for elderly and physically disabled people living in Glasgow's Greater Springburn area. Over the past thirty years the Centre has grown and developed a wide range of services and facilities for its service users." The project addresses obesity and physical inactivity.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	1988 (ongoing)
Target age group:	Adults
Find out more:	www.aliveandkickingproject.com
References:	https://www.aliveandkickingproject.com/

UK Code of Broadcast Advertising (BCAP Code) (UK-wide policy)

Statutory rules on advertisements for HFSS foods on TV channels dedicated to children. These regulations ban the advertising of food high in fat, sugar, and salt (as defined by a nutrient profiling model) during television programs that have particular appeal to children aged younger than 16 years. Since 2011, the provisions of the Code of Advertising Practice now apply to advertisers own websites and advertising on social media sites.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	1961 (ongoing)
Target age group:	Children
Organisation:	UK Code of Broadcast Advertising (BCAP Code)
Find out more:	www.cap.org.uk
Linked document:	Download linked document

An evaluation of the UK Food Standard Agency's salt campaign (UK-wide policy)

An evaluation of the UK Food Standard Agency's salt campaign

Categories (partial):	Health Effectiveness Reviews (obesity related)
Find out more:	pubmed.ncbi.nlm.nih.gov
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework www.wcrf.org/NOURISHING

CAP non-broadcast code

"The CAP non-broadcast code has rules that cover non-broadcast advertising (for example print, online), sales promotion and direct marketing (such as telesales and email). The code specifies standards for accuracy and honesty that businesses must stick to, including specific conditions, such as: advertising to children" - UK Gov. The CAP non-broadcast code includes Mandatory regulation of food advertising in non-broadcast media.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Children
Organisation:	UK Government
Find out more:	www.asa.org.uk
References:	https://www.gov.uk/marketing-advertising-law/advertising-codes-of-practice

CAP non-broadcast code (UK-wide policy)

"The CAP non-broadcast code has rules that cover non-broadcast advertising (for example print, online), sales promotion and direct marketing (such as telesales and email). The code specifies standards for accuracy and honesty that businesses must stick to, including specific conditions, such as: advertising to children" - UK Gov. The CAP non-broadcast code includes Mandatory regulation of food advertising in non-broadcast media.

Target age group:	Children
Organisation:	UK Government
Find out more:	www.asa.org.uk
References:	https://www.gov.uk/marketing-advertising-law/advertising-codes-of-practice

Children's exposure to food advertising: the impact of statutory restrictions. (UK-wide policy)

Whalen R et al. (2017) Children's exposure to food advertising: the impact of statutory restrictions. Health Promotion International, 34(2), 227-235.

Categories:	Health Effectiveness Reviews (obesity related)
Find out more:	pubmed.ncbi.nlm.nih.gov
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework www.wcrf.org/NOURISHING

Commercial promotion of food to children (UK-wide policy)

"A combination of statutory and government-approved private sector self-regulation techniques are used to control the commercial promotion of food to children. Statutory rules apply to child-targeted television advertisements for HFSS foods as defined by the nutrient profiling scheme developed by the Food Standards Agency. "Child-targeted" marketing is defined as marketing during preschool children's programmes, during programmes made for children under the age of 16 in children's airtime, and youth-oriented programming that attracts a significantly higher-than-average proportion of viewers younger than 16 years (the proportion of viewers under 16 is 20% higher than the general viewing population). The rules apply to commercial and public service broadcast channels and all cable and satellite channels. The objectives are to limit children's exposure to advertising for HFSS products and to restrict the use of advertising techniques appealing to children." - WHO

Target age group:

Children

References:

https://www.euro.who.int/__data/assets/pdf_file/0006/155436/e96047.pdf

Commercial promotion of food to children

"A combination of statutory and government-approved private sector self-regulation techniques are used to control the commercial promotion of food to children. Statutory rules apply to child-targeted television advertisements for HFSS foods as defined by the nutrient profiling scheme developed by the Food Standards Agency. "Child-targeted" marketing is defined as marketing during preschool children's programmes, during programmes made for children under the age of 16 in children's airtime, and youth-oriented programming that attracts a significantly higher-than-average proportion of viewers younger than 16 years (the proportion of viewers under 16 is 20% higher than the general viewing population). The rules apply to commercial and public service broadcast channels and all cable and satellite channels. The objectives are to limit children's exposure to advertising for HFSS products and to restrict the use of advertising techniques appealing to children." - WHO

Categories:

Evidence of Marketing Guidelines/Policy

Target age group:

Children

References:

https://www.euro.who.int/__data/assets/pdf_file/0006/155436/e96047.pdf

Does participation in a population-based dietary intervention scheme have a lasting impact on fruit intake in young children? (UK-wide policy)

Fogarty AW et al. (2007) Does participation in a population-based dietary intervention scheme have a lasting impact on fruit intake in young children? *International Journal of Epidemiology*, 36(5), 1080-1085.

Categories:	Health Effectiveness Reviews (obesity related)
Find out more:	pubmed.ncbi.nlm.nih.gov
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework www.wcrf.org/NOURISHING

Evaluation of the effectiveness of front-of-pack labelling (UK-wide policy)

Sacks G et al. (2009) Impact of front-of-pack 'traffic-light' nutrition labelling on consumer food purchases in the UK. *Health Promotion International*, 24(4), 344-352.

Categories:	Health Effectiveness Reviews (obesity related)
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

GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling (UK-wide policy)

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/

Living Streets (UK-wide policy)

UK charity campaigning to get everyone out walking more

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Target age group:	Adults and children
Organisation:	Living Streets
Find out more:	www.livingstreets.org.uk

MEND (Mind,Exercise,Nutrition...Do it!) 5-7 Programme (UK-wide policy)

"The MEND 5-7 programme is a comprehensive, multi-component intervention designed to tackle obesity in childhood. The programme supports families by providing information on child nutrition (based on government healthy eating guidelines), active play and parenting practices to help parents practically integrate these recommendations into everyday life. The programme uses a non-diet approach to prevent unduly restrictive eating which can lead to problematic eating behaviours."

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Children
References:	https://www.researchgate.net/publication/236639812_Assessing_the_short-term_outcomes_of_a_community-based_intervention_for_overweight_and_obese_children_The_MEND_5-7_programme

re:balance (UK-wide policy)

Weight loss programme based in Camden or Islington. You can either refer yourself or a GP can refer you. Rebalance is a 12 week, group, weight-loss programme of exercise and dietary advice for overweight or obese adults. It covers nutritional advice, healthy-eating guidance, online, cognitive behavioural support and help to get active.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Target age group:	Adults
Find out more:	www.camden.gov.uk

The Family Project (a multi-disciplinary family-based programme for treating childhood obesity) (UK-wide policy)

A multi-component family focused education package involving physical activity sessions and educational workshops focusing on; healthy eating, physical activity, reducing sedentary behaviour, behaviour change and psychological well being. Workshops were also delivered by a multi-disciplinary team comprising; a dietitian, physical activity health promotion officer, an educational or clinical psychologist and 2-3 physical activity instructors.

Categories:	Evidence of Multidisciplinary Intervention
Target age group:	Children
Organisation:	Coppins et al 2011
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Coppins et al 2011. Effectiveness of a multi-disciplinary family-based programme for treating childhood obesity (the Family Project). Eur J Clin Nutr. 2011 Aug;65(8):903-9.

PDF created on November 19, 2024