

# United States



## Policies, Interventions and Actions

### Santa Cruz, California - Sugar Sweetened beverage tax

An excise tax of two cents (\$0.02) per fluid ounce tax on sugar-sweetened beverages which contain 40 or more calories per 12 fluid ounces. This includes soda, energy drinks, and sweetened ice teas and coffees.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health Non-national obesity strategies
Year(s):	2025 (ongoing)
Target age group:	Adults and children
Organisation:	City of Santa Cruz
Find out more:	<a href="http://www.cityofsantacruz.com">www.cityofsantacruz.com</a>
Linked document:	<a href="#">Download linked document</a>
References:	City of Santa Cruz. Sugar-Sweetened Beverage (SSB) Revenue Measure [online] Available at: <a href="https://www.cityofsantacruz.com/government/city-departments/city-manager/sugar-sweetened-beverage-ssb">https://www.cityofsantacruz.com/government/city-departments/city-manager/sugar-sweetened-beverage-ssb</a> [Accessed 19 May 2025]. []

### Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 DGAs

This USDA final rule strengthens nutritional requirements for school meal programs based on the goals of the Dietary Guidelines for Americans 2020-2025. It phases in new limits on added sugar and sodium. Schools are required to implement these standards by school year 2027-2028

Categories:	Evidence of School Food Regulations
Year(s):	2024 (ongoing)
Target age group:	Children
Organisation:	United States Department of Agriculture (USDA)
Find out more:	<a href="http://www.fns.usda.gov">www.fns.usda.gov</a>
Linked document:	<a href="#">Download linked document</a>

## Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents With Obesity

In 2023, the American Academy of Pediatrics published its first-ever clinical practice guidelines on the evaluation and treatment of children and adolescents with overweight and obesity.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2023 (ongoing)
Target age group:	Children
Organisation:	American Academy of Pediatrics
Find out more:	<a href="https://www.aap.org">www.aap.org</a>
Linked document:	<a href="#">Download linked document</a>

## Food Is Medicine

Food is Medicine (FIM) is an initiative that aims to prevent, manage, and treat diet-related diseases through food and nutrition. The initiative provides healthy food choices to qualified individuals based on the diagnosis of certain chronic diseases. Programs that fall under this category include medically tailored meals (MTMs), medically tailored groceries (MTGs), and produce prescriptions (PPRs).

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of NCD strategy
Year(s):	2023 (ongoing)
Target age group:	Adults and children
Organisation:	U.S Department of Health and Human Services
Find out more:	<a href="https://odphp.health.gov">odphp.health.gov</a>
References:	Health.gov. Food Is Medicine: A Project to Unify and Advance Collective Action   <a href="https://odphp.health.gov">odphp.health.gov</a> . [online] Available at: <a href="https://odphp.health.gov/our-work/nutrition-physical-activity/food-medicine">https://odphp.health.gov/our-work/nutrition-physical-activity/food-medicine</a> [Accessed 20 May 2025]. []

## State Physical Activity and Nutrition (SPAN)

CDC funds 17 states to carry out the current 5-year State Physical Activity and Nutrition (SPAN) program. Recipients use proven strategies to reduce health disparities related to nutrition, physical activity, and obesity.

Categories:	Non-national obesity strategies Evidence of Community Interventions/Campaign
Year(s):	2023 (ongoing)
Target age group:	Adults and children
Organisation:	US Centers for Disease Control and Prevention (CDC)
Find out more:	<a href="https://www.cdc.gov">www.cdc.gov</a>
References:	CDC. State Physical Activity and Nutrition [online]. Available at: <a href="https://www.cdc.gov/span/php/about/index.html">https://www.cdc.gov/span/php/about/index.html</a> [Accessed 19 May 2025]. []

## National Strategy on Hunger, Nutrition, and Health

Under the Biden-Harris Administration, the National Strategy on Hunger, Nutrition, and Health set a goal to end hunger and increase healthy eating and physical activity by 2030 so fewer Americans experience diet-related diseases - while reducing related health disparities. This strategy includes goals to promote active transportation, increase access to outdoor space, support nutrition education in schools, improve access to healthy food, and enhance nutrition research.

Categories:	Evidence of NCD strategy Evidence of Physical Activity Guidelines/Policy Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2022 (ongoing)
Target age group:	Adults and children
Organisation:	The White House
Linked document:	<a href="#">Download linked document</a>
References:	The White House. 2022. Biden-Harris Administration National Strategy on Hunger, Nutrition, and Health. Available at: <a href="https://bidenwhitehouse.archives.gov/wp-content/uploads/2022/09/White-House-National-Strategy-on-Hunger-Nutrition-and-Health-FINAL.pdf">https://bidenwhitehouse.archives.gov/wp-content/uploads/2022/09/White-House-National-Strategy-on-Hunger-Nutrition-and-Health-FINAL.pdf</a> [Accessed 20 May 2025]

## NYC - Commitment to Health and Nutrition: Food Standards and Good Food Purchasing

Executive Order 8 sets standards for meals served by New York City agencies, ensuring they are healthy and nutritious according to regularly updated City Agency Food Standards.

Categories:	Non-national obesity strategies Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2022 (ongoing)
Target age group:	Adults and children
Organisation:	The City of New York
Find out more:	<a href="https://www.nyc.gov">www.nyc.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	The City of New York. The official website of the City of New York. Executive Order 8. [online] Available at: <a href="https://www.nyc.gov/office-of-the-mayor/news/008-002/executive-order-8">https://www.nyc.gov/office-of-the-mayor/news/008-002/executive-order-8</a> [Accessed 20 May 2025]. []

## NYC - Promotion of Healthy Foods in City Publications and Advertising on City Property

Executive Order 9 requires that all promotional materials put out by New York City agencies and advertisements on city property regarding food feature healthy food. This is intended to improve dietary habits and address the increased density of unhealthy food advertisements in Black neighborhoods.

Categories:	Evidence of Marketing Guidelines/Policy Non-national obesity strategies
Year(s):	2022 (ongoing)
Target age group:	Adults and children
Organisation:	The City of New York
Find out more:	<a href="https://www.nyc.gov">www.nyc.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	The City of New York. 2022. Promotion of Healthy Foods in City Publications and in Advertising on City Property. Available at: <a href="https://www.nyc.gov/office-of-the-mayor/news/009-002/executive-order-9">https://www.nyc.gov/office-of-the-mayor/news/009-002/executive-order-9</a> [Accessed 20 May 2025].

## Voluntary Sodium Reduction Goals

The FDA provide measurable voluntary goals for reducing sodium content in commercially processed, packaged, and prepared foods to reduce excess population sodium intake. The first goals were published in 2021. The second draft was made available in 2024, but has not yet been finalised.

Categories:	Industry/Government regulations - voluntary /pledges
Categories (partial):	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2021 (ongoing)
Target age group:	Adults and children
Organisation:	Food and Drug Administration
Find out more:	<a href="https://www.fda.gov">www.fda.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	U.S. Department of Health and Human Services, Food and Drug Administration, Center for Food Safety and Applied Nutrition. 2024. Voluntary Sodium Reduction Goals: Target Mean and Upper Bound Concentrations for Sodium in Commercially Processed, Packaged, and Prepared Foods (Edition 2): Guidance for Industry. Available at: <a href="https://www.fda.gov/media/180784/download">https://www.fda.gov/media/180784/download</a> [Accessed 20 May 2025].

## 2020-2025 Dietary Guidelines for Americans

The Dietary Guidelines is designed for policymakers and nutrition and health professionals to help all individuals and their families consume a healthy,nutritionally adequate diet

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2020-2025
Target age group:	Adults and children
Organisation:	USDA
Find out more:	<a href="https://www.dietaryguidelines.gov">www.dietaryguidelines.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov.

## Healthy People 2030

Healthy People 2030 aims to promote, strengthen, and evaluate national efforts to improve the health and well-being of all people. It sets 357 measurable objectives, including a reduction in childhood obesity, adult obesity, and consumption of added sugars. The website provides evidence-based resources to improve dietary habits, increase physical activity and lose weight.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan Evidence of National Obesity Strategy/Policy or Action plan Evidence of Obesity Target
Year(s):	2020-2030
Target age group:	Adults and children
Organisation:	The Office of Disease Prevention and Health Promotion
Find out more:	<a href="https://odphp.health.gov">odphp.health.gov</a>
References:	U.S. Department of Health and Human Services. Healthy People 2030   <a href="https://odphp.health.gov">odphp.health.gov</a> . [online] Available at: <a href="https://odphp.health.gov/healthypeople/search?query=&amp;f%5B0%5D=content_type%3Ahealthy_people_objective">https://odphp.health.gov/healthypeople/search?query=&amp;f%5B0%5D=content_type%3Ahealthy_people_objective</a> [Accessed 19 May 2025]. []

## VA/DoD Clinical Practice Guideline for Screening and Management of Overweight and Obesity

Clinical Practice Guideline that gives recommendations for the management of adult overweight and obesity in the Department of Defense and Veteran Affairs Health Care systems.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2020 (ongoing)
Target age group:	Adults
Organisation:	Department of Veteran Affairs, Department of Defense
Find out more:	<a href="https://www.healthquality.va.gov">www.healthquality.va.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	VA/DoD Clinical Practice Guideline for Screening and Management of Overweight and Obesity, Department of Veteran Affairs, Department of Defense, Version 3.0. 2020.

## Move Your Way Campaign

Move Your Way is the promotional campaign for the second edition of the Physical Activity Guidelines for Americans. The goal is to help people live healthier lives through increased physical activity.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	U.S. Department of Health and Human Services
Find out more:	<a href="https://health.gov">health.gov</a>
References:	<a href="https://health.gov/moveyourway">https://health.gov/moveyourway</a>

## Behavioral Weight Loss Interventions to Prevent Obesity-Related Morbidity and Mortality in Adults US Preventive Services Task Force Recommendation Statement

The USPSTF reviewed the evidence on interventions (behavioral and pharmacotherapy) for weight loss or weight loss maintenance that can be provided in or referred from a primary care setting. Surgical weight loss interventions and nonsurgical weight loss devices (eg, gastric balloons) are considered to be outside the scope of the primary care setting.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2018 (ongoing)
Target age group:	Adults
Organisation:	US Preventive Services Task Force
Find out more:	<a href="http://www.uspreventiveservicestaskforce.org">www.uspreventiveservicestaskforce.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	Curry, S.J., Krist, A.H., Owens, D.K., Barry, M.J., Caughey, A.B., Davidson, K.W., Doubeni, C.A., Epling, J.W., Grossman, D.C., Kemper, A.R. and Kubik, M., 2018. Behavioral weight loss interventions to prevent obesity-related morbidity and mortality in adults: US Preventive Services Task Force recommendation statement. <i>Jama</i> , 320(11), pp.1163-1171.

## City of Seattle - Sugar Sweetened beverage tax

Tax on sugar sweetened beverages and beverages with added sweeteners.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Seattle city council
Find out more:	<a href="http://www.seattle.gov">www.seattle.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Seattle City Council. Legislative summary. Available from: <a href="https://www.seattle.gov/license-and-tax-administration/business-license-tax/other-seattle-taxes/sweetened-beverage-tax">https://www.seattle.gov/license-and-tax-administration/business-license-tax/other-seattle-taxes/sweetened-beverage-tax</a> [Last accessed 09.09.20]

## Physical Activity Guidelines for Americans

The Physical Activity Guidelines for Americans provides evidence-based guidance to help Americans maintain or improve their health through physical activity. These are the 2nd edition of these guidelines.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	U.S. Department of Health and Human Services
Find out more:	<a href="http://health.gov">health.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.



## San Francisco - Sugar Sweetened beverage tax

Effective January 1, 2018, there has been a general excise tax on Bottled Sugar-Sweetened Beverage, Syrup, or Powder in the City.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	City and Country of San Francisco
Find out more:	<a href="https://sftreasurer.org">sftreasurer.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	City and County of San Francisco. <a href="https://sftreasurer.org/business/taxes-fees/sugary-drinks-tax#:~:text=The%20City%20imposes%20a%20one,beverages%2C%20syrups%2C%20and%20powders.">https://sftreasurer.org/business/taxes-fees/sugary-drinks-tax#:~:text=The%20City%20imposes%20a%20one,beverages%2C%20syrups%2C%20and%20powders</a> . [Last Accessed 09.09.20]

## Assessment, Treatment, and Prevention of pediatric obesity: An Endocrine Society Clinical Practice Guideline

Recommendations on diagnosis, prevention, and treatment of obesity in children.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2017 (ongoing)
Target age group:	Children
Organisation:	Styne, D.M, Arslanian, S.A, Connor, E.L, Farooqi, I.S, Murad, M.H, Silverstein, J.H, and Yanovski, J.A.
Find out more:	<a href="https://academic.oup.com">academic.oup.com</a>
References:	Styne, D.M, Arslanian, S.A, Connor, E.L, Farooqi, I.S, Murad, M.H, Silverstein, J.H, and Yanovski, J.A. 2017. Pediatric Obesityâ€”Assessment, Treatment, and Prevention: An Endocrine Society Clinical Practice Guideline. The Journal of Clinical endocrinology and metabolism. 102 (3). pp. 709â€“757

## Boulder, Colorado - Sugar Sweetened beverage tax

Excise tax requiring distributors of sugar-sweetened beverages to pay a tax applied to the drinks they distribute within the City of Boulder. This applies to drinks containing at least 5 grams of added caloric sweeteners (such as sugar and high-fructose corn syrup) per 12 fluid ounces. This includes soda, energy drinks and heavily pre-sweetened tea and the syrups and powders used to produce them.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	City of Boulder Colorado
Find out more:	<a href="https://www.bouldercolorado.gov">bouldercolorado.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	City of Boulder Colorado. Sugar Sweetened Beverage tax. Available from: <a href="https://www-static.bouldercolorado.gov/docs/Chapter_16_SSB_Tax_-_final_form-1-201706231802.pdf?_ga=2.207604755.1404175956.1544784563-1014986894.1544784563">https://www-static.bouldercolorado.gov/docs/Chapter_16_SSB_Tax_-_final_form-1-201706231802.pdf?_ga=2.207604755.1404175956.1544784563-1014986894.1544784563</a> . [Accessed 14 December 2018].

## 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.

## Philidelphia - Sugar Sweetened beverage tax

Tax applied to any non-alcoholic beverage, syrup, or other concentrate used to prepare a beverage that lists as an ingredient any form of caloric sugar-based sweetener, including, but not limited to sucrose, glucose, or high fructose corn syrup.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	City of Philadelphia
Find out more:	<a href="http://www.phila.gov">www.phila.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	City of Philidelphia (2017). CHAPTER 19-4100. SUGAR-SWEETENED BEVERAGE TAX. Available from: <a href="https://www.phila.gov/media/20170209150802/CertifiedCopy16017601-1.pdf">https://www.phila.gov/media/20170209150802/CertifiedCopy16017601-1.pdf</a> . [Accessed 14 December 2018].

## Policy statement: Stigma Experienced by Children and Adolescents With Obesity

This policy statement discusses the prevalence and negative effects of weight stigma on pediatric patients and their families. The statement provides 6 clinical practice and 4 advocacy recommendations regarding the role of pediatricians in addressing weight stigma. Recommendations include improving the clinical setting by modeling best practices for nonbiased behaviors and language; using empathetic and empowering counseling techniques, such as motivational interviewing, and addressing weight stigma and bullying in the clinic visit; advocating for inclusion of training and education about weight stigma in medical schools, residency programs, and continuing medical education programs; and empowering families to be advocates to address weight stigma in the home environment and school setting.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2017 (ongoing)
Target age group:	Children
Organisation:	Pont, S.J, Puhl, R, Cook, S.R, Slusser, W SECTION ON OBESITY, THE OBESITY SOCIETY
Find out more:	<a href="http://pediatrics.aappublications.org">pediatrics.aappublications.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	Pont, S.J, Puhl, R, Cook, S.R, Slusser, W SECTION ON OBESITY, THE OBESITY SOCIETY. 2017. Stigma Experienced by Children and Adolescents With Obesity. American academy of pediatrics. 140(6). DOI: e20173034.

## Screening for Obesity in Children and Adolescents: US Preventive Services Task Force Recommendation Statement.

An update of the 2010 US Preventive Services Task Force (USPSTF) recommendation on screening for obesity in children 6 years and older.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2017 (ongoing)
Target age group:	Children
Organisation:	US Preventive Services Task Force (USPSTF)
Find out more:	<a href="http://www.ncbi.nlm.nih.gov">www.ncbi.nlm.nih.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	US Preventive Services Task Force, Grossman DC, Bibbins-Domingo K, Curry SJ, Barry MJ, Davidson KW, Doubeni CA, Epling JW Jr, Kemper AR, Krist AH, Kurth AE, Landefeld CS, Mangione CM, Phipps MG, Silverstein M, Simon MA, Tseng CW. Screening for Obesity in Children and Adolescents: US Preventive Services Task Force Recommendation Statement. JAMA. 317(23). pp. 2417-2426.

## Albany - Sugar Sweetened beverage tax

City of Albany Ordinance 2016-02 enacts a one cent per ounce general tax, with no expiration date, on the distribution of sugar-sweetened beverages and sweeteners used to sweeten such drinks. The following are exempt: Sweeteners typically used by consumers and distributed to grocery stores; Drinks and sweeteners distributed to small retailers; Milk products, 100% juice, baby formula, alcohol, or drinks taken for medical reasons.

Categories:	Taxation/Subsidies on Food or B
Year(s):	
Target age group:	
Organisation:	
Find out more:	
Linked document:	
References:	City of Albany. <a href="https://www.albanyca.org/departments/finance/sugar-sweetened-beverage-tax#:~:text=The%,sweeten%20such%20drinks%2C%20but%20exempting%3A&amp;text=Milk%20products%2C%20100%25%20juice%2C,drinks%2">https://www.albanyca.org/departments/finance/sugar-sweetened-beverage-tax#:~:text=The%,sweeten%20such%20drinks%2C%20but%20exempting%3A&amp;text=Milk%20products%2C%20100%25%20juice%2C,drinks%2</a>

## Comprehensive Clinical Practice Guidelines for Medical Care of Patients with Obesity

These AACE/ACE evidence-based clinical practice guidelines address key aspects of obesity care: screening, diagnosis, clinical evaluation, treatment options, therapy selection, and treatment goal.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2016 (ongoing)
Target age group:	Adults
Organisation:	American Association of Clinical Endocrinologists
Find out more:	<a href="http://www.aace.com">www.aace.com</a>
Linked document:	<a href="#">Download linked document</a>
References:	W. Timothy Garvey, Jeffrey I. Mechanick, Elise M. Brett, Alan J. Garber, Daniel L. Hurley, Ania M. Jastreboff, Karl Nadolsky, Rachel Pessah-Pollack, Raymond Plodkowski, and Reviewers of the AACE/ACE Obesity Clinical Practice Guidelines (2016) AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS AND AMERICAN COLLEGE OF ENDOCRINOLOGY COMPREHENSIVE CLINICAL PRACTICE GUIDELINES FOR MEDICAL CARE OF PATIENTS WITH OBESITY. Endocrine Practice: July 2016, Vol. 22, No. Supplement 3, pp. 1-203.

## National Physical Activity Plan

The Plan is a comprehensive set of policies, programs, and initiatives designed to increase physical activity in all segments of the U.S. population. The Plan aims to foster a national culture that supports physically active lifestyles. Its ultimate purpose is to improve health, prevent disease and disability, and enhance quality of life.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	National Physical Activity Plan Alliance
Find out more:	<a href="http://www.physicalactivityplan.org">www.physicalactivityplan.org</a>
Linked document:	<a href="#">Download linked document</a>

## Oakland - Sugar Sweetened beverage tax

General Tax of one cent (\$0.01) per fluid ounce on the privilege of Distributing Sugar-Sweetened Beverage Products in the City of Oakland

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	City of Oakland
Linked document:	<a href="#">Download linked document</a>
References:	City of Oakland. <a href="https://library.municode.com/ca/oakland/codes/code_of_ordinances?nodeId=TIT4REFI_CH4.52SUEEBEDITA_4.52.01OSHTI">https://library.municode.com/ca/oakland/codes/code_of_ordinances?nodeId=TIT4REFI_CH4.52SUEEBEDITA_4.52.01OSHTI</a> [Last Accessed 09.09.20]

## 2015-2020 Edition of the Dietary Guidelines for Americans

The Dietary Guidelines is designed for professionals to help all individuals ages 2 years and older and their families consume a healthy, nutritionally adequate diet.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2015-2020
Target age group:	Adults and children
Organisation:	U.S. Department of Agriculture and the U.S. Department of Health and Human Services
Find out more:	<a href="http://health.gov">health.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <a href="http://health.gov/dietaryguidelines/2015/guidelines/">http://health.gov/dietaryguidelines/2015/guidelines/</a>

## Berkley, California - Sugar Sweetened beverage tax

The purpose of this Ordinance is to diminish the human and economic costs of diseases associated with the consumption of sugary drinks by discouraging their distribution and consumption in Berkeley through a tax. Specifically, the purpose of this ordinance is to levy an Excise Tax of one cent (\$0.01) per fluid ounce on the distribution of sugar-sweetened beverage products in the City

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	City of Berkley
Find out more:	<a href="http://www.healthyberkeley.com">www.healthyberkeley.com</a>
Linked document:	<a href="#">Download linked document</a>

## Final Determination Regarding Partially Hydrogenated Oils (Removing Trans Fat)

Measures to limit or virtually eliminate industrially-produced trans fatty acids in food intended for the final consumer and/or for supply to retail. Based on the available scientific evidence and the findings of expert scientific panels, the Food and Drug Administration (FDA or we) has made a final determination that there is no longer a consensus among qualified experts that partially hydrogenated oils (PHOs), which are the primary dietary source of industrially-produced trans fatty acids (IP-TFA) are generally recognized as safe (GRAS) for any use in human food. (Available only in English language)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	FDA
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en/node/25331">https://extranet.who.int/nutrition/gina/en/node/25331</a> (last accessed 16.08.22) 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Navajo Nation - Junk food tax

The Junk Food Tax applies to the sale of junk food when the transfer of ownership and/or risk of loss occur within the Navajo Nation. “Junk food” means ‘minimal-to-no nutritional value food’ as defined by the Junk Food Statute, it includes: sugar-sweetened beverages, pre-packaged and non-pre-packaged snacks stripped of essential nutrients and high in salt, saturated fat and sugar including sweets, chips and crisps. The tax has been effective since April 1, 2015, at a rate of 2%.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Navajo Nation Council
Linked document:	<a href="#">Download linked document</a>

## Pharmacological management of obesity: an endocrine Society clinical practice guideline

Clinical practice guidelines for the pharmacological management of obesity.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Apovian C.M, Aronne L.J, Bessesen D.H, McDonnell M.E, Murad M.H, Pagotto U, Ryan D.H, Still C.D; Endocrine Society.
Find out more:	<a href="http://www.ncbi.nlm.nih.gov">www.ncbi.nlm.nih.gov</a>
References:	Apovian CM, Aronne LJ, Bessesen DH, McDonnell ME, Murad MH, Pagotto U, Ryan DH, Still CD; Endocrine Society. Pharmacological management of obesity: an endocrine Society clinical practice guideline. J Clin Endocrinol Metab. 2015 Feb;100(2):342-62. doi: 10.1210/jc.2014-3415. Epub 2015 Jan 15. Erratum in: J Clin Endocrinol Metab. 2015 May;100(5):2135-6. PMID: 25590212.



## The New York City Health Code

Article 81 of the New York City Health Code (addition of section 81.49) states that chain restaurants must put a warning label on menus and menu boards (a salt-shaker symbol) when dishes contain 2,300mg of sodium or more. It came into effect on 1 December 2015 and applies to food service establishments with 15 or more locations nationwide.

Categories:	Labelling Regulation/Guidelines
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	City of New York
Find out more:	<a href="http://www1.nyc.gov">www1.nyc.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	City of New York. <a href="https://www1.nyc.gov/site/doh/about/about-doh/health-code-and-rules.page">https://www1.nyc.gov/site/doh/about/about-doh/health-code-and-rules.page</a> [Last Accessed 09.09.20]

## Choose Health LA

Choose Health LA is a local initiative of the Los Angeles County Department of Public Health to prevent and control chronic disease in Los Angeles County. It aims to improve nutrition, increasing physical activity and reduce obesity in LA County.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Los Angeles County Department of Public Health
Find out more:	<a href="http://www.choosehealthla.com">www.choosehealthla.com</a>

## Healthy Food Financing Initiative (HFFI)

The Healthy Food Financing Initiative (HFFI) provides loans, grants, and technical assistance resources to improve and support access to fresh, healthy, affordable food in urban and rural underserved communities (food deserts).

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	United States Department of Agriculture (USDA)
Find out more:	<a href="http://www.rd.usda.gov">www.rd.usda.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	USDA. Healthy Food Financing Initiative. [online] Available at: <a href="https://www.rd.usda.gov/about-rd/initiatives/healthy-food-financing-initiative">https://www.rd.usda.gov/about-rd/initiatives/healthy-food-financing-initiative</a> [Accessed 19 May 2025]. □

## High Obesity Program (HOP)

CDC's HOP is a 5-year cooperative agreement to fund 16 land-grant universities to work with community extension services. HOP supports policy, systems, and environmental changes to address health disparities related to nutrition, physical activity, and obesity. The program's goal is to improve access to healthier foods and safe places for physical activity. HOP works in primarily rural areas where 40% or more of adults have obesity.

Categories:	Non-national obesity strategies Evidence of Community Interventions/Campaign
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	US Centers for Disease Control and Prevention (CDC)
Find out more:	<a href="http://www.cdc.gov">www.cdc.gov</a>
References:	CDC. High Obesity Program. [online]. Available at: <a href="https://www.cdc.gov/hop/php/about/index.html">https://www.cdc.gov/hop/php/about/index.html</a> [Accessed 19 May 2025]. □

## Menu Labeling Requirements

Menu labeling requirements that apply to restaurants and similar retail food establishments that are part of a chain with 20 or more locations. Covered establishments must disclose the number of calories contained in standard items on menus and menu boards. For self-service foods and foods on display, calories must be listed in close proximity and clearly associated with the standard menu item.

Categories:	Labelling Regulation/Guidelines
Year(s):	2014 (ongoing)
Target age group:	Adults
Organisation:	Food and Drug Administration
Find out more:	<a href="http://www.fda.gov">www.fda.gov</a>
Linked document:	<a href="#">Download linked document</a>

## Pan American Health Organization (PAHO) - Plan of Action for the Prevention of Obesity in Children and Adolescents

This 5-year action plan was signed by PAHO member countries, aiming to halt the rise in obesity among children and adolescents. It calls for a number of policies, including taxes on unhealthy food and drink, labelling and marketing regulation, health promotion, school nutrition improvement, and breastfeeding promotion.

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Year(s):	2014-2019
Target age group:	Children
Organisation:	Pan American Health Organisation (PAHO), WHO for the Americas
Find out more:	<a href="http://iris.paho.org">iris.paho.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	PAHO. Plan of Action for the Prevention of Obesity in Children and Adolescents. WHO; 2014.

## Plan of Action for the Prevention of Obesity in Children and Adolescents

This is a 5 year plan of action that calls for the implementation of fiscal policies such as taxes on sugar-sweetened beverages, regulation of food marketing and labelling, improvement of school nutrition and physical activity environments and promotion of breast-feeding and healthy eating across the Pan American region.

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Year(s):	2014-2019
Target age group:	Adults and children
Organisation:	Pan America Health Organisation (PAHO)
Find out more:	<a href="http://www.paho.org">www.paho.org</a>
Linked document:	<a href="#">Download linked document</a>

## Smart Snacks in Schools

Smart Snacks in Schools standards were introduced in 2014, requiring all foods sold at schools participating in national meal programs to meet nutrition standards. This applies to food sold a la carte, in the school store, in vending machines, and in any other venues where food is sold to students. In states which are required to follow these standards, students consumed less fat and added sugar. Beginning in 2016, marketing for products not meeting these Smart Snacks standards was also prohibited on school property. However, this does not apply to brand marketing.

Categories:	Evidence of School Food Regulations Evidence of Marketing Guidelines/Policy Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2014 (ongoing)
Target age group:	Children
Organisation:	United States Department of Agriculture (USDA)
Find out more:	<a href="http://www.fns.usda.gov">www.fns.usda.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Global Food Research Program at UNC-Chapel Hill. 2025. Policies to support nutritious School food environments. Available at: <a href="https://www.globalfoodresearchprogram.org/wp-content/uploads/2025/03/GFRP-Factsheet_School-Food_Mar-2025.pdf">https://www.globalfoodresearchprogram.org/wp-content/uploads/2025/03/GFRP-Factsheet_School-Food_Mar-2025.pdf</a> [Accessed 21.05.25]

## Eat Smart Move More

Eat Smart, Move More' North Carolina is a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray. The work includes North Carolina's Plan to Address Overweight and Obesity, which is a guide of evidence-informed or evidence-based strategies for anyone working in the area of overweight and obesity prevention.

Categories:	Non-national obesity strategies Evidence of Community Interventions/Campaign
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	North Carolina Division of Public Health
Find out more:	<a href="http://www.eatsmartmovemorenc.com">www.eatsmartmovemorenc.com</a>

## Guideline for the Management of Overweight and Obesity in Adults

Clinical practice guidelines for assessment of cardiovascular risk, lifestyle modifications to reduce cardiovascular risk, management of blood cholesterol in adults, and management of overweight and obesity in adults.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2013 (ongoing)
Target age group:	Adults
Organisation:	American College of Cardiology (ACC), American Heart Association (AHA), The Obesity Society (TOS)
Find out more:	<a href="http://www.ncbi.nlm.nih.gov">www.ncbi.nlm.nih.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Jensen, M.D, et al. 2014. 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. HHS Author Manuscripts. 129(25 Suppl 2): S102â€”S138.

## Institute for Clinical Systems Improvement: Prevention and Management of Obesity for Adults, 2013

Guidelines on the prevention and management of obesity in adults.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2013 (ongoing)
Target age group:	Adults
Organisation:	Fitch A, Everling L, Fox C, Goldberg J, Heim C, Johnson K, Kaufman T, Kennedy E, Kestenbaun C, Lano_x000D__x000D_M, Leslie D, Newell T, Oâ€™Connor P, Slusarek B, Spaniol A, Stovitz S, Webb B.
Find out more:	<a href="http://www.healthpartners.com">www.healthpartners.com</a>
Linked document:	<a href="#">Download linked document</a>
References:	Fitch A, Everling L, Fox C, Goldberg J, Heim C, Johnson K, Kaufman T, Kennedy E, Kestenbaun C, Lano M, Leslie D, Newell T, O’Connor P, Slusarek B, Spaniol A, Stovitz S, Webb B. Institute for Clinical Systems Improvement. Prevention and Management of Obesity for Adults. Updated May 2013. Available from: <a href="https://www.healthpartners.com/ucm/groups/public/@hp/@public/documents/documents/cntrb_037112.pdf">https://www.healthpartners.com/ucm/groups/public/@hp/@public/documents/documents/cntrb_037112.pdf</a> . [Accessed 7th January 2019].

## Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies

Guidance for public health professionals and others on how to select strategies to support breastfeeding mothers and increase breastfeeding rates.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan Evidence of Breastfeeding promotion or related activity
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Centers for Disease Control and Prevention.
Find out more:	<a href="http://www.usbreastfeeding.org">www.usbreastfeeding.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	Centers for Disease Control and Prevention. 2013. Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies. Atlanta: U.S. Department of Health and Human Services; 2013. Available from: <a href="https://www.cdc.gov/breastfeeding/pdf/BF-Guide-508.PDF">https://www.cdc.gov/breastfeeding/pdf/BF-Guide-508.PDF</a> . [Accessed 7th January 2019].

## 7 CFR Parts 210 and 220 Nutrition Standards in the National School Lunch and School Breakfast Programs

National mandatory standards for food available in schools. This final rule updates the meal patterns and nutrition standards for the National School Lunch and School Breakfast Programs to align them with the Dietary Guidelines for Americans. This rule requires most schools to increase the availability of fruits, vegetables, whole grains, and fat-free and low-fat fluid milk in school meals; reduce the levels of sodium, saturated fat and trans fat in meals; and meet the nutrition needs of school children within their calorie requirements. These improvements to the school meal programs, largely based on recommendations made by the Institute of Medicine of the National Academies, are expected to enhance the diet and health of school children, and help mitigate the childhood obesity trend. (Available only in English)

Categories:	Evidence of School Food Regulations
Year(s):	2012 (ongoing)
Target age group:	Children
Organisation:	Department of Agriculture, Food and Nutrition Service
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en/node/43623">https://extranet.who.int/nutrition/gina/en/node/43623</a> (last accessed 16.08.22) 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Fit NOLA

Since 2012, the Fit NOLA partnership has been committed to ensuring that all New Orleanians have access to community resources that promote nutritional foods and physical activity. The ultimate goal of the initiative is to increase physical activity and healthier eating.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2012 (ongoing)
Target age group:	Adults and children
Organisation:	City of New Orleans Health Department and local organisations
Find out more:	<a href="http://www.nola.gov">www.nola.gov</a>
Linked document:	<a href="#">Download linked document</a>

## Food Fit Philly

Food Fit Philly is part of Get Healthy Philly, the Division of Chronic Disease and Injury Prevention for the Philadelphia Department of Public Health. Get Healthy Philly's goal is to make healthy choices easier by 1) Ensuring that all Philadelphians have access to healthy and affordable food. 2) Reducing the consumption and marketing of sugary drinks and junk foods among children and adults. 3) Creating safe spaces for physical activity in communities, including walking and cycling.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2012 (ongoing)
Target age group:	Adults and children
Organisation:	Philadelphia Department of Public Health
Find out more:	<a href="http://www.foodfitphilly.org">www.foodfitphilly.org</a>

## Philadelphia Healthy Chinese Take-Out Initiative

In 2012, the Philadelphia Healthy Chinese Take-Out Initiative was established in partnership with Temple University's Center for Asian Health, the Asian Community Health Coalition, the Greater Philadelphia Chinese Restaurant Association and the Philadelphia Department of Public Health. The aim of the initiative is to reduce the sodium content of dishes and to promote awareness of the impact of sodium consumption on health. As part of the initiative, restaurant owners and chefs received support and training on reducing sodium in their menu. An evaluation study found that the initiative led to sustained, meaningful reductions in the sodium content of food from 2012 to 2015.

Categories:	Training Evidence of Community Interventions/Campaign Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2012-2013
Target age group:	Adults and children
Organisation:	Philadelphia Department of Public Health
Find out more:	<a href="http://policydatabase.wcrf.org">policydatabase.wcrf.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	Ma, G.X., Shive, S.E., Zhang, G., Aquilante, J., Tan, Y., Pharis, M., Bettigole, C., Lawman, H., Wagner, A., Zhu, L., Zeng, Q. and Wang, M.Q. (2018). Evaluation of a Healthy Chinese Take-Out Sodium-Reduction Initiative in Philadelphia Low-Income Communities and Neighborhoods. Public Health Reports, [online] 133(4), pp.472–480. doi: <a href="https://doi.org/10.1177/0033354918773747">https://doi.org/10.1177/0033354918773747</a> . □



## Shop Healthy NYC

Shop Healthy NYC is an initiative that aims to increase access to healthy food. It aims to influence supply and demand by: reaching out to food retailers to increase stock and promotion of healthy foods, including intensively working with stores to meet specific goals; collaborating with distributors and suppliers to facilitate wholesale purchases and widespread promotion of healthy foods; and engaging community constituents (customers) to support participating retailers and increase neighborhood access to healthy foods.

Categories:	Non-national obesity strategies
Year(s):	2012 (ongoing)
Target age group:	Adults and children
Organisation:	New York City Health Department
Find out more:	<a href="http://www.nyc.gov">www.nyc.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Nyc.gov. Shop Healthy - NYC Health. [online] Available at: <a href="https://www.nyc.gov/site/doh/health/neighborhood-health/shop-health.page">https://www.nyc.gov/site/doh/health/neighborhood-health/shop-health.page</a> [Accessed 19 May 2025]. []

## Strong4Life

Strong4Life is a wellness movement designed to ignite societal change and reverse the epidemic of childhood obesity and its associated diseases in Georgia. Strong4Life reaches families through public awareness, policy change efforts, school programs, healthcare provider programs, and community partnerships.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2012 (ongoing)
Target age group:	Children
Organisation:	Children's Healthcare of Atlanta
Find out more:	<a href="http://www.strong4life.com">www.strong4life.com</a>

## Food Hero

Food Hero's mission is to help low-income Oregonians improve their health through the increased consumption of fruits and vegetables. Food Hero helps families budget for, plan, and create countless healthy, super tasty meals.

Categories:	Evidence of Community Interventions/Campaign Non-national obesity strategies
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	Oregon State University
Find out more:	<a href="http://www.foodhero.org">www.foodhero.org</a>

## Food Literacy Center

The Food Literacy Center is a non-profit organisation based in the Sacramento area. It aims to teach low-income elementary children cooking and nutrition to improve their health, environment and economy.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	Food Literacy Center
Find out more:	<a href="http://www.foodliteracycenter.org">www.foodliteracycenter.org</a>

## Hawaii 5210 "Let's Go!"

Hawaii 5210 "Let's Go!" is an initiative to promote healthy eating and active living and prevent childhood obesity in Hawaii through a coordinated, collaborative, locally relevant health education campaign.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	Hawaii Initiative for Childhood Obesity Research and Education
Find out more:	<a href="http://www.hawaii5210.com">www.hawaii5210.com</a>

## National Prevention Strategy

The National Prevention Strategy's vision is Working together to improve the health and quality of life for individuals, families, and communities by moving the nation from a focus on sickness and disease to one based on prevention and wellness.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	U.S. Department of Health and Human Services
Linked document:	<a href="#">Download linked document</a>
References:	National Prevention Council, National Prevention Strategy, Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General, 2011.

## San Francisco - Healthy Food Incentives Ordinance

The first citywide ordinance to improve the nutritional standards of children's meals sold at restaurants by preventing the giving away of free toys or other incentives with meals unless nutritional criteria were met. An impact study found that two chain restaurants made menu changes to decrease the calorie content. However, they continued to offer toys with unhealthy meal purchases for a small fee of \$0.10 USD.

Categories:	Non-national obesity strategies Evidence of Marketing Guidelines/Policy
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	San Francisco Department of Public Health
Find out more:	<a href="http://www.cdc.gov">www.cdc.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	tten JJ, Saelens BE, Kapphahn KI, Hekler EB, Buman MP, Goldstein BA, et al. Impact of San Francisco's Toy Ordinance on Restaurants and Children's Food Purchases, 2011–2012. Prev Chronic Dis 2014;11:140026. DOI: <a href="http://dx.doi.org/10.5888/pcd11.140026">http://dx.doi.org/10.5888/pcd11.140026</a>

## School Health Guidelines to Promote Healthy Eating and Physical Activity

CDC integrated research and best practices related to promoting healthy eating and physical activity in schools, culminating in the School Health Guidelines. There are 9 School Health Guidelines that serve as the foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for students.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	Centers for Disease Control and Prevention
Find out more:	<a href="http://www.cdc.gov">www.cdc.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Centers for Disease Control and Prevention. School Health Guidelines to Promote Healthy Eating and Physical Activity. MMWR 2011;60

## Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Increase Physical Activity in the Community

This document provides guidance for program managers, policy makers, and others on how to select strategies to increase physical activity in the community.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	Centers for Disease Control and Prevention
Find out more:	<a href="http://www.cdc.gov">www.cdc.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Centers for Disease Control and Prevention. Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Increase Physical Activity in the Community. Atlanta: U.S. Department of Health and Human Services; 2011.

## The American Board of Obesity Medicine (ABOM)

The American Board of Obesity Medicine (ABOM) provides training and certifications in managing and treating obesity for physicians.

Categories:	Training
Year(s):	2011 (ongoing)
Target age group:	Adults
Organisation:	The American Board of Obesity Medicine
Find out more:	<a href="http://www.abom.org">www.abom.org</a>
References:	American Board of Obesity Medicine. History [online] Available at: <a href="https://www.abom.org/history/">https://www.abom.org/history/</a> [Accessed 20 May 2025]. □

## Healthy People 2020

Healthy People 2020 aims to identify nationwide improvement priorities, increase public awareness and understanding of the determinants of health and disease, provide measurable objectives and goals, engage multiple sectors and identify critical research, evaluation and data collection needs.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2010-2020
Target age group:	Adults and children
Organisation:	U.S Department of Health and Human Services
Find out more:	<a href="http://www.healthypeople.gov">www.healthypeople.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	U.S Department of Health and Human Services

## Healthy, Hunger-Free Kids Act of 2010

The Healthy, Hunger-Free Kids Act is a federal statute signed into law by President Barack Obama on December 13, 2010. The legislation authorized funding and set policy for USDA's core child nutrition programs. The statute required the USDA to create updated school meal and competitive food standards that aligned with the concurrent version of the Dietary Guidelines for Americans (2010). It required meals served in the National School Lunch Program (NSLP) or School Breakfast Program (SBP) to meet these guidelines. This has led to significant improvements in the nutritional profile of school meals.

Categories:	Evidence of School Food Regulations Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2010 (ongoing)
Target age group:	Children
Organisation:	U.S Government
Find out more:	<a href="http://www.fns.usda.gov">www.fns.usda.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Gearan, E.C. and Fox, M.K. (2020). Updated Nutrition Standards Have Significantly Improved the Nutritional Quality of School Lunches and Breakfasts. Journal of the Academy of Nutrition and Dietetics, [online] 120(3), pp.363–370. doi: <a href="https://doi.org/10.1016/j.jand.2019.10.022">https://doi.org/10.1016/j.jand.2019.10.022</a> []

## Philly Food Bucks

A programme to incentivise recipients of income assistance under the Supplemental Nutrition Assistance Program (SNAP) to purchase fresh produce. For every \$5 spent using SNAP at participating markets, shoppers receive a \$2 Food Bucks coupon for fresh fruits and vegetables, increasing their purchasing power by 40%.

Categories:	Non-national obesity strategies Taxation/Subsidies on Food or Beverages or law relating to public health
Categories (partial):	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	Philadelphia Department of Public Health and The Food Trust
Find out more:	<a href="http://thefoodtrust.org">thefoodtrust.org</a>
References:	The Food Trust. Food Bucks. [online] Available at: <a href="https://thefoodtrust.org/what-we-do/food-bucks/">https://thefoodtrust.org/what-we-do/food-bucks/</a> [Accessed 19 May 2025]. []

## Salad bars to schools

Healthy school lunch initiative aiming to provide every school in the US with a salad bar to help ensure that every child has access to fruit, vegetables, fibre, wholegrains and healthy protein.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2010 (ongoing)
Target age group:	Children
Organisation:	Chef Ann Foundation, National Fruit and Vegetable Alliance, United Fresh Start Foundation, and Whole Foods Market
Find out more:	<a href="http://www.saladbars2schools.org">www.saladbars2schools.org</a>
References:	Salad bars to schools. (2019). Available from: <a href="http://www.saladbars2schools.org/">http://www.saladbars2schools.org/</a> . [Accessed 2 May 2019].

## Solving the Problem of Childhood Obesity in a Generation

White House Task Force on Childhood Obesity's action plan for solving the problem of childhood obesity in a generation. commendations focus on the four priority areas set forth in the Memorandum: (1) empowering parents and caregivers; (2) providing healthy food in schools; (3) improving access to healthy, affordable foods; and (4) increasing physical activity

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2010 (ongoing)
Target age group:	Children
Organisation:	White House Task Force
Linked document:	<a href="#">Download linked document</a>

## Massachusetts State Agency Food Standards

All state agencies in Massachusetts must ensure that they purchase and provide food that meets defined nutrition standards, based on the Dietary Guidelines for Americans. Vending machines or independent concessions that provide food for sale are excluded. These standards are intended to promote healthier eating habits and address the high prevalence of overweight and obesity.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan Non-national obesity strategies
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	Commonwealth of Massachusetts
Find out more:	<a href="http://www.mass.gov">www.mass.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Mass.gov. No. 509: Establishing nutrition standards for food purchased and served by state agencies. [online] Available at: <a href="https://www.mass.gov/executive-orders/no-509-establishing-nutrition-standards-for-food-purchased-and-served-by-state-agencies">https://www.mass.gov/executive-orders/no-509-establishing-nutrition-standards-for-food-purchased-and-served-by-state-agencies</a> [Accessed 20 May 2025]. []



## National Salt and Sugar Reduction Initiative (NSSRI)

The National Salt and Sugar Reduction Initiative (NSSRI) is a partnership of over 100 local, state and national health organizations that sets targets for salt and sugar reduction in packaged and restaurant food, and encourages food companies to make voluntary commitments to meet these targets. A number of companies have committed to reduce salt in their products. The initial phase of this effort, the National Salt Reduction Initiative (NSRI), was launched in 2009. In 2018, NSRI became The National Salt and Sugar Reduction Initiative (NSSRI), and in 2021, set targets for sugar reduction.

Categories:	Industry/Government regulations - voluntary /pledges
Categories (partial):	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	The New York City Health Department
Find out more:	<a href="https://www.nyc.gov">www.nyc.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Nyc.gov. National Salt and Sugar Reduction Initiative (NSSRI) - NYC Health. [online] Available at: <a href="https://www.nyc.gov/site/doh/health/health-topics/national-salt-sugar-reduction-initiative.page">https://www.nyc.gov/site/doh/health/health-topics/national-salt-sugar-reduction-initiative.page</a> [Accessed 20 May 2025]. □

## Recommended Community Strategies and Measurements to Prevent Obesity in the United States

The document recommends 24 strategies for obesity prevention. There is a suggested measurement for each strategy that communities can use to assess performance and track progress over time. The 24 strategies are divided into six categories: 1) strategies to promote the availability of affordable healthy food and beverages, 2) strategies to support healthy food and beverage choices, 3) a strategy to encourage breastfeeding, 4) strategies to encourage physical activity or limit sedentary activity among children and youth, 5) strategies to create safe communities that support physical activity, and 6) a strategy to encourage communities to organise for change.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan Evidence of Marketing Guidelines/Policy Evidence of Physical Activity Guidelines/Policy Taxation/Subsidies on Food or Beverages or law relating to public health Evidence of Community Interventions/Campaign
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	Centers for Disease Control and Prevention (CDC)
Find out more:	<a href="http://www.cdc.gov">www.cdc.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Keener, D., Goodman, K., Lowry, A., Zaro, S., & Kettel Khan, L. (2009). Recommended community strategies and measurements to prevent obesity in the United States: Implementation and measurement guide. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention.

## Fresh Fruit and Vegetable Program (FFVP)

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program providing free fresh fruits and vegetables to children at eligible elementary schools during the school day. The goal of the FFVP is to introduce children to fresh fruits and vegetables, to include new and different varieties, and to increase overall acceptance and consumption of fresh, unprocessed produce among children. The FFVP also encourages healthier school environments by promoting nutrition education.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2008 (ongoing)
Target age group:	Children
Organisation:	U.S. Department of Agriculture (USDA)
Find out more:	<a href="http://www.fns.usda.gov">www.fns.usda.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	USDA. Fresh Fruit and Vegetable Program   Food and Nutrition Service. [online] Available at: <a href="https://www.fns.usda.gov/ffvp/fresh-fruit-and-vegetable-program">https://www.fns.usda.gov/ffvp/fresh-fruit-and-vegetable-program</a> [Accessed 20 May 2025]. []

## Physical Activity Guidelines for Americans

The Physical Activity Guidelines for Americans (PAG) are an essential resource for health professional and policymakers. They provide guidance on how children and adults can improve their health through physical activity.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2008-2018
Target age group:	Adults and children
Organisation:	U.S. Department of Health and Human Services
Linked document:	<a href="#">Download linked document</a>

## Maine - Ban on brand-specific advertising of unhealthy food in schools

In 2007, Maine became the first state to pass legislation limiting the marketing of foods of minimal nutritional value (FMNV) on public kindergarten through 12th-grade school campuses. Despite this ban, a 2012 study found that there was still widespread marketing of non-nutritious foods and beverages.

Categories:	Non-national obesity strategies Evidence of Marketing Guidelines/Policy
Year(s):	2007 (ongoing)
Linked document:	<a href="#">Download linked document</a>
References:	Polacsek M et al. (2012) Examining compliance with a statewide law banning junk food and beverage marketing in schools. Public Health Reports, 127(2), 216-223.

## Mandatory labeling of trans fatty acids

Trans fatty acid content must be declared in the nutrition label of packaged foods and drinks.

Categories:	Labelling Regulation/Guidelines
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	Food and Drug Administration
Find out more:	<a href="http://www.fda.gov">www.fda.gov</a>
References:	U.S. Food and Drug Administration. Guidance on Trans Fatty Acids in Labeling and Claims. [online]. Available at: <a href="https://www.fda.gov/regulatory-information/search-fda-guidance-documents/small-entity-compliance-guide-trans-fatty-acids-nutrition-labeling-nutrient-content-claims-and">https://www.fda.gov/regulatory-information/search-fda-guidance-documents/small-entity-compliance-guide-trans-fatty-acids-nutrition-labeling-nutrient-content-claims-and</a> [Accessed 19 May 2025]. []

## New York City - Health Bucks

New York City's Health Bucks Program provides Supplemental Nutrition Assistance Program (SNAP) recipients with a \$2 coupon that can be used to purchase fresh fruit and vegetables for every \$5 spent using SNAP benefits at participating farmers markets. Non-profit organisations can also apply for free Health Bucks to distribute to community members.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan Non-national obesity strategies Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	New York City Health Department
Find out more:	<a href="http://www.nyc.gov">www.nyc.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Nyc.gov. Health Bucks - NYC Health. [online] Available at: <a href="https://www.nyc.gov/site/doh/health/health-topics/health-bucks.page">https://www.nyc.gov/site/doh/health/health-topics/health-bucks.page</a> [Accessed 19 May 2025]. []

## The Consortium to Lower Obesity in Chicago Children (CLOCC)

CLOCC is a nationally recognized childhood obesity prevention program. CLOCC aims to address childhood obesity by promoting healthy and active lifestyles for children throughout the Chicago metropolitan area.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2002 (ongoing)
Target age group:	Children
Organisation:	Consortium to Lower Obesity in Chicago Children
Find out more:	<a href="http://www.clocc.net">www.clocc.net</a>

## Racial and Ethnic Approaches to Community Health (REACH)

REACH is a CDC-funded program that aims to improve health, prevent chronic diseases, and reduce health disparities among racial and ethnic populations with the highest risk, or burden, of chronic disease. The CDC funds local organisations to enact public health strategies, including fruit and vegetable vouchers, physical activity programmes, and education.

Categories:	Non-national obesity strategies Evidence of Community Interventions/Campaign
Categories (partial):	Taxation/Subsidies on Food or Beverages or law relating to public health Evidence of Physical Activity Guidelines/Policy
Year(s):	1999 (ongoing)
Target age group:	Adults and children
Organisation:	US Centers for Disease Control and Prevention (CDC)
Find out more:	<a href="http://www.cdc.gov">www.cdc.gov</a>
References:	CDC. About REACH. [online] REACH. Available at: <a href="https://www.cdc.gov/reach/php/about/index.html">https://www.cdc.gov/reach/php/about/index.html</a> [Accessed 19 May 2025]. □

## Detroit Zoning Ordinance

Detroit's zoning ordinance (1998) requires a distance of at least 500 feet between elementary, junior and senior high schools and restaurants, including carry-out, fast food and drive-through restaurants.

Categories:	Non-national obesity strategies
Year(s):	1998 (ongoing)
Target age group:	Children
Organisation:	City of Detroit
Find out more:	<a href="http://policydatabase.wcrf.org">policydatabase.wcrf.org</a>
Linked document:	<a href="#">Download linked document</a>

## Food Labeling: Mandatory Status of Nutrition Labeling and Nutrient Content Revision, Format for Nutrition Label

Mandatory nutritional labelling on the backs of packaged foods and drinks is in place. However, front-of-package (FOP) labeling is not mandatory.

Categories:	Labelling Regulation/Guidelines
Year(s):	1994 (ongoing)
Target age group:	Adults and children
Organisation:	Food and Drug Administration, HHS
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en/node/22916">https://extranet.who.int/nutrition/gina/en/node/22916</a> (last accessed 10.08.22) 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## 5 A Day for Better Health Program

The National Cancer Institute's '5 A Day for Better Health Program' is a national program that approaches Americans with a simple, positive message: Eat 5 or more servings of vegetables and fruit daily for better health. The Program, a partnership between the vegetable and fruit industry and the NCI, has four major components: mass media, point of purchase, community coalitions, and research.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	1991 (ongoing)
Target age group:	Adults and children
Organisation:	The National Cancer Institute (NCI)
Linked document:	<a href="#">Download linked document</a>

## California Project LEAN

California Project LEAN (Leaders Encouraging Activity and Nutrition) is a program run by the Public Health Institute. California Project LEAN works to advance nutrition and physical activity policy in schools, early childcare and other community settings in order to prevent obesity and its associated chronic diseases.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	1987 (ongoing)
Target age group:	Adults and children
Organisation:	Public Health Institute
Find out more:	<a href="http://www.californiaprojectlean.org">www.californiaprojectlean.org</a>

## Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

WIC provides free healthy food items, now through an Electronic Benefit Transfer (EBT) card, as well as breastfeeding support and nutrition education.

Categories:	Evidence of Breastfeeding promotion or related activity Taxation/Subsidies on Food or Beverages or law relating to public health
Categories (partial):	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	1972 (ongoing)
Target age group:	Adults and children
Organisation:	United States Department of Agriculture (USDA)
Find out more:	<a href="http://www.fns.usda.gov">www.fns.usda.gov</a>

## The Expanded Food and Nutrition Education Program (EFNEP)

The Expanded Food and Nutrition Education Program (EFNEP) is a federally-funded programme that offers nutrition education to limited-resource families and children in all 50 states and U.S. territories.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	1969 (ongoing)
Target age group:	Adults and children
Organisation:	United States Department of Agriculture, National Institute of Food and Agriculture (USDA NIFA)
Find out more:	<a href="http://nifa.usda.gov">nifa.usda.gov</a>



## 4-H Healthy Living Programs

4-H Healthy Living programs aim to help 4-H youth learn how to lead lives that balance physical, mental, and emotional health. 4-H healthy living programs are available through local 4-H clubs and through grant-funded programs. Focus areas for 4-H healthy living programs include nutrition, childhood obesity, drug awareness, bullying prevention, health and fitness, safety, stress management, and food science.

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Children
Organisation:	4-H
Find out more:	<a href="http://www.4-h.org">www.4-h.org</a>

## Childhood Overweight and Obesity Task Force

National Multisectoral stakeholder mechanism in place (such as Coalition, Taskforce, Committee) for Obesity or Nutrition (including obesity).

Categories:	Evidence of a multi-sectoral national coordination mechanism for obesity or nutrition (including obesity)
Target age group:	Children

## 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:	<a href="http://extranet.who.int">extranet.who.int</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en">https://extranet.who.int/nutrition/gina/en</a> 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

PDF created on July 18, 2025