

Wales



Policies, Interventions and Actions

Advertising and Sponsorship Policy (UK-wide policy)

The Advertising and Sponsorship Policy approved by Bristol City Council restricts the marketing of food and drinks high in fat, sugar and/or salt. The policy covers all advertising generated by the Council itself and advertising and sponsorship by third parties on Bristol City Council-owned sites.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2021 (ongoing)
Target age group:	Adults and children
Organisation:	Bristol City Council
Linked document:	Download linked document
References:	https://news.bristol.gov.uk/news/new-rules-to-reduce-unhealthy-food-ads-in-bristol#:~:text=Under%20the%20policy%2C%20ads%20that,sites%20such%20as%20bus%20shelters.

Turning the Tide: A 10-year Healthy Weight Strategy (UK-wide policy)

"Our 10-year healthy weight strategy sets out a long-term agenda of evidence-informed policies with 30 recommendations, covering food and drink marketing, early years and treatment as well as the infrastructure needed to ensure policies are robustly implemented and evaluated."

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2021-2031
Target age group:	Adults and children
Linked document:	Download linked document
References:	http://obesityhealthalliance.org.uk/turningthetide/

Calorie reduction: guidelines for the food industry (UK-wide policy)

This report sets out the calorie reduction ambitions for all food industry sectors, including: the approach to calorie reduction and reformulation, the different ambitions set across food industry sectors recognising that more action is required in the eating out, takeaway and delivery sectors, food products included in the categories and baseline figures for the different food sectors

Categories:	Industry/Government regulations - voluntary /pledges
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Public Health England
Find out more:	www.gov.uk
Linked document:	Download linked document
References:	Calorie reduction: guidelines for the food industry. A technical report outlining guidelines for industry, 2017 baseline calorie levels and next steps. Public Health England. Available at https://www.gov.uk/government/publications/calorie-reduction-guidelines-for-the-food-industry (last accessed 11.09.20)

Policy paper, Tackling obesity: empowering adults and children to live healthier lives (UK-wide policy)

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Health and Social Care
Find out more:	www.gov.uk
Linked document:	Download linked document
References:	Policy paper, Tackling obesity: empowering adults and children to live healthier lives, Published 27 July 2020.

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)

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 (UK-wide policy)

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)

Health Weight: Healthy Wales

A long term strategy on helping people make healthy choices and to be more active to help prevent and reduce obesity. The Strategy is set out across our four themes: Healthy Environments, Healthy Settings, Healthy People and Leadership and Enabling Change.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2019 (ongoing)
Target age group:	Adults
Organisation:	Welsh Government
Find out more:	gov.wales
Linked document:	Download linked document

Soft drinks industry levy

The Soft Drinks Industry Levy is a mandatory tax on the amount of sugar present in soft drinks in the UK. It is a two-tiered tax, affecting both manufacturers and importers of soft drinks. This levy was introduced by the UK Government in March 2016 and was enforced in April 2018 as a method of reducing the levels of sugar being consumed through soft drinks.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	UK Government
Find out more:	www.gov.uk
References:	https://www.gov.uk/topic/business-tax/soft-drinks-industry-levy

Every Child Wales

Public Health Wales launched the Every Child Wales programme in recognition of the fact that every child has the right to the very best start in life and to help them along the way. The website is aimed at parents from when they are planning their pregnancy to when their child is five.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2017 (ongoing)
Target age group:	Children
Organisation:	Public Health Wales
Find out more:	everychildwales.co.uk

Healthy Active Schools System (HASS) (UK-wide policy)

This is a free tool devised and delivered by a UK children's activity provider 'Fit For Sport.' It is an online activity measurement tool which allows schools to track, monitor and evaluate children's activity levels in schools.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2017 (ongoing)
Target age group:	Children
Organisation:	Fit For Sport
Find out more:	www.healthyactiveschools.co.uk

NCD Country Profiles 2018 (Obesity Targets) (UK-wide policy)

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.

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

School Fruit, Vegetables and Milk Scheme (UK-wide policy)

"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

EU nutrient content lists (UK-wide policy)

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 13 December 2016.

Categories:	Labelling Regulation/Guidelines
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	European Commission
Find out more:	eur-lex.europa.eu

GNPR 2016-2017: Infant and young child nutrition - Breastfeeding promotion and/or counselling (UK-wide policy)

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

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

Government Dietary Recommendations (UK-wide policy)

Government recommendations for energy and nutrients for males and females aged 1 – 18 years and 19+ years. NB These guidelines relate to England, The form the basis of the Eatwell guide which is applicable across all the nations.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Public Health England
Find out more:	assets.publishing.service.gov.uk

Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets

This guidance supports the development of front of pack (FoP) nutrition labels that are compliant with the UK Health Ministers. Recommendation on the use of colour coding as an additional form of expression and with EU Regulation No. 1169/2011 on the provision of food information to consumers (EU FIC). The provision of FoP information remains voluntary, but if provided it must meet the requirements set out in the EU FIC. UPDATED 2016

Categories (partial):		Labelling Re
Year(s):		
Target age group:		
Organisation:	The guidance was developed by the Department of Health, the Food Standards Agency, and devolved administrations in Scotland and Wales in collaboration with the British	
Find out more:		
Linked document:		Downlo
References:	Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets. Updated https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/566251/FoP_Nutrition_labelling (last	

Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets (UK-wide policy)

This guidance supports the development of front of pack (FoP) nutrition labels that are compliant with the UK Health Ministers. Recommendation on the use of colour coding as an additional form of expression and with EU Regulation No. 1169/2011 on the provision of food information to consumers (EU FIC). The provision of FoP information remains voluntary, but if provided it must meet the requirements set out in the EU FIC. UPDATED 2016

Categories:	Labelling Re
Year(s):	
Target age group:	
Organisation:	The guidance was developed by the Department of Health, the Food Standards Agency, and devolved administrations in Scotland and Wales in collaboration with the British
Find out more:	
Linked document:	Downlo
References:	Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets. Updated https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/566251/FoP_Nutrition_Labelling (last

Soft Drinks Levy (UK-wide policy)

Soft Drinks Industry Levy which encourages producers to reduce added sugar content in drinks, market low sugar alternatives, and reduce portion sizes for high sugar drinks.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	HM Revenue and Customs
Find out more:	www.gov.uk
Linked document:	Download linked document
References:	HM Revenue and Customs. Soft drinks Industry Levy. Available from: https://www.gov.uk/topic/business-tax/soft-drinks-industry-levy [Last accessed 13 December 2018]. http://www.legislation.gov.uk/uksi/2018/264/pdfs/uksi_20180264_en.pdf

The Child's Obesity Strategy (UK-wide policy)

This report calls for a ban on fast food takeaway deliveries to schools and the introduction of initiatives such as new classifications on unhealthy food and loyalty cards to tackle the childhood obesity epidemic in the UK.

Categories:	Non-national obesity strategies
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	Published by Royal Society for Public Health (RSPH), the Youth Health Movement and Slimming World.
Find out more:	www.rsph.org.uk
Linked document:	Download linked document

Walk to School Week (UK-wide policy)

Walk to School Week is a project run by the UK charity 'Living Streets.' It uses various campaigns and projects to overcome barriers to walking and encourage millions of people in the UK to walk.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	Living Streets
Find out more:	www.livingstreets.org.uk

Guidelines on Preventing excess weight gain (NICE) (UK-wide policy)

Guidelines on how to prevent becoming overweight/obese, including interventions and activities in which weight is not the primary outcome, such as those aimed at preventing cardiovascular disease or type 2 diabetes, improving mental wellbeing or increasing active travel.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute for health care and excellence (NICE)
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	National Institute for health care and excellence (2015). Preventing excess weight gain. Available from: https://www.nice.org.uk/guidance/ng7/resources/preventing-excess-weight-gain-pdf-51045164485 . [Accessed 14 December 2018].

Preventing excess weight gain (NICE Guidelines NG7) (UK-wide policy)

These guidelines makes recommendations on behaviours that may help people maintain a healthy weight or prevent excess weight gain.

Categories:	Non-national obesity strategies
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute for Health and Care Excellence (NICE)
Find out more:	www.nice.org.uk
Linked document:	Download linked document

School Food Regulations 2014 (No. 1603) (UK-wide policy)

Applicable to school lunches and food provided to students on school premises, will come into force 1 January 2015. These replace the School Food Standards of 2007.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health Evidence of School Food Regulations
Year(s):	2015 (ongoing)
Target age group:	Children
Organisation:	Government
Find out more:	www.legislation.gov.uk
Linked document:	Download linked document

Sporting Future: A New Strategy for an Active Nation 2015 (UK-wide policy)

'This cross-government strategy will tackle head on the flatlining levels of sport participation and high levels of inactivity in this country. Through this strategy, government is redefining what success in sport means, with a new focus on five key outcomes: physical wellbeing, mental wellbeing, individual development, social and community development and economic development.'

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Culture, Media and Sport
Find out more:	www.gov.uk
Linked document:	Download linked document

The Food Standards Agency's Strategy for 2015-2020 (UK-wide policy)

'The FSA Strategy 2015 -20 reinvigorates our pledge to put consumers first in everything we do, so that food is safe and what it says it is, that we have access to an affordable healthy diet, and can make informed choices about what we eat, now and in the future.'

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015-2020
Target age group:	Adults and children
Organisation:	Food Standards Agency
Find out more:	www.food.gov.uk
Linked document:	Download linked document

Thrive Plymouth (UK-wide policy)

Thrive Plymouth is a ten year programme which aims to improve health and wellbeing in Plymouth and narrow the gap in health status between people in the city. Its objective is to generate collective action for social change around the main lifestyle choices that determine health and wellbeing in Plymouth. The programme will encourage and enable partners (residents, organisations, institutions) to support positive lifestyle choices in different settings. It encourages eating a healthy diet, leading active lifestyle, drinking sensibly and not smoking. Year one focus was the workplace, year two focus was schools and year three will be focused on the 'One You' campaign.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Plymouth City Council
Find out more:	www.plymouth.gov.uk

MAN v FAT (UK-wide policy)

Man V Fat is a digital magazine and social media community designed to support and champion men who want to lose weight. It also runs bootcamps and football leagues for men with a BMI of 30+.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2014 (ongoing)
Target age group:	Adults
Organisation:	Andrew Shanahan, a writer for The Guardian, The Times and Loaded.
Find out more:	manvfat.com

National Clinical Guidelines: Obesity

Clinical guidelines for the identification, assessment and management of overweight and obesity in children, young people and adults

Categories:	Evidence of Management/treatment guidelines
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute for Health and Care Excellence
Find out more:	www.nice.org.uk

National Clinical Guidelines: Obesity (UK-wide policy)

Clinical guidelines for the identification, assessment and management of overweight and obesity in children, young people and adults

Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute for Health and Care Excellence
Find out more:	www.nice.org.uk

National Clinical Guidelines: Obesity (UK-wide policy)

Clinical guidelines for the identification, assessment and management of overweight and obesity in children, young people and adults

Categories:	Evidence of Management/treatment guidelines
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute for Health and Care Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document

Front of Pack nutrition labelling - traffic light (UK-wide policy)

Since 2013, the UK has recommended the "Traffic Light" Front of Pack Nutrition Labelling system. The system combines colour coding and percentage reference intakes in line with UK health ministers' recommendations and the requirements of Article 35 of EU Regulation 1169/2011 on the provision of food information to consumers. The system is voluntary.

Categories:	Labelling Regulation/Guidelines
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	www.gov.uk

Measuring Up: The medical profession's prescription for the nation's obesity crisis (UK-wide policy)

A report suggesting a number of policy measures to tackle obesity, a ban on junk food advertising before 9pm and recommendations on reducing the proximity of fast food outlets to schools.

Categories:	Evidence of Marketing Guidelines/Policy
Categories (partial):	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 Labelling Regulation/Guidelines
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	The Academy of Medical Royal Colleges
Find out more:	www.aomrc.org.uk
Linked document:	Download linked document

Out to Lunch (UK-wide policy)

This campaign works with restaurants and pub chains to improve the food and service offered to children and families when they eat out on the high street. With the help of a team of "secret diner" parents, the campaign compiled an "Out to Lunch" league table, ranking 21 of Britain's top high street chains. Out to Lunch aims to improve healthy menu development and encourages good sourcing and preparation practices.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	The Soil Association
Find out more:	www.soilassociation.org

The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013

The Healthy Eating Regulations impose requirements and standards on the types of food and drink that can be served at breakfast and lunch, including nutritional standards.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Children
Organisation:	Welsh Government
Find out more:	www.assembly.wales
Linked document:	Download linked document

The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 (UK-wide policy)

The Healthy Eating Regulations impose requirements and standards on the types of food and drink that can be served at breakfast and lunch, including nutritional standards.

Year(s):	2013 (ongoing)
Target age group:	Children
Organisation:	Welsh Government
Find out more:	www.assembly.wales
Linked document:	Download linked document

Developing and Managing Play Spaces

The toolkit is intended to provide a single source of support and signposting for community groups to navigate some of the challenges of managing or developing a play space. Originally published in 2012, it has been updated in 2016 to include latest information, legislation and resources.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2012 (ongoing)
Target age group:	Children
Organisation:	Play Wales
Find out more:	www.playwales.org.uk
Linked document:	Download linked document

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

Evaluation of the EU school milk and fruit scheme (UK-wide policy)

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

Multidisciplinary Tier 3 weight management service (UK-wide policy)

Evaluation of this multi-disciplinary approach using focus groups revealed that participants described high levels of satisfaction. A Tier 3 weight management service for obese patients with complex co-morbidity was successfully delivered in a primary care setting with a full multidisciplinary team. Health outcomes were good compared with existing services.

Categories:	Evidence of Multidisciplinary Intervention
Year(s):	2011 (ongoing)
Target age group:	Adults
Organisation:	Jennings et al 2014
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Jennings et al 2014. Evaluation of a multidisciplinary Tier 3 weight management service for adults with morbid obesity, or obesity and comorbidities, based in primary care. <i>Clinical Obesity</i> . doi: 10.1111/cob.12066

Start Active, Stay Active (UK-wide policy)

A UK-wide document that presents guidelines on the volume, duration, frequency and type of physical activity required across the life course to achieve general health benefits. It is aimed at the NHS, local authorities and a range of other organisations designing services to promote physical activity.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Health, Physical Activity, Health Improvement and Protection
Linked document:	Download linked document

All Wales Obesity Pathway (UK-wide policy)

The Pathway is a tool for Health Boards, working jointly with Local Authorities and other key stakeholders, to map local policies, services and activity for both children and adults against four tiers of intervention, and to identify any gaps.

Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	Welsh Assembly Government
Find out more:	www.wales.nhs.uk

All Wales Obesity Pathway

The Pathway is a tool for Health Boards, working jointly with Local Authorities and other key stakeholders, to map local policies, services and activity for both children and adults against four tiers of intervention, and to identify any gaps.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	Welsh Assembly Government
Find out more:	www.wales.nhs.uk

Food for Wales, Food from Wales

The Welsh Assembly Government's National Food Strategy. "This Strategy sets out the Welsh Assembly Government's vision for the future of food for Wales and from Wales, and outlines our clear commitment to the key basic principles of Sustainability, Resilience, Competitiveness and Profitability. The Strategy represents an ambitious step-change by incorporating a greater acknowledgement of the wider food system into how we best direct industry"

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2010-2020
Target age group:	Adults and children
Organisation:	Welsh Assembly Government
Linked document:	Download linked document
References:	https://gov.wales/sites/default/files/publications/2018-05/food-strategy-for-wales-2010-to-2020.pdf

The Toy Box Study (UK-wide policy)

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

Creating an Active Wales (UK-wide policy)

This action plan sets out the steps the Welsh Assembly Government will take, with partners, to achieve an active, healthy and inclusive Wales. Creating an Active Wales focuses on four strategic aims; to develop a physical environment that makes it easier for people to choose to be more physically active; to support children and young people to live active lives, and become active adults; to encourage more adults to be more active, more often throughout life and to increase participation in sport, by all sectors of the population.

Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	Welsh Government
Find out more:	www.wales.nhs.uk
Linked document:	Download linked document

Creating an Active Wales

This action plan sets out the steps the Welsh Assembly Government will take, with partners, to achieve an active, healthy and inclusive Wales. Creating an Active Wales focuses on four strategic aims; to develop a physical environment that makes it easier for people to choose to be more physically active; to support children and young people to live active lives, and become active adults; to encourage more adults to be more active, more often throughout life and to increase participation in sport, by all sectors of the population.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	Welsh Government
Find out more:	www.wales.nhs.uk
Linked document:	Download linked document

Appetite for Life Action Plan

Welsh Assembly Government (2007) Appetite for Life Action Plan sets out the strategic direction and actions required to improve the nutritional standards of food and drink provided in schools in Wales.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2008 (ongoing)
Target age group:	Children
Organisation:	Welsh Government
Find out more:	www.wales.nhs.uk

Healthy Stadia Network (UK-wide policy)

"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/

Developing a Whole School Food and Fitness Policy

This document is designed to guide and support schools as they develop whole school food & fitness polices

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2007 (ongoing)
Target age group:	Children
Organisation:	Welsh Government
Linked document:	Download linked document

Developing a Whole School Food and Fitness Policy (UK-wide policy)

This document is designed to guide and support schools as they develop whole school food & fitness polices

Year(s):	2007 (ongoing)
Target age group:	Children
Organisation:	Welsh Government
Linked document:	Download linked document

Health, Exercise and Nutrition in the Really Young (HENRY) (UK-wide policy)

"Health, Exercise and Nutrition in the Really Young (HENRY) is an eight-week obesity prevention programme currently delivered in children's centres across the UK."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2007 (ongoing)
Target age group:	Children
Find out more:	www.henry.org.uk
References:	https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-019-7410-0

EU health and nutrient claims regulation (UK-wide policy)

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

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

Food & Fitness- Promoting Healthy Eating and Physical Activity for Children and Young People in Wales. 5 Year Implementation Plan

This 5 Year Implementation Plan provides a framework for integrating action on nutrition and physical activity for children and young people in Wales.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2006-2011
Target age group:	Children
Organisation:	Welsh Government
Find out more:	www.wales.nhs.uk

Climbing Higher

The Welsh Assembly Government Strategy for Sport & Physical Activity. This is the Welsh Assembly Government's long-term strategy for sport and physical activity, setting out its strategic direction in Wales for the next twenty years.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2005 (ongoing)
Target age group:	Adults and children
Organisation:	Welsh Government
Find out more:	gov.wales
Linked document:	Download linked document

Health Challenge Wales

Health Challenge Wales has been developed to signposts members of the public to information or activity to help them improve their own health. It also engages with organisations to look after the health of their staff and customers

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2005 (ongoing)
Target age group:	Adults and children
Organisation:	Public Health Wales
Find out more:	healthchallengewales.org

Free Swimming

The Assembly Government is funding free swimming in Wales for under 16s and the over 60s. This initiative is aimed at increasing participation in physical activity and improving the health and well-being of the nation by removing barriers and improving access to local authority leisure services.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2003 (ongoing)
Target age group:	Adults and children
Organisation:	Sports Wales
Find out more:	sport.wales

Game Plan, Strategy for delivering the Government's sport and physical activity objectives (UK-wide policy)

This document describes the United Kingdom's Government objectives for sport and physical activity and identifies ways of improving Government support. It was published in 2002 by two government departments: the Social Exclusion Unit and the Department of Culture, Media and Sport. The overall objectives of the plan are to increase the participation of all people in sport and to improve results in international competition.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2002-2020
Target age group:	Adults and children
Organisation:	Department for Culture, Media and Sport
Find out more:	www.sportdevelopment.org.uk
References:	DCMS/Strategy Unit. (2002) Game plan: A strategy for delivering government's sport and physical activity objectives. London: Cabinet Office

The Eatwell Plate

The United Kingdom published its first national food model in 1994, and it has been updated since then. The national food model, then known as 'The Balance of Good Health', was launched in 1994. It was revised and named 'The eatwell plate' in 2007. The most recent model, the Eatwell Guide, was published in March 2016. The revision of the eatwell plate to the Eatwell Guide in 2016 was led by Public Health England in association with Food Standards Scotland, the Welsh Government and by the Food Standards Agency in Northern Ireland. The Eatwell Guide has been accepted across UK government departments.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	1994 (ongoing)
Target age group:	Adults and children
Find out more:	www.gov.uk
References:	http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/united-kingdom/en/

UK Code of Broadcast Advertising (BCAP Code) (UK-wide policy)

Statutory rules on advertisements for HFSS foods on TV channels dedicated to children. These regulations ban the advertising of food high in fat, sugar, and salt (as defined by a nutrient profiling model) during television programs that have particular appeal to children aged younger than 16 years. Since 2011, the provisions of the Code of Advertising Practice now apply to advertisers own websites and advertising on social media sites.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	1961 (ongoing)
Target age group:	Children
Organisation:	UK Code of Broadcast Advertising (BCAP Code)
Find out more:	www.cap.org.uk
Linked document:	Download linked document

An evaluation of the UK Food Standard Agency's salt campaign (UK-wide policy)

An evaluation of the UK Food Standard Agency's salt campaign

Categories (partial):	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

CAP non-broadcast code

"The CAP non-broadcast code has rules that cover non-broadcast advertising (for example print, online), sales promotion and direct marketing (such as telesales and email). The code specifies standards for accuracy and honesty that businesses must stick to, including specific conditions, such as: advertising to children" - UK Gov. The CAP non-broadcast code includes Mandatory regulation of food advertising in non-broadcast media.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Children
Organisation:	UK Government
Find out more:	www.asa.org.uk
References:	https://www.gov.uk/marketing-advertising-law/advertising-codes-of-practice

CAP non-broadcast code (UK-wide policy)

"The CAP non-broadcast code has rules that cover non-broadcast advertising (for example print, online), sales promotion and direct marketing (such as telesales and email). The code specifies standards for accuracy and honesty that businesses must stick to, including specific conditions, such as: advertising to children" - UK Gov. The CAP non-broadcast code includes Mandatory regulation of food advertising in non-broadcast media.

Target age group:	Children
Organisation:	UK Government
Find out more:	www.asa.org.uk
References:	https://www.gov.uk/marketing-advertising-law/advertising-codes-of-practice

Children's exposure to food advertising: the impact of statutory restrictions. (UK-wide policy)

Whalen R et al. (2017) Children's exposure to food advertising: the impact of statutory restrictions. Health Promotion International, 34(2), 227-235.

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

Commercial promotion of food to children

"A combination of statutory and government-approved private sector self-regulation techniques are used to control the commercial promotion of food to children. Statutory rules apply to child-targeted television advertisements for HFSS foods as defined by the nutrient profiling scheme developed by the Food Standards Agency. "Child-targeted" marketing is defined as marketing during preschool children's programmes, during programmes made for children under the age of 16 in children's airtime, and youth-oriented programming that attracts a significantly higher-than-average proportion of viewers younger than 16 years (the proportion of viewers under 16 is 20% higher than the general viewing population). The rules apply to commercial and public service broadcast channels and all cable and satellite channels. The objectives are to limit children's exposure to advertising for HFSS products and to restrict the use of advertising techniques appealing to children." - WHO

Categories:	Evidence of Marketing Guidelines/Policy
Target age group:	Children
References:	https://www.euro.who.int/__data/assets/pdf_file/0006/155436/e96047.pdf

Commercial promotion of food to children (UK-wide policy)

"A combination of statutory and government-approved private sector self-regulation techniques are used to control the commercial promotion of food to children. Statutory rules apply to child-targeted television advertisements for HFSS foods as defined by the nutrient profiling scheme developed by the Food Standards Agency. "Child-targeted" marketing is defined as marketing during preschool children's programmes, during programmes made for children under the age of 16 in children's airtime, and youth-oriented programming that attracts a significantly higher-than-average proportion of viewers younger than 16 years (the proportion of viewers under 16 is 20% higher than the general viewing population). The rules apply to commercial and public service broadcast channels and all cable and satellite channels. The objectives are to limit children's exposure to advertising for HFSS products and to restrict the use of advertising techniques appealing to children." - WHO

Target age group: Children

References: https://www.euro.who.int/__data/assets/pdf_file/0006/155436/e96047.pdf

Does participation in a population-based dietary intervention scheme have a lasting impact on fruit intake in young children? (UK-wide policy)

Fogarty AW et al. (2007) Does participation in a population-based dietary intervention scheme have a lasting impact on fruit intake in young children? *International Journal of Epidemiology*, 36(5), 1080-1085.

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

Evaluation of the effectiveness of front-of-pack labelling (UK-wide policy)

Sacks G et al. (2009) Impact of front-of-pack 'traffic-light' nutrition labelling on consumer food purchases in the UK. *Health Promotion International*, 24(4), 344-352.

Categories: Health Effectiveness Reviews (obesity related)

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

Foodwise for Life

"Foodwise for Life' is an eight 8 week community weight management programme written and developed by Community dieticians suitable for delivery by people trained to Agored Cymru Level 2 and also attended a dietician led group facilitation training day. Tutors are also invigilated to by dieticians to quality assure delivery. This programme is offered in most local authority areas to referrals who undertake the NERS Weight Management programme, but only if regular attendance to the physical activity sessions is maintained."

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Adults
Organisation:	Welsh Government
Linked document:	Download linked document
References:	https://www.wlga.wales/ners-weight-management

GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling (UK-wide policy)

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

Living Streets (UK-wide policy)

UK charity campaigning to get everyone out walking more

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Target age group:	Adults and children
Organisation:	Living Streets
Find out more:	www.livingstreets.org.uk

MEND (Mind,Exercise,Nutrition...Do it!) 5-7 Programme (UK-wide policy)

"The MEND 5-7 programme is a comprehensive, multi-component intervention designed to tackle obesity in childhood. The programme supports families by providing information on child nutrition (based on government healthy eating guidelines), active play and parenting practices to help parents practically integrate these recommendations into everyday life. The programme uses a non-diet approach to prevent unduly restrictive eating which can lead to problematic eating behaviours."

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Children
References:	https://www.researchgate.net/publication/236639812_Assessing_the_short-term_outcomes_of_a_community-based_intervention_for_overweight_and_obese_children_The_MEND_5-7_programme

re:balance (UK-wide policy)

Weight loss programme based in Camden or Islington. You can either refer yourself or a GP can refer you. Rebalance is a 12 week, group, weight-loss programme of exercise and dietary advice for overweight or obese adults. It covers nutritional advice, healthy-eating guidance, online, cognitive behavioural support and help to get active.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Target age group:	Adults
Find out more:	www.camden.gov.uk

The Family Project (a multi-disciplinary family-based programme for treating childhood obesity) (UK-wide policy)

A multi-component family focused education package involving physical activity sessions and educational workshops focusing on; healthy eating, physical activity, reducing sedentary behaviour, behaviour change and psychological well being. Workshops were also delivered by a multi-disciplinary team comprising; a dietitian, physical activity health promotion officer, an educational or clinical psychologist and 2-3 physical activity instructors.

Categories:	Evidence of Multidisciplinary Intervention
Target age group:	Children
Organisation:	Coppins et al 2011
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Coppins et al 2011. Effectiveness of a multi-disciplinary family-based programme for treating childhood obesity (the Family Project). Eur J Clin Nutr. 2011 Aug;65(8):903-9.

PDF created on June 16, 2024