

# Taiwan



## Policies, Interventions and Actions

### Evidence-based Guideline on Adult Obesity Prevention and Management 2023

Guidelines on obesity prevention and treatment. An update of the 2018 edition. (Available only in Taiwanese language)

Categories:	Evidence of Management/treatment guidelines
Year(s):	2023 (ongoing)
Target age group:	Adults
Organisation:	Ministry of Health and Welfare, Taiwan Medicine Association for the Study of Obesity, Cochrane Taiwan
Find out more:	<a href="http://taiwan.cochrane.org">taiwan.cochrane.org</a>
Linked document:	<a href="#">Download linked document</a>

### Evidence-based Guideline on Adult Obesity Prevention and Management 2018

Guidelines on obesity prevention and treatment. (Available only in Taiwanese language)

Categories:	Evidence of Management/treatment guidelines
Year(s):	2018-2023
Target age group:	Adults
Organisation:	Ministry of Health and Welfare, Taiwan Medicine Association for the Study of Obesity, Cochrane Taiwan
Find out more:	<a href="http://taiwan.cochrane.org">taiwan.cochrane.org</a>
Linked document:	<a href="#">Download linked document</a>

## Taiwan's Obesity Prevention and Management Strategy

The Strategy outlines policies and strategies across different settings, including families, schools, workplaces, and healthcare institutions. Key objectives include strengthening healthcare services, creating supportive environments, enhancing awareness and education, and monitoring and evaluating obesity prevention efforts. The strategy does not specify numerical targets for reducing obesity prevalence but aims for a reduction in prevalence for school students and adults.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Health Promotion Administration, Ministry of Health and Welfare
Linked document:	<a href="#">Download linked document</a>

## Dietary Guideline Taiwan

Article in Taiwanese

Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Health Promotion Administration Ministry of Health and Welfare
Linked document:	<a href="#">Download linked document</a>
References:	Dietary Guidelines Taiwan. Health Promotion Administration. Ministry of Health and Welfare (2016)

## Regulations on Nutrition Labeling for Prepackaged Food Products

Mandatory national labelling guidelines for packaged foods and drinks. (Available only in English language)

Categories:	Labelling Regulation/Guidelines
Target age group:	Adults
Organisation:	Taiwan Food and Drug Administration
Linked document:	<a href="#">Download linked document</a>