

South Korea



Policies, Interventions and Actions

2020 Korean Society for the Study of Obesity Guidelines for the Management of Obesity in Korea

The 2020 Korean Society for the Study of Obesity Guideline for the Management of Obesity in Korea summarizes evidence-based recommendations and treatment guidelines.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2020 (ongoing)
Target age group:	Adults
Organisation:	Korean Society for the Study of Obesity
Find out more:	www.jomes.org
References:	Kim BY, Kang SM, Kang JH, Kang SY, Kim KK, Kim KB, Kim B, Kim SJ, Kim YH, Kim JH, Kim JH, Kim EM, Nam GE, Park JY, Son JW, Shin YA, Shin HJ, Oh TJ, Hyug L, Jeon EJ, Chung S, Hong YH, Kim CH; Committee of Clinical Practice Guidelines, Korean Society for the Study of Obesity (KSSO). 2020 Korean Society for the Study of Obesity Guidelines for the Management of Obesity in Korea. J Obes Metab Syndr. 2021 May 28. doi: 10.7570/jomes21022. Epub ahead of print. PMID: 34045368.

2018 Korean Society for the Study of Obesity Guideline for the Management of Obesity in Korea

These guidelines focus on guiding clinicians and patients to manage obesity more effectively. The recommendations and treatment algorithms can serve as a guide for the evaluation, prevention, and management of overweight and obesity.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2018 (ongoing)
Target age group:	Adults
Organisation:	Korean Society for the Study of Obesity
Linked document:	Download linked document
References:	Seo MH, Lee WY, Kim SS, et al. 2018 Korean Society for the Study of Obesity Guideline for the Management of Obesity in Korea [published correction appears in J Obes Metab Syndr. 2019 Jun;28(2):143]. J Obes Metab Syndr. 2019;28(1):40-45. doi:10.7570/jomes.2019.28.1.40

Clinical practice guideline for the diagnosis and treatment of pediatric obesity: recommendations from the Committee on Pediatric Obesity of the Korean Society of Pediatric Gastroenterology Hepatology and Nutritio

The following areas were systematically reviewed, especially on the basis of all available references published in South Korea and worldwide, and new guidelines were established in each area with the strength of recommendations based on the levels of evidence: (1) definition and diagnosis of overweight and obesity in children and adolescents; (2) principles of treatment of pediatric obesity; (3) behavioral interventions for children and adolescents with obesity, including diet, exercise, lifestyle, and mental health; (4) pharmacotherapy; and (5) bariatric surgery.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2018 (ongoing)
Target age group:	Children
Organisation:	Health Promotion Administration, Ministry of Health & Welfare
Linked document:	Download linked document
References:	Clinical practice guideline for the diagnosis and treatment of pediatric obesity: recommendations from the Committee on Pediatric Obesity of the Korean Society of Pediatric Gastroenterology Hepatology and Nutrition. Clin Exp Pediatr. 2019;62(1):3-21. Published online December 27, 2018. DOI: https://doi.org/10.3345/kjp.2018.07360

Comprehensive plan for Obesity Prevention and Control

South Korea's national obesity strategy, including physical activity guidelines

Categories:	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):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Joint ministries
Linked document:	Download linked document

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.

White Paper, Ministry of Food and Drug Safety

Categories:	Labelling Regulation/Guidelines
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Food and Drug Safety
Linked document:	Download linked document

The Physical Activity Guide for Koreans

Korea's physical activity strategy and guidelines.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health and Welfare

The Special Act on the Safety Management of Children's Dietary Life

The Special Act on the Safety Management of Children's Dietary Life covers a series of policies to prevent obesity and improve children's diet. Article 10 stipulates that TV advertising to children under 18 years of age is prohibited for specific categories of food before, during and after programmes shown between 5pm–7pm and during other children's programmes. The restriction also applies to advertising on TV, radio and the internet that includes "gratuitous" incentives to purchase (eg free toys). The Act also sets nutrition standards for food sold on school premises and prevents the sale of sugar drinks and other energy-dense and nutrient-poor foods entirely.

Categories:	Evidence of School Food Regulations Evidence of Marketing Guidelines/Policy
Year(s):	2009 (ongoing)
Target age group:	Children
Organisation:	Government
Find out more:	elaw.klri.re.kr

General dietary guidelines for Koreans

In 1991, the National dietary guidelines were first published by the Ministry of Health and Welfare. In 2002-2003, general and age-based guidelines were announced and revised in 2008-2009. In 2016, the General Dietary Guidelines for Koreans were established as common guidelines of inter-government ministries.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2008 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health and Welfare
Find out more:	www.fao.org
References:	https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/republic-of-korea/en/

Clinical practice guideline for the diagnosis and treatment of pediatric obesity

Provides an evidence-based systematic approach to childhood obesity in South Korea. Emphasises a family-based, comprehensive, multidisciplinary behavioural intervention which focuses on modifying lifestyle (calorie-controlled balanced diet, active vigorous physical activity and exercise, and reduction of sedentary habits, and support by the entire family, school, and community). Also emphasises the importance of starting early in life.

Categories:	Evidence of Management/treatment guidelines
Target age group:	Adults and children
Organisation:	Pediatric Obesity Committee of the KSPGHAN Guideline Task Force (TF)
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Yong et al. 2019 Clinical practice guideline for the diagnosis and treatment of pediatric obesity: recommendations from the Committee on Pediatric Obesity of the Korean Society of Pediatric Gastroenterology Hepatology and Nutrition. Korean J Pediatr 2019;62(1). pp. 3-21.

Code of Advertising Ethics

The Code states that advertising for children and youth should not express anything that might spoil them physically or morally. It also states that Criteria for concrete activities shall conform to the ICC Advertising Activities Standards"

Categories (partial):	Evidence of Marketing Guidelines/Policy
Target age group:	Children
Organisation:	Korea Federation of Advertising Associations
References:	Currently a web link to this code is unavailable. If you are aware of the location of this document/intervention, please contact us at obesity@worldobesity.org

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

Special Act on Safety Control of Children's Dietary Life

The South Korean Special Act on Safety Control of Children's Dietary Life recommends colour-coded labelling for use on the front of pre-packaged children's "favourite food" including cookies/candies/popsicles, breads, chocolates, dairy products, sausage (fish or meat based), some beverages, instant noodles and fast food (seaweed rolls, hamburgers, sandwiches). Guidance for the front-of-pack colour-coded labelling was issued by Public Notice (2011), and outlines three permitted designs using green, amber and red to identify whether products contain low, medium or high levels of total sugars, fat, saturated fat, and sodium.

Categories:	Labelling Regulation/Guidelines
Target age group:	Children
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=0#step3=309

The Foods Labelling Standards & The Labelling Standard for Health Functional Food

In South Korea, a nutrient list must be provided on select categories of pre-packaged food, including cookies/candies/popsicles, breads and dumplings, cocoa products, jams, oils, noodles and pasta, drinks and beverages, and food of special use. The Foods Labelling Standards were first enacted in 1996, and the Labelling Standard for Health Functional Food in 2004; both Standards have been revised several times since then. Based on the 1st Master Plan on Reducing Sugar Intake 2016–20 and the 2016 White Paper by the Ministry of Food and Drug Safety, further categories will be required to bear nutrient lists with a three-stage implementation between 2017 and 2022 (including cereals, ready-to-eat products and ready-to-cook products in 2017; dressings and sauces in 2018–19; Korean-style boiled grain-/meat-/fish-based food and processed food based on fruit or vegetable purees/pastes in 2020–22).

Categories:	Labelling Regulation/Guidelines
Target age group:	Adults and children
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=0#step3=327