

Regional framework for action on obesity prevention 2019–2023

Commitment	Strategic intervention	Progress indicators
Regulatory action		
Fiscal measures	<ul style="list-style-type: none"> » Implement an effective tax on sugar-sweetened beverages » Levy additional taxes and subsidies to promote healthier diets » Progressively eliminate subsidies for all types of fats/oils and sugar 	<ul style="list-style-type: none"> » Country has implemented a sugar-sweetened beverage tax » Country has introduced additional taxes and/or subsidies to promote healthier diets » Country has eliminated all subsidies for fats/oils and sugar
Public procurement	<ul style="list-style-type: none"> » Ensure procurement and provision of healthy food in public institutions (e.g. schools, hospitals, military bases, prisons and other government institutions) 	<ul style="list-style-type: none"> » Mandatory guidelines for public procurement of healthy food have been issued » Guidance has been developed and training provided for caterers
Food supply and trade	<ul style="list-style-type: none"> » Use food standards, legal instruments and other approaches to improve the national and/or local food supply 	<ul style="list-style-type: none"> » Standards/legal instruments and other approaches are used to improve the national and local food supply
Labelling	<ul style="list-style-type: none"> » Implement or revise standards for nutrition labelling to include mandatory front-of-pack nutrition labelling for all pre-packaged foods 	<ul style="list-style-type: none"> » Front-of-pack nutrition labelling scheme implemented and enforced
Marketing	<ul style="list-style-type: none"> » Implement the WHO Set of Recommendations on Marketing of Foods and Non-alcoholic Beverages to Children and other appropriate restrictions on marketing (including price promotions) of foods high in fat, sugar and salt 	<ul style="list-style-type: none"> » Mandatory restrictions to eliminate all forms of marketing of foods high in fat, sugar and salt to children and adolescents (up to age 18) are in place across all media » Other appropriate restrictions on marketing of foods high in fat, sugar and salt have been implemented
Prevention		
Physical activity interventions	<ul style="list-style-type: none"> » Implement policies, legislation and interventions to promote and facilitate health-enhancing physical activity in line with the <i>Global Action Plan on Physical Activity</i> 	<ul style="list-style-type: none"> » Country has policies, legislation and interventions to promote physical activity
Mass-media campaigns	<ul style="list-style-type: none"> » Conduct appropriate social marketing campaigns on healthy diet and physical activity 	<ul style="list-style-type: none"> » At least one recent national public awareness campaign on diet and physical activity has been conducted
Breastfeeding	<ul style="list-style-type: none"> » Implement a package of policies and interventions to promote, protect and support breastfeeding 	<ul style="list-style-type: none"> » Full implementation of the International Code of Marketing of Breast-milk Substitutes and WHO Guidance on ending inappropriate promotion of foods for infants and young children » Mandatory implementation of baby-friendly health systems and effective community-based strategies

Regional framework for action on obesity prevention 2019–2023 (continued)

Commitment	Strategic intervention	Progress indicators
Prevention		
Reformulation	<ul style="list-style-type: none"> » Progressively reformulate foods and beverages to eliminate trans fats and reduce total and saturated fat, salt, sugars, energy and portion size 	<ul style="list-style-type: none"> » Sugar policies, salt/sodium policies and fats policies, adapted to the national context, have been implemented to cover a substantial proportion of processed foods
Obesity management and treatment		
Health sector interventions	<ul style="list-style-type: none"> » Harness the health sector to enable change and provide leadership on governance and accountability » Implement evidence-based, community-based interventions tackling both healthy eating and physical activity, targeting high-risk groups, to promote and facilitate behaviour change and prevent obesity » Ensure provision of dietary counselling on nutrition and physical activity for high-risk individuals and on healthy weight gain before and during pregnancy for prospective mothers and fathers » Integrate screening for overweight in primary health care 	<ul style="list-style-type: none"> » Country has a high-level multisectoral mechanism and a multisectoral plan and approach to obesity prevention and management » Evidence-based dietary counselling and interventions to facilitate behaviour change and prevent obesity are present in primary health care and other community settings » Country has national guidelines/protocols/standards on obesity screening and management
Surveillance		
Assessment	<ul style="list-style-type: none"> » Conduct a situational analysis of the national/local food supply, including establishing proportions of fats/oils and sugar in imports and domestic production » Carry out regular nutrition assessments and risk factor surveys at the national and/or local level » Conduct an assessment of the effect of marketing foods high in fat, sugar or salt to adults in order to inform how best to restrict inappropriate practices 	<ul style="list-style-type: none"> » In-depth situation analyses have enabled the development of more specific framework interventions » Baseline data for the framework interventions are available » STEPS survey and/or nutritional assessment is done every 5 years
Monitoring	<ul style="list-style-type: none"> » Establish national targets for obesity prevention and SMART commitments for action, and work with WHO to develop a monitoring framework to report on progress » Ensure sustained implementation of obesity framework interventions, scale up coverage and monitor effect » Strengthen human, logistic and institutional capacity for surveillance, monitoring and evaluation 	<ul style="list-style-type: none"> » Country has time-bound national targets on obesity based on WHO guidance » Country has SMART commitments for action as part of a monitoring framework for obesity interventions and continuously reports on progress » Country has a functioning system for generating reliable data for monitoring and evaluation