

# Austria



## Policies, Interventions and Actions

### Commercial Determinants of Noncommunicable Diseases in the WHO European Region

This report highlights the substantial impact of commercial determinants on noncommunicable diseases (NCDs) in the WHO European Region. Nearly 7500 deaths per day in the Region are attributed to commercial determinants, such as tobacco, alcohol, processed food, fossil fuels and occupational practices. These commercial products and practices contribute to 25% of all deaths in the Region. The report’s chapters systematically explore various facets of how commercial interests exacerbate NCDs and key strategies used by commercial actors to negatively influence NCD-related policies at the national and international level. The report also provides selected case studies from the Region to illustrate key strategies and outcomes of industry influence on health policies. The report then calls for urgent and coordinated action to address the commercial determinants of NCDs. It advocates for building coalitions based on the values of equity, sustainability, and resilience. Public health actors are urged to develop competencies in economic and legal frameworks, enforce transparency, and manage conflicts of interest effectively. The report underscores the need for robust financial reforms and strict regulation to curb industry power and protect public health. By implementing these strategies, the Region can accelerate progress towards global NCD targets and Sustainable Development Goals by 2030.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2024 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation (WHO)
Linked document:	<a href="#">Download linked document</a>
References:	World Health Organization. Regional Office for Europe. (2024) Commercial Determinants of Noncommunicable Diseases in the WHO European Region. World Health Organization. Regional Office for Europe. <a href="https://iris.who.int/handle/10665/376957">https://iris.who.int/handle/10665/376957</a> . License: CC BY-NC-SA 3.0 IGO

## Austrian Physical Activity Recommendations

The Austrian recommendations for exercise apply to children and adolescents, adults and the elderly (with and without physical, sensory or mental disabilities)

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Austrian Health Promotion Fund
Linked document:	<a href="#">Download linked document</a>
References:	Austrian Health Promotion Fund (2020). Austrian Physical Activity Recommendations - Key Messages (Volume 17(1) of scientific reports), Vienna

## Austrian Recommendations on Complementary Feeding

The Austrian recommendations on complementary feeding give parents access to information that is standardised and based on the latest scientific findings on introduction of complementary foods into a child's diet for the first time in Austria.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2020 (ongoing)
Target age group:	Children
Organisation:	The Austrian Agency for Health and Food Safety, the Federal Ministry of Health and the Federation of Austrian Social Insurance Institutions.
Find out more:	<a href="http://www.ages.at">www.ages.at</a>
Linked document:	<a href="#">Download linked document</a>
References:	Anon (n.d.) Austrian Recommendations on Complementary Feeding. [Online]. AGES - Austrian Agency for Health and Food Safety. Available from: <a href="https://www.ages.at/en/topics/nutrition/healthy-eating-from-the-start/austrian-recommendations-on-complementary-feeding/">https://www.ages.at/en/topics/nutrition/healthy-eating-from-the-start/austrian-recommendations-on-complementary-feeding/</a> [Accessed: 6 July 2020e]. []

## 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:	<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/36162">https://extranet.who.int/nutrition/gina/en/node/36162</a> (last accessed 12.07.22) 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>

## European practical and patient-centred guidelines for adult obesity management in primary care

This article aims to provide obesity management guidelines specifically tailored to GPs, favouring a practical patient-centred approach. The focus is on GP communication and motivational interviewing as well as on therapeutic patient education. The new guidelines highlight the importance of avoiding stigmatization, something frequently seen in different health care settings. In addition, managing the psychological aspects of the disease, such as improving self-esteem, body image and quality of life must not be neglected.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Linked document:	<a href="#">Download linked document</a>
References:	Dominique Durrer Schutz, Luca Busetto, Dror Dicker, Nathalie Farpour-Lambert, Rachel Pryke, Hermann Toplak, Daniel Widmer, Volkan Yumuk, Yves Schutz; European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care. <i>Obes Facts</i> 15 March 2019; 12 (1): 40–66. <a href="https://doi.org/10.1159/000496183">https://doi.org/10.1159/000496183</a>

## Management of overweight and obesity in primary care—A systematic overview of international evidenceâ€based guidelines

The aim of this project was to provide a clear and systematic overview, based on which structured care processes could be defined for the management of overweight and obesity in primary care. It was initiated by the Main Association of Austrian Social Security Institutions as the first of three overviews on overweight/obesity, chronic obstructive pulmonary disease, and unspecific back pain. The results are to be incorporated in clinical pathways for primary care teams.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	Austrian Social Security Institutions
Find out more:	<a href="https://onlinelibrary.wiley.com">onlinelibrary.wiley.com</a>
Linked document:	<a href="#">Download linked document</a>
References:	Semlitsch, T., Stigler, F.L., Jeitler, K., Horvath, K., et al. (2019) Management of overweight and obesity in primary care—A systematic overview of international evidenceâ€based guidelines. <i>Obesity Reviews</i> . [Online] 20 (9), 1218–1230. Available from: doi:10.1111/obr.12889 [Accessed: 6 July 2020]. []

## WGKK Group Weight Loss Programme

12 Week weight loss programme works in two units in Vienna; 3 months cycles with a focus on lifestyle intervention. Medical assessment from a WGKK Dietologist and a BMI > 27 kg/m<sup>2</sup> before acceptance on the programme.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Multidisciplinary Intervention
Year(s):	2018 (ongoing)
Target age group:	Adults
Organisation:	Vienna Regional Health Insurance Fund.
Find out more:	<a href="http://www.wgkk.at">www.wgkk.at</a>
Linked document:	<a href="#">Download linked document</a>
References:	Anon (n.d.) WGKK unterstützt Sie beim Abnehmen. [Online]. Österreichische Gesundheitskasse. Available from: <a href="https://www.wgkk.at/cdscontent/?contentid=10007.791216">https://www.wgkk.at/cdscontent/?contentid=10007.791216</a> [Accessed: 6 July 2020]. []

## Nutri-Score labelling

The Nutri-Score labelling system is a 5-point colour coded nutritional rating system. It was originally implemented in France and has since been adopted by multiple countries in the WHO European region. Austria have adopted this system on a voluntary basis, used by companies such as Nestlé, Auchan & Danone. However, the system has not been officially recommended by the Austrian government.

Categories:	Industry/Government regulations - voluntary /pledges
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Find out more:	<a href="http://globalfoodresearchprogram.web.unc.edu">globalfoodresearchprogram.web.unc.edu</a>
References:	Information sourced from Global Food Research Programme

## 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:	<a href="http://ec.europa.eu">ec.europa.eu</a>
References:	<a href="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">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</a>

## The 'EDDY' study

Implementation of nutrition and sport training interventions for 1 year to prevent obesity.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2017-2018
Target age group:	Children
Organisation:	Widhalm, Helk and Pachinger (2018).
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:	Widhalm, Helk and Pachinger (2018). The Viennese EDDY Study as a Role Model for Obesity: Prevention by Means of Nutritional and Lifestyle Interventions. <i>Obesity facts</i> . 11 pp. 247â€“256

## Daily sports and exercise session (TBuS)

With the TBuS, more movement was integrated into different lessons and an additional hour was created with a movement coach or recreational educator / sport, whereby there was a link to sports associations and clubs. The movement coaches, qualified by the universities of teacher education in cooperation with the BSPAs, brought more exercise and sport into everyday school life in addition to the legally required classes. In total, five hours of exercise and sport should be achieved per week.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	Ministry of Sport
Find out more:	<a href="http://www.tbust.at">www.tbust.at</a>
Linked document:	<a href="#">Download linked document</a>
References:	Anon (n.d.) Kooperationen zwischen Sportvereinen und Schulen: Sport Austria. [Online]. <a href="http://www.sportaustria.at">www.sportaustria.at</a> . Available from: <a href="https://www.sportaustria.at/de/schwerpunkte/soziales-und-gesellschaftspolitik/sport-und-schule/kooperationen-zwischen-sportvereinen-und-schulen/">https://www.sportaustria.at/de/schwerpunkte/soziales-und-gesellschaftspolitik/sport-und-schule/kooperationen-zwischen-sportvereinen-und-schulen/</a> [Accessed: 6 July 2020].

## Effectiveness of social marketing strategies to reduce youth obesity in European school-based interventions: a systematic review and meta-analysis

The aim of the review is to assess the effectiveness of European school-based interventions to prevent obesity relative to the inclusion of Social Marketing Benchmark Criteria domains in the intervention.

Categories:	Evidence of Management/treatment guidelines
Categories (partial):	Evidence of Marketing Guidelines/Policy Industry/Government regulations - voluntary /pledges
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	National Social Marketing Centre
Find out more:	<a href="http://pubmed.ncbi.nlm.nih.gov">pubmed.ncbi.nlm.nih.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Aceves-Martins M, Llaured E, Tarro L, et al. Effectiveness of social marketing strategies to reduce youth obesity in European school-based interventions: a systematic review and meta-analysis. <i>Nutr Rev.</i> 2016;74(5):337-351. doi:10.1093/nutrit/nuw004

## 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:	<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>

## Prevalence, Pathophysiology, Health Consequences and Treatment Options of Obesity in the Elderly: A Guideline

Guidelines on when obesity treatment should be offered, goals of weight loss therapy, what lifestyle intervention should include, and physical activity.

Categories:	Evidence of Management/treatment guidelines
Categories (partial):	Health Effectiveness Reviews (obesity related)
Year(s):	2015 (ongoing)
Target age group:	Adults
Organisation:	European Association for the Study of Obesity
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:	Mathus-Vliegen, E.M; Obesity Management Task Force of the European Association for the Study of Obesity. (2012). Prevalence, pathophysiology, health consequences and treatment options of obesity in the elderly: a guideline. Obesity Facts. 5(3). pp. 460-83.



## European Union (EU) Action Plan on Childhood Obesity 2014-2020

EU Action plan. To contribute to halting the rise in overweight and obesity in children and young people (0-18 years) by 2020

Categories:	Transnational Obesity Strategies/Policy or Action Plan
Year(s):	2014-2020
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	<a href="http://ec.europa.eu">ec.europa.eu</a>
Linked document:	<a href="#">Download linked document</a>
References:	EU Action Plan on Childhood Table of contents [Internet]. Available from: <a href="https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf">https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf</a>

## Guidelines for Vending Machines

Guidelines for a healthier supply in vending machines; There is an initiative called SIPCAN (Special Institute for Preventive Cardiology and Nutrition - <http://www.sipcan.at/>) which provides recommendations on products for vending in schools. If the criteria are met a certificate can be awarded to the operator and the school, to show that the items are in line with the healthier product criteria.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Labelling Regulation/Guidelines Industry/Government regulations - voluntary /pledges
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	SIPCAN (Special Institute for Preventive Cardiology And Nutrition)
Find out more:	<a href="http://www.sipcan.at">www.sipcan.at</a>
Linked document:	<a href="#">Download linked document</a>
References:	Information kindly provided by the Austrian Obesity Association. <a href="http://www.adipositas-austria.org/">http://www.adipositas-austria.org/</a> ; <a href="https://www.revistamundovending.com/sites/default/files/guiasLogos/european-initiatives-to-encourage-a-wider-choice-of-products-in-vending-machines.pdf">https://www.revistamundovending.com/sites/default/files/guiasLogos/european-initiatives-to-encourage-a-wider-choice-of-products-in-vending-machines.pdf</a>

## SALzburg Together against Obesity (SALTO)

Community based intervention to educate kindergarten teachers and parents on health, health behaviours, and concepts and to incorporate obesity prevention into curriculum ultimately to increase the proportion of preschoolers with a healthy weight.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2014-2017
Target age group:	Children
Organisation:	University of Salzburg
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:	Ring-Dimitriou, S. et al (2018) SALTO - Study Protocol and Rationale of a Community-Oriented Obesity Prevention Program in the Kindergarten. Obesity facts. 11(3) pp. 234-246.

## National Action Plan on Physical Activity

The first National Action Plan Physical Activity (Nationaler Aktionsplan Bewegung) has been developed by the Federal Ministry Civil Services and Sports (Bundesministerium für öffentlichen Dienst und Sport) and the Federal Ministry of Labour, Social Affairs, Health and Consumer Protection (Bundesministerium für Arbeit, Soziales, Gesundheit und Konsumentenschutz) and published in April 2013. In view of the data of the present situation of the physical activity of the people in Austria different target groups can be identified and partially, various needs exist in the different social environments. As in all social areas and age groups, many people can strongly profit from more physical activity, the national action plan intends to provide measures for everybody. It still has to be taken into account that socioeconomic underprivileged groups show a worse health behaviour and thus profit most from changes. This action plan should act as a guiding principle, upon which measures shall be developed and implemented, that aim to improve physical activity behaviour and cause a measurable change in society. The national action plan is in accordance with the EU Physical Activity Guidelines and features the following aims: cross-sectoral approach (Health in all Policies) catalogue of targets overarching objectives sports health education transport, environment, regional planning and building planning working environment senior citizens

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Sports Ministry and Ministry of Health Federal Ministry Civil Services and Sports (Bundesministerium für öffentlichen Dienst und Sport) and the Federal Ministry of Labour, Social Affairs, Health and Consumer Protection (Bundesministerium für Arbeit, Soziales, Gesundheit und Konsumentenschutz)
Find out more:	<a href="http://www.sportministerium.at">www.sportministerium.at</a>
Linked document:	<a href="#">Download linked document</a>
References:	Anonymous (2017a) 7.3 Sport, youth fitness and physical activity. [Online]. 9 January 2017. EACEA National Policies Platform - European Commission. Available from: <a href="https://eacea.ec.europa.eu/national-policies/en/content/youthwiki/73-sport-youth-fitness-and-physical-activity-austria">https://eacea.ec.europa.eu/national-policies/en/content/youthwiki/73-sport-youth-fitness-and-physical-activity-austria</a> [Accessed: 6 July 2020]. []

## Project PASTA

Aims to integrate active mobility in the daily routine, to evaluate the effects on health and to develop recommendations for promotion on the basis of best practice examples. Timeframe: November 2013- October 2017. The project is funded by the 7th EU framework programme. Within the scope of the audit family-friendly municipality (familienfreundliche Gemeinde), sports fields and playgrounds can be built for children and young people to promote their physical activity. This is an ongoing process initiated by the Federal Ministry for Families and Youth.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2013-2017
Target age group:	Children
Organisation:	Federal Ministry for families and youth
Find out more:	<a href="https://eacea.ec.europa.eu">eacea.ec.europa.eu</a>
References:	Anonymous (2017a) 7.3 Sport, youth fitness and physical activity. [Online]. 9 January 2017. EACEA National Policies Platform - European Commission. Available from: <a href="https://eacea.ec.europa.eu/national-policies/en/content/youthwiki/73-sport-youth-fitness-and-physical-activity-austria">https://eacea.ec.europa.eu/national-policies/en/content/youthwiki/73-sport-youth-fitness-and-physical-activity-austria</a> [Accessed: 6 July 2020]. []

## AUSTRIA PHYSICAL ACTIVITY FACTSHEET

Issued by the Austrian Federal Ministry of Health to promote good health, adults are encouraged to carry out at least 150 minutes per week of moderate-intensity physical activity, or 75 minutes per week of high-intensity exercise, or ideally a combination of moderate- to highintensity physical activity (MVPA). This is one of the 28 European Union Member States factsheets on health-enhancing physical activity, developed as a part of a joint initiative between the European Commission (EC) and WHO Regional Office for Europe in the context of the implementation of the Recommendation of the Council of the European Union on promoting health-enhancing physical activity across sectors and the European Noncommunicable Diseases Action Plan 2012-2016.

Categories (partial):	Evidence of Physical Activity Guidelines/Policy
Year(s):	2012-2016
Target age group:	Adults and children
Organisation:	Austrian Federal Ministry of Health
Find out more:	<a href="http://www.euro.who.int">www.euro.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	Anon (n.d.) AUSTRIA PHYSICAL ACTIVITY FACTSHEET. [Online]. Available from: <a href="https://www.euro.who.int/__data/assets/pdf_file/0007/288052/AUSTRIA-Physical-Activity-Factsheet.pdf?ua=1#:~:text=For%20optimal%20health%20gains%2C%20300">https://www.euro.who.int/__data/assets/pdf_file/0007/288052/AUSTRIA-Physical-Activity-Factsheet.pdf?ua=1#:~:text=For%20optimal%20health%20gains%2C%20300</a> [Accessed: 6 July 2020d]. []

## Austrian Nutrition Action Plan (NAP.e)

The primary goals of the NAP.e are a reduction of over-, under- and malnutrition as well as the reduction of the rising overweight and obesity rates by 2020.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2011-2020
Target age group:	Adults and children
Organisation:	Federal Ministry of Health
Find out more:	<a href="http://nanopdf.com">nanopdf.com</a>
Linked document:	<a href="#">Download linked document</a>
References:	Anon (n.d.) Austrian National Nutrition Action Plan. [Online]. Available from: <a href="https://extranet.who.int/ncdccs/Data/AUT_B13_nape_kurzfassung_englisch_110103.pdf">https://extranet.who.int/ncdccs/Data/AUT_B13_nape_kurzfassung_englisch_110103.pdf</a> [Accessed: 6 July 2020d]. []

## 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
Find out more:	<a href="http://eur-lex.europa.eu">eur-lex.europa.eu</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/22917">https://extranet.who.int/nutrition/gina/en/node/22917</a> (last accessed 28.06.22) 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>

## 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:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework <a href="http://www.wcrf.org/NOURISHING">www.wcrf.org/NOURISHING</a>

## Exercise is Fun

Nationwide initiative to improve the physical activity of students.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	SIPCAN: Initiative for a healthy life
Find out more:	<a href="http://www.sipcan.at">www.sipcan.at</a>
References:	Information kindly provided by the Austrian Obesity Association.

## National Action Plan on Nutrition

The Austrian Nutrition Action Plan was launched in 2011 and aims at the implementation of effective measures in a transparent and intergovernmental way to prevent over-, under- and malnutrition, to reverse the rising overweight and obesity rates by 2020 and to prevent diet-related NCDs. Existing activities were combined in one strong strategy and a nationwide commitment. The Action Plan is designed to establish and maintain a structured continuous dialogue and cross-sectoral cooperation. It is embedded in the Austrian Health Targets, part of the Austrian Prevention Strategy and is being updated on a regular basis advised by the National Nutrition Commission, which was established in 2011 as a multidisciplinary nutrition advisory board for the Minister of Health. All relevant players are involved in the development of the Austrian nutrition policy. The update of the Austrian Nutrition Action Plan 2013 has the focus on the target groups of infants, children and young people, pregnant and nursing women as well as on the further development of tools for communicating information and empowerment. The aim of nutritional prevention is the prolongation of a healthy life and thus, contributes to the improvement in the quality of life.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011-2020
Target age group:	Adults and children
Organisation:	Federal Ministry of Health, Austrian Government
Find out more:	<a href="http://eacea.ec.europa.eu">eacea.ec.europa.eu</a>
References:	Anonymous (2017) 7.4 Healthy lifestyles and healthy nutrition. [Online]. 9 January 2017. EACEA National Policies Platform - European Commission. Available from: <a href="https://eacea.ec.europa.eu/national-policies/en/content/youthwiki/74-healthy-lifestyles-and-healthy-nutrition-austria#121">https://eacea.ec.europa.eu/national-policies/en/content/youthwiki/74-healthy-lifestyles-and-healthy-nutrition-austria#121</a> [Accessed: 6 July 2020]. []

## School Buffet

The initiative called "unser Schulbuffet" is geared towards cafeteria owners. They get an onsite counselling free of charge how to improve their food and drink basket based on a guideline published by the Ministry while considering their individual environment aiming at sustainable improvements based on healthy nutrition recommendations and their economic viability.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Community Interventions/Campaign Industry/Government regulations - voluntary /pledges Evidence of Multidisciplinary Intervention
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	Federal Ministry of Labour, Social Affairs, Health and Consumer Protection
Find out more:	<a href="http://eacea.ec.europa.eu">eacea.ec.europa.eu</a>
References:	Anonymous (2017) 7.4 Healthy lifestyles and healthy nutrition. [Online]. 9 January 2017. EACEA National Policies Platform - European Commission. Available from: <a href="https://eacea.ec.europa.eu/national-policies/en/content/youthwiki/74-healthy-lifestyles-and-healthy-nutrition-austria#121">https://eacea.ec.europa.eu/national-policies/en/content/youthwiki/74-healthy-lifestyles-and-healthy-nutrition-austria#121</a> [Accessed: 6 July 2020]. []

## Audiovisual media services directive 2007/65/EC

"Based on the national implementation of the AVMS Directive 2007/65/EC at the end of 2009, the Austrian Government and national television companies reached agreement on a code of conduct concerning the marketing of foods to children. This self-regulatory mechanism has been in operation since February 2010." - WHO

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	Children
Organisation:	Austrian Communications Authority (KommAustria)
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://www.euro.who.int/__data/assets/pdf_file/0006/155436/e96047.pdf">https://www.euro.who.int/__data/assets/pdf_file/0006/155436/e96047.pdf</a>



## Austrian Breastfeeding Policy

In 2010, AGES - Austrian Agency for Health and Food Safety released "Österreichische Beikostempfehlungen" (Austrian Complementary food recommendations), including guidelines on breastfeeding. There is a special program for young child feeding designed by AGES, which is owned by the Republic of Austria..

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2010 (ongoing)
Target age group:	Children
Organisation:	AGES - Austrian Agency for Health and Food Safety
Linked document:	<a href="#">Download linked document</a>
References:	<a href="http://www.ibfan.org/CESCR/IBFAN-report%20_%20CESCR-2013%20_%20pre-session-Austria.pdf">http://www.ibfan.org/CESCR/IBFAN-report%20_%20CESCR-2013%20_%20pre-session-Austria.pdf</a>

## Guideline for women with obesity during pregnancy (RCOG) & (CMACE)

CMACE/RCOG guideline, based on standards of care providing guidelines covering interventions prior to conception, during and after pregnancy.

Categories:	Health Effectiveness Reviews (obesity related) Evidence of Management/treatment guidelines
Year(s):	2010 (ongoing)
Target age group:	Adults
Organisation:	Centre for Maternal and Child Enquiries (CMACE) and Royal College of Obstetricians and Gynaecologists (RCOG)
Find out more:	<a href="http://www.rcog.org.uk">www.rcog.org.uk</a>
Linked document:	<a href="#">Download linked document</a>
References:	Centre for Maternal and child enquiries and Royal college of obstetricians and gynaecologists. (2010). CMACE/RCOG Joint Guideline: Management of Women with Obesity in Pregnancy. Available from: <a href="https://www.rcog.org.uk/globalassets/documents/guidelines/cmacercojointguidelinemanagementwomenobesitypregnancya.pdf">https://www.rcog.org.uk/globalassets/documents/guidelines/cmacercojointguidelinemanagementwomenobesitypregnancya.pdf</a> . [Accessed 14 December 2018].

## SIPCAN-Check Lists

Nationwide initiative to display the beverages, dairy products and sweets in Austrian supermarkets. The goal is to reduce the sugar content per 100g and to provide guidelines for schools, companies, food industry and public institutions.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Marketing Guidelines/Policy Labelling Regulation/Guidelines Industry/Government regulations - voluntary /pledges
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	SIPCAN " Initiative for a healthy life
Find out more:	<a href="http://www.sipcan.at">www.sipcan.at</a>
Linked document:	<a href="#">Download linked document</a>
References:	Information kindly provided by the Austrian Obesity Association

## The Austrian Food Pyramid : 7 Steps to Health

The Austrian food pyramid promotes the benefits of healthy eating. This simple graphic provides easy and practical ideas on how to implement a balanced diet everyday.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2010-2015
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.fao.org">www.fao.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	Anon (n.d.) Austria. [Online]. Food and Agriculture Organization of the United Nations. Available from: <a href="http://www.fao.org/nutrition/education/food-based-dietary-guidelines/regions/countries/austria/es/">http://www.fao.org/nutrition/education/food-based-dietary-guidelines/regions/countries/austria/es/</a> [Accessed: 6 July 2020d]. □

## "Minister for Children Healthy"

In 2009, the "Minister for Children Healthy" initiative was launched by the Minister of Sport. The aim was to integrate more exercise for children in kindergartens and elementary schools. On the one hand, kindergartens and elementary schools benefited from and got to know the clubs' high-quality, multi-sport activities. On the other hand, the sports associations and clubs had the opportunity to establish cooperations with the institutions that went beyond the scope of the initiative.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2009 (ongoing)
Target age group:	Children
Organisation:	Ministry of Sport
Find out more:	<a href="http://www.kindergesundbewegen.at">www.kindergesundbewegen.at</a>
References:	Anon (n.d.) Kooperationen zwischen Sportvereinen und Schulen: Sport Austria. [Online]. <a href="http://www.sportaustria.at">www.sportaustria.at</a> . Available from: <a href="https://www.sportaustria.at/de/schwerpunkte/soziales-und-gesellschaftspolitik/sport-und-schule/kooperationen-zwischen-sportvereinen-und-schulen/">https://www.sportaustria.at/de/schwerpunkte/soziales-und-gesellschaftspolitik/sport-und-schule/kooperationen-zwischen-sportvereinen-und-schulen/</a> [Accessed: 6 July 2020]. []

## Drink Smart

Nationwide initiative to improve the drinking habits of students and the supply of beverages in schools.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Community Interventions/Campaign
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	SIPCAN school programme
Find out more:	<a href="http://www.sipcan.at">www.sipcan.at</a>
References:	Information kindly provided by the Austrian Obesity Association.

## Moving healthy children 2.0

The program aims to bring more exercise and sport into the everyday life of kindergarten and elementary school children. Children move healthily 2.0 will continue to be financed by the Ministry of Sports and the Federal Sports Promotion. The implementation is ensured by the sports umbrella organizations ASKÖ, ASVÖ and SPORTUNION. The overarching activities are coordinated by Fit Sport Austria, the joint GmbH of the sports umbrella organizations

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2009 (ongoing)
Target age group:	Children
Organisation:	Ministry of Sports; Federal Sports Promotion
Find out more:	<a href="http://www.fitsportaustria.at">www.fitsportaustria.at</a>
References:	Austria, F.S. (n.d.) Fit Sport Austria: - Home /. [Online]. <a href="http://www.fitsportaustria.at">www.fitsportaustria.at</a> . Available from: <a href="https://www.fitsportaustria.at/main.asp?VID=1&amp;kat1=94&amp;kat2=666">https://www.fitsportaustria.at/main.asp?VID=1&amp;kat1=94&amp;kat2=666</a> [Accessed: 6 July 2020]. []

## Regulation of the Ministry of Health on the content of trans fatty acids in foods (trans fat regulation).

In 2009, legislation was introduced in Austria which introduced a mandatory regulation of TFA levels in foods. "It is forbidden to manufacture foods with a content of trans-fatty acids of more than 2g / 100g in total fat or to put them on the market."

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	Federal Law Gazette for the Republic of Austria
References:	<a href="https://extranet.who.int/nutrition/gina/en/node/8275">https://extranet.who.int/nutrition/gina/en/node/8275</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>

## WHO European Action Network on reducing marketing pressure on children

The establishment of the WHO European Action Network on Reducing Marketing Pressure on Children in 2008 reflected the joint interest of several countries in the Region in taking action on this issue. Subsequently, the World Health Assembly adopted the WHO “Set of recommendations on the marketing of food and non-alcoholic beverages to children” in 2010. WHO also integrated marketing restrictions as a priority in policies and strategies, notably the European Food and Nutrition Action Plan 2015–2020. The Network is an important mechanism to enhance action on food marketing to children. There are currently 30 countries in the Region participating in the Network. In addition, several organizations and institutions take part in the Network as observers. Network meetings have been held in Belgium, Denmark, Greece, Portugal, Serbia, Slovenia, Switzerland, Turkey and the United Kingdom. 13th meeting in Vienna, Austria

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2008 (ongoing)
Target age group:	Children
Organisation:	WHO
Find out more:	<a href="http://www.euro.who.int">www.euro.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	Anon (n.d.) 13th Meeting of the WHO European Action Network on Reducing Marketing Pressure on Children. [Online]. <a href="http://www.euro.who.int">www.euro.who.int</a> . Available from: <a href="https://www.euro.who.int/en/media-centre/events/events/2018/05/13th-meeting-of-the-who-european-action-network-on-reducing-marketing-pressure-on-children">https://www.euro.who.int/en/media-centre/events/events/2018/05/13th-meeting-of-the-who-european-action-network-on-reducing-marketing-pressure-on-children</a> [Accessed: 6 July 2020a]. []

## ‘Schlank ohne Diät’

The 'Slim without a diet' programme was created by the Institute for Social Medicine at the University of Vienna. The programme focussed on both diet/nutrition and physical activity. Group exercise sessions were combined with informational group sessions on healthy nutrition and physical activity.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2007 (ongoing)
Target age group:	Adults
Organisation:	Institute for Social Medicine
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-015-1563-2">https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-015-1563-2</a>

## 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:	<a href="#">Download linked document</a>
References:	<a href="https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924">https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924</a>

## National Nutrition Commission (Nationale Ernährungskommission)

The Austrian National Nutrition Commission (Nationale Ernährungskommission - NEK) was established based on Section 8 of the Federal Ministries Act 1986. "The NEK advises the Federal Minister of Health on all matters of health-related nutrition policy, in particular on the implementation of the National Action Plan on Nutrition (NAP.e). The NEK identifies and evaluates possible areas of action, taking into account international requirements (EU, WHO) and the results of national needs and risk analyzes, and submits proposals to the Federal Minister of Health as a basis for a strategic, target-group-specific and setting-oriented further development of measures. The NEK is supported in its work by the office of the National Nutrition Commission as a coordinating body"

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	1986 (ongoing)
Target age group:	Adults and children
References:	<a href="https://www.sozialministerium.at/Themen/Gesundheit/Lebensmittel-Ernaehrung/Ernaehrungsstrategien-und-Gremien/NEK.html">https://www.sozialministerium.at/Themen/Gesundheit/Lebensmittel-Ernaehrung/Ernaehrungsstrategien-und-Gremien/NEK.html</a>

## "All around healthy"

"All around healthy is a project for gender and culture-sensitive health promotion in the case of obesity and is carried out in the women's and men's health center FEM Süd and MEN. Based on current data on obesity and the lack of target group-specific offers, a comprehensive program was developed and implemented that is aimed at socially disadvantaged women and men with and without a migration background . The gender and culture sensitive group program was developed based on Austrian quality criteria for obesity programs , which includes the areas of nutrition , exercise and psychosocial aspects of lifestyle."

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Adults
Organisation:	The Institute for Women's and Men's Health
Find out more:	<a href="http://www.rundum-gsund.at">www.rundum-gsund.at</a>
References:	<a href="http://www.rundum-gsund.at/projekt.html">http://www.rundum-gsund.at/projekt.html</a>

## EU project "Activity Square Europe"

The aim of the "Activity Square Europe" project was to launch a website as an information and innovation hub in order to provide national, regional and local sports organizations with quick and easy access to knowledge in the area of cooperation between schools / kindergartens and sports clubs / associations . In addition, the project partners actively created quality standards and innovations in this field in order to attract more attention and more advocates in all areas of society. The Activity Square Europe project was funded by the European Union's Erasmus + Sport Program. 13 partner organizations from 10 EU countries worked together under the leadership of Fit Sport Austria. The project ended in June 2018.

Categories (partial):	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Target age group:	Children
Organisation:	Erasmus + and Fit Sport Austria
Find out more:	<a href="http://www.sportaustria.at">www.sportaustria.at</a>
References:	"Anon (n.d.) Kooperationen zwischen Sportvereinen und Schulen": Sport Austria. [Online]. <a href="http://www.sportaustria.at">www.sportaustria.at</a> . Available from: <a href="https://www.sportaustria.at/de/schwerpunkte/soziales-und-gesellschaftspolitik/sport-und-schule/kooperationen-zwischen-sportvereinen-und-schulen/">https://www.sportaustria.at/de/schwerpunkte/soziales-und-gesellschaftspolitik/sport-und-schule/kooperationen-zwischen-sportvereinen-und-schulen/</a> [Accessed: 6 July 2020]. []

## 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="https://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>

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