

Spain



Policies, Interventions and Actions

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

PLAN ESTRATÉGICO NACIONAL PARA LA REDUCCIÓN DE LA OBESIDAD INFANTIL (2022 - 2030) National Strategic Plan for the Reduction of Childhood Obesity

The National Strategic Plan for the Reduction of Childhood Obesity lays the foundations for all stakeholders in society to act against this problem by following the four pillars of healthy living habits: physical activity and sports, healthy eating, sleep and emotional well-being. (Report in Spanish, executive summary available in english)

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2022-2033
Target age group:	Children
Organisation:	Government
Find out more:	www.lamoncloa.gob.es
Linked document:	Download linked document
References:	National Strategic Plan for the Reduction of Childhood Obesity 2022-2030. Available at https://www.gasolfoundation.org/wp-content/uploads/2022/06/Plan-Estrate%CC%81gico-Nacional-para-la-Reduccion%CC%81n-de-la-Obesidad-Infantil-Gasol-Foundation.pdf (last accessed 04.07.2022)

Value Added Tax on Sugary Drinks

In 2021, the Spanish government increased the Value Added Tax (VAT) for sugary drinks as part of efforts to address rising overweight and obesity. The new tax rate is set a 21% (an increase from 10%). This increase was approved through Law 11/2020 of 30th December on the 2021 General State Budget (LGPE) (article 69).

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2021 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	This increase was approved through Law 11
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=2#step3=315

Nutri-score Labelling

The Minister for Consumer Affairs, Alberto Garzón, has announced that the front-of-pack nutritional labelling system Nutri-score would enter into force in the first four months of 2021.

Categories:	Labelling Regulation/Guidelines
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	www.lamoncloa.gob.es
References:	https://www.lamoncloa.gob.es/lang/en/gobierno/news/Paginas/2020/20200626food-labelling.aspx 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/

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/

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

Maximum limit for salt in bread

In April 2019, a maximum mandatory limit for the salt content in bread was set, through Royal Decree 308/2019. It restricts the classifications of ‘wholemeal’, ‘sourdough’, ‘artisanal’ and ‘multicereal’ bread and sets the maximum allowable salt in the ordinary bread as a finished product must be 1.66 grams of salt per 100 grams of bread, when analysed by determination of total sodium (Article 11. 2c).

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	boe.es

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

Sugar sweetened beverage tax (Catalonia)

Two-tier sugar sweetened beverage tax in Catalonia.

Categories:	
Year(s):	
Target age group:	
Organisation:	
Find out more:	
Linked document:	
References:	http://www.hacienda.gob.es/Documentacion/Publico/PortalVarios/FinanciacionTerritorial/Autonomica/TributosPropios/Normativa/

Feel4Diabetes

The overall aim of the Feel4Diabetes programme was "developing and implementing a community-based intervention to promote behavioural changes and creating a more supportive social and physical environment to prevent diabetes in vulnerable families across Europe". The programme was in place in Finland, Belgium, Spain, Hungary, Bulgaria, and Greece.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2016-2018
Target age group:	Adults and children
Find out more:	feel4diabetes-study.eu
Linked document:	Download linked document
References:	https://feel4diabetes-study.eu/

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/

Recommendations for the population on physical activity and reduced sedentary lifestyle

These recommendations aim to raise awareness of the population which is the amount, intensity, frequency and duration of physical activity that benefits health. They are based on existing international recommendations and on scientific evidence, with the ultimate goal that all people should be more active physically.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health, Social Services and Equality
Linked document:	Download linked document
References:	Ministerio de Sanidad, Servicios Sociales e Igualdad. Actividad Física para la Salud y Reducción del Sedentarismo. Recomendaciones para la población. Estrategia de Promoción de la Salud y Prevención en el SNS. Madrid, 2015

Take action, advise health

Take action, advise health (Actavate, aconseja salud) is a free online course for health professionals, that enables them to prescribe physical activity through the institutions of the Spanish National Health System.

Categories:	Training
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	The Ministry of Education, Culture and Sports
Linked document:	Download linked document

White Paper on Nutrition in Spain

This white paper seeks to be a pioneering tool in Spain and to be both a nutritional resource for academia, scientists and policy makers.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	www.aecosan.msssi.gob.es
Linked document:	Download linked document
References:	Agencia Española de Seguridad Alimentaria y Nutrición y el Instituto Nacional de Consumo

FESNAD and SEESO recommendations for prevention and treatment for overweight and obesity in adults

Evidence based Nutritional recommendations for preventing and treating overweight and obesity (developed by two Spanish scientific associations, FESNAD (Spanish Federation of Nutrition, Food and Dietetic Associations) and SEEDO (Spanish Association for the Study of Obesity)).

Categories:	Evidence of Management/treatment guidelines
Year(s):	2012 (ongoing)
Target age group:	Adults and children
Organisation:	FESNAD (Spanish Federation of Nutrition, Food and Dietetic Associations) and SEEDO (Spanish Association for the Study of Obesity)
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Fernández Manuel M. G, Lesmes I.B, Marset J.B, Izquierdo J.Q, Sala X.F, Salas-Salvadó J; FESNAD-SEEDO consensus group (2012). Evidence-based nutritional recommendations for the prevention and treatment of overweight and obesity in adults (FESNAD-SEEDO consensus document). The role of diet in obesity treatment (III/III). <i>Nutrición Hospitalaria</i> . 27(3). pp. 833-64.

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
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/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

Law on Nutrition and Food Safety (Ley 17/2011)

Law on Nutrition and Food Safety (Ley 17/2011) prevents kindergartens and schools from selling food and beverages high in saturated fat, trans fat, salt and sugar. The law also state kindergartens and schools should be free from advertising.

Categories:	Evidence of Marketing Guidelines/Policy Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	Government
Find out more:	policydatabase.wcrf.org
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=1#step3=337

Integral Plan for Physical Activity and Sport Promotion (Plan Integral de Actividad Física y el Deporte)

The Comprehensive Plan for Physical Activity and Sport is a program that aims to promote universal access to quality sport for the whole population.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2010-2020
Target age group:	Adults and children
Organisation:	High Council for Sport
Find out more:	repositori.uji.es
Linked document:	Download linked document

The Toy Box Study

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

Clinical Practice Guideline for the Prevention and Treatment of Childhood and Juvenile Obesity

A set of clinical practice guidelines for the prevention and treatment of obesity in children and juveniles in Spain.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2009 (ongoing)
Target age group:	Children
Organisation:	Ministry for Health and Social Policy
Linked document:	Download linked document
References:	Working Group of the Guideline for the Prevention and Treatment of Childhood and Juvenile Obesity; Iberoamerican Cochrane Centre, coordinator; Clinical Practice Guideline for the Prevention and Treatment of Childhood and Juvenile Obesity; CPGs: Quality Plan for the Spanish National Healthcare System of the Spanish Ministry for Health and Social Policy; Catalan Agency for Health Technology Assessment, 2009; Clinical Practice Guideline: CAHTA no. 2007/25.

Healthy eating as a family

Aims to promote healthy eating as a family by educating teachers and parents.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	Hispancoop, the Spanish Confederation on Consumers and Users' Cooperatives
Find out more:	www.menjasaenfamilia.org

Healthy Stadia Network

"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/

NAOS Strategy Working Group- AECOSAN - Health Councils of the Autonomous Communities

Since 2008, the NAOS Strategy has worked in coordination with the Autonomous Communities' Health Departments (CCAA) through a technical working group. In this group, joint initiatives are developed on issues derived from Law 17/2011 on Food Safety and Nutrition, on programmes to promote healthy eating, nutrition, or physical activity for the prevention of obesity and / or the promotion of healthy habits.

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
References:	https://extranet.who.int/nutrition/gina/en/node/27123 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/

Actividad física y salud en la infancia y la adolescencia Guía para todas las personas que participan en su educación

Guide for all educations on Physical Activity and Health in Children and Adolescents Guide

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
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

IDEFICS - Identification and prevention of Dietary- and lifestyle-induced health Effects In Children and infantS

"A community-oriented intervention programme for primary prevention of obesity in a controlled study design. This intervention part of the IDEFICS study examined feasibility, effectiveness and sustainability of a coherent set of intervention modules addressing diet, physical activity and coping with stress."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2006-2012
Target age group:	Children
Organisation:	Bremen Institute for Prevention Research and Social Medicine
Find out more:	www.ideficsstudy.eu
References:	https://www.ideficsstudy.eu/index.php?id=1161&L=144%27%27A%3D0

Thao-Salud Infantil

"Thao-Salud Infantil is a childhood obesity prevention program whose objective is to increase HEALTHY LIVING styles in children from 0 to 12 years of age and their families. Community-based program that is applied in the municipalities , through the mobilization of different local actors of the municipality, from local authorities, educational centres, sports centres, markets, etc. to reach families."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2006 (ongoing)
Target age group:	Children
Find out more:	programathao.com
References:	https://programathao.com/que-es/

Delta Project for Nutritional education and the Physical activity

"The Delta Nutrition Education Project (DELTA), emerges as response to a situation in the Autonomous Community of the Canary Islands, in the than the problems associated with food, such as overweight, obesity, diabetes, cardiovascular disease and mortality derived from these shows an upward trend... The DELTA is defined as a set of proposals, strategies and didactic materials oriented to the promotion of food healthy and physical activity, in a broader context of education for health."

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Community Interventions/Campaign
Year(s):	2005 (ongoing)
Target age group:	Children
Organisation:	Canary Islands Government
Linked document:	Download linked document
References:	https://www3.gobiernodecanarias.org/sanidad/scs/content/7cb018a1-24c8-11e1-bded-83400f7d5093/DocumentodescriptivoPROYECTODELTA.pdf

Food-based dietary guidelines: Eat healthy and move: 12 healthy decisions (Come sano y muévete: 12 decisiones saludables)

Spain published the dietary guidelines for children and adolescents in 2005. The guidelines for the general population were launched in 2008. The guidelines were developed as part of the Strategy for Nutrition, Physical Activity and the Prevention of Obesity (NAOS Strategy) of the Spanish Agency for Consumer Affairs, Food Safety and Nutrition of the Spanish Ministry of Health, Social Services and Equality.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2005 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	Download linked document
References:	http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/spain/en/

Self-Regulatory Code on Food Advertising to Children (CODIGO PAOS)

This is a multi-stakeholder initiative developed by the food industry in consultation with the government and the advertising industry. It includes a copy advice procedure for pre-vetting advertisements, and enforcement and monitoring bodies.

Categories:	Industry/Government regulations - voluntary /pledges
Categories (partial):	Evidence of Marketing Guidelines/Policy
Year(s):	2005 (ongoing)
Target age group:	Children
Organisation:	The Spanish Federation of Food and Drink Industries (FIAB) issued the CODIGO PAOS, with support by the Ministry of Health & Consumer Affairs, and the advertising self-regulatory organisation.
Find out more:	estaticos.cocacola.es
Linked document:	Download linked document

Evaluation of compliance with the Spanish Code of self-regulation of food and drinks advertising

León-Flández K et al. (2017) Evaluation of compliance with the Spanish Code of self-regulation of food and drinks advertising directed at children under the age of 12 years in Spain, 2012. Public health, 150, 121-129.

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

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/

IMED Multi-disciplinary unit for Obesity treatment

IMED Hospitales has set up the Multidisciplinary Unit for the Treatment of Obesity, a complete unit to solve the problems of obesity and overweight. A team of surgeons, endoscopists, psychologists, psychiatrists, endocrinologists, nutritionists, anesthesiologists, aesthetic doctors and plastic surgeons who work together to provide customized and effective solutions.

Categories:	Evidence of Multidisciplinary Intervention
Target age group:	Adults and children
Organisation:	IMED Elche
Find out more:	www.imedelche.com
Linked document:	Download linked document
References:	Available from: http://www.imedelche.com/fr/pagina/unidad-de-tratamiento-integral-de-la-obesidad/ [accessed August 2019]. 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/

NAOS strategy Nutrition, Physical Activity and Obesity Prevention

Aims to promote a healthy diet and increase physical activity.

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

Target age group: Adults and children

Organisation: The Ministry of Health and Consumer Affairs, the Ministry of Education and Science, the Ministry of Agriculture, Fisheries and Food, the Autonomous Communities, Town Councils, foundations, professionals, businesses, NGOs and consumer associations.

Linked document: [Download linked document](#)

Salt content in bread in Spain

Farinós NP et al (2018). Salt content in bread in Spain, 2014. *Nutricion hospitalaria* 17;35(3):650-4.

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

PDF created on July 11, 2024