

Sweden



Policies, Interventions and Actions

Nordic Nutrition Recommendations

The Nordic Nutrition Recommendations (NNR) is an international collaboration among health and food authorities in Denmark, Finland, Iceland, Norway, and Sweden. The NNR2023 project has developed science advice based on the health effects of foods and response to the country-specific public health challenges and burden of diseases, food consumption patterns, as well as the country-specific environmental impacts of food consumption.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2023 (ongoing)
Target age group:	Adults and children
Organisation:	Nordic Council of Ministers
Find out more:	pub.norden.org
Linked document:	Download linked document

Guidelines for physical activity and sedentary behaviour

Comprehensive Physical Activity Policy. (Available only in Swedish language)

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2021 (ongoing)
Target age group:	Adults and children
Organisation:	The Public Health Agency of Sweden
Linked document:	Download linked document

Annex III to Regulation (EC) No 1925/2006 of the European Parliament and of the Council as regards trans fat, other than trans fat naturally occurring in fat of animal origin

Measures to limit or virtually eliminate industrially-produced trans fatty acids in food intended for the final consumer and/or for supply to retail. Adopted by The European Commission from April 2019. (Available in multiple languages)

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)

A Healthy School Start Plus

Aims to prevent childhood obesity and overweight in disadvantaged areas in a 6 month programme using education directed at parents, motivational interviewing of parents, school based activities for children and online self-test

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2018 (ongoing)
Target age group:	Children
Organisation:	Elinder et al
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Elinder et al (2018). A Healthy School Start Plus for prevention of childhood overweight and obesity in disadvantaged areas through parental support in the school setting - study protocol for a parallel group cluster randomised trial. BMC Public health. 18(459)

National guidelines for prevention and treatment in case of unhealthy lifestyles

National guidelines on diet, nutrition & physical activity relating to overweight & obesity.

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
Linked document:	Download linked document

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

Action plan for overweight and obesity (2016-2020) - Stockholm

Aims to reduce the proportion of overweight and obesity in adults, children and pregnancy by 2020.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2016-2020
Target age group:	Adults and children
Organisation:	Hälso- och sjukvårdsförvaltningen
Find out more:	extranet.who.int
Linked document:	Download linked document
References:	HPO. SÅ kan vi vända trenden Handlingsprogram för övervikt och fetma 2016-2020. Available from: http://dok.slso.sll.se/CES/FHG/Folkhalsoarbete/Informationsmaterial/Handlingsprogram-overvikt-fetma-2016-2020.pdf . Accessed 13 December 2018.

AKO Skåne guideline for primary care based on regional care program (E66-P Obesity)

Guidelines for obesity care; outlining responsibilities, diagnostics, treatment, referral procedures, and follow-up

Categories (partial):	Evidence of Management/treatment guidelines
Year(s):	2016-2019
Target age group:	Adults and children
Organisation:	Caregiver Skåne
Find out more:	vardgivare.skane.se
Linked document:	Download linked document
References:	Caregiver Skåne. Obesity and obesity in adults. Available from: https://vardgivare.skane.se/vardriktlinjer/medicinska-omraden/endokrina-organ-fetma-och-diabetes/ako/overvikt-och-fetma-hos-vuxna/ (Accessed August 2019).

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

Find your way to eat greener, not too much and be active! (Hitta ditt sätt att äta grönare, lagom mycket och röra på dig)

The Swedish National Food Agency (Livsmedelsverket) published the revised version of the national dietary guidelines in 2015. The Swedish dietary guidelines are aimed at healthy adults, adolescents and children 2 years and over and can be adjusted to different food cultures. Recommendations for specific population groups (pregnant and lactating women, infants and children under 2 years of age) and vegetarians are provided separately. The FBDGs are based on the Nordic Nutritional Recommendations (NNR 2012), knowledge of the population's dietary habits and scientific knowledge of the environmental impact of various food groups.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
References:	http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/sweden/en/

Mobile-based intervention (MINISTOP)

Assessing effectiveness of mobile phone technology (mobile health) in changing behaviours and managing weight in children.

Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2014-2015
Target age group:	Children
Organisation:	Nystrom et al (2017).
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Nystrom et al (2017). Mobile-based intervention intended to stop obesity in preschool-aged children: the MINISTOP randomized controlled trial. American Journal of Clinical Nutrition. 105(6). pp. 1327-1335.

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)

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

The Education Act

The Education Act came into force 1 July 2011 which included a requirement that school meals should be nutritious and free of charge.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	Government
Find out more:	sweden.se
References:	Currently a web link to this intervention is unavailable. If you are aware of the location of this document/intervention, please contact us at obesity@worldobesity.org

Nordic Key Hole Label

Voluntary nordic food label that identifies products containing less fat, sugars and salt and more dietary fibre than other products within the same category. Nutritional criteria is the same as in Norway and Denmark.

Categories:	Labelling Regulation/Guidelines
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	Swedish National Food Agency
Find out more:	www.nokkelhullsmerket.no

"Healthy Children"

A method of promoting good eating and exercise habits in preschool activities.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2008 (ongoing)
Target age group:	Children
Organisation:	Center for Epidemiology and Community Medicine
Linked document:	Download linked document

General Marketing Act

The General Marketing Act includes a ban on any advertising targeted at children under 12 years old on national radio and TV before and during children's programs. According to European legislation, the ban only covers broadcasts originating in Sweden. Link leads to unofficial English translation.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2008 (ongoing)
Target age group:	Adults and children
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

School Food Academy

"The School Food Academy is a knowledge network in Västra Götaland that was started in 2006 to promote the school meal and good eating habits at school. We want to convey a positive attitude to the school lunch and increase knowledge about how the choice of food affects our health and environment."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2006 (ongoing)
Target age group:	Children
Find out more:	www.vgregion.se
References:	https://www.vgregion.se/om-vgr/organisation-och-verksamhet/satsningar-och-samarbeten/skolmatsakademin/om-oss/

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

Public Health Agency of Sweden and the Swedish National Food Administration

"The mission, from the government, for the Public Health Agency of Sweden is to monitor the health status of the population and the factors that affect this. The Swedish National Food Agency has the following goals; healthy dietary habits, safe foods and fair practices in the food trade"

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
References:	https://extranet.who.int/nutrition/gina/en/node/27137