

Estonia



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:	Download linked document
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. https://iris.who.int/handle/10665/376957 . License: CC BY-NC-SA 3.0 IGO

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) 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: https://gifna.who.int/

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:	Download linked document
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. https://doi.org/10.1159/000496183

Soda beverage tax act

Three-tier tax on sugar sweetened beverages set by the Ministry of Finance.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	www.koda.ee
Linked document:	Download linked document
References:	Anon (2017b) Magustatud joogi maksu seadus § 1. Maksuobjekt. [Online]. Available from: https://www.koda.ee/sites/default/files/content-type/content/2017-04/SE_Magustatud_jook.pdf [Accessed: 28 July 2020]. □

Estonia 2020 Action Plan 2017-2020

Includes goals to implement measures to promote active lifestyles (including the development and piloting of measures supporting exercise habits in the school environment and local community), preparing a green paper on diet and exercise, continuing of regular communication regarding a balanced and healthy diet, Continuing the programme for beginner level swimming classes.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017-2020
Target age group:	Adults and children
Organisation:	Government of Estonia
Find out more:	ec.europa.eu
Linked document:	Download linked document
References:	Information provided with kind permission of GINA (Global database on the Implementation of Nutrition Action) https://ec.europa.eu/info/sites/info/files/2017-european-semester-national-reform-programme-estonia-en.pdf . 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: https://gifna.who.int/

Food-based dietary guidelines - Estonia

The National Institute for Health Development (Ministry of Social Affairs) was responsible for developing the Estonian nutrition and physical activity recommendations. A comprehensive working group was formed for developing new recommendations involving different experts, research institutes and national organizations. (Available only in Estonian)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute for Health Development (Ministry of Social Affairs)
Linked document:	Download linked document
References:	https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/estonia/en/ (last accessed 21.07.22)

NCD Country Profiles 2018 (Obesity Targets)

The profiles also provide data on the key metabolic risk factors, namely raised blood pressure, raised blood glucose and obesity and National Targets on Obesity (as of 2017)

Categories:	Evidence of Obesity Target
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

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

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 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: https://gifna.who.int/

Estonian nutrition and movement recommendations

Updated Estonian nutrition and movement recommendations published in 2015, addressing overweight and obesity.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute for Health Development
Linked document:	Download linked document

The general principles of the Estonian sports policy until 2030

The general principles of the sports policy cover a set of strategic goals and directions to be achieved in order to develop the sports field and improve the quality of life and living environment through sports. The main objective lies in significant and growing role of movement and sports in increasing the vitality of the Estonian people, creating the diversity of living environment, and designing a good reputation of the Republic of Estonia.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Estonia Government: Riigikogu
Find out more:	www.ku.ee
Linked document:	Download linked document
References:	Anon (2014) Sport. [Online]. 12 June 2014. Ministry of Culture. Available from: https://www.ku.ee/en/activities/sport [Accessed: 28 July 2020]. []

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:	eur-lex.europa.eu
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) 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: https://gifna.who.int/

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

National Health Plan 2009-2020

Sub-objectives (strategic objectives) are established in the National Health Plan (NHP) to maintain and continually improve the health of the nation. An important place among the priorities of the Government of the Republic belongs to positive birth rate of the nation and longer health adjusted life expectancy, and those directions also form the basis for all the objectives and activities described in the present NHP.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	extranet.who.int
References:	Anon (n.d.) Policy - National Health Plan 2009-2020 Global database on the Implementation of Nutrition Action (GINA). [Online]. extranet.who.int . Available from: https://extranet.who.int/nutrition/gina/en/node/23763 [Accessed: 28 July 2020b]]. [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: https://gifna.who.int/

Health protection requirements for meals in pre-school institutions and schools

In 2008, the Estonian Ministry of Social Affairs changed regulations surrounding the nutritional content and quality of school foods in Estonia. The update included mandatory limits on the volumes of salt, fat, and sugar in school foods.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of School Food Regulations
Year(s):	2008 (ongoing)
Target age group:	Children
Organisation:	Estonian Ministry of Social Affairs
Linked document:	Download linked document
References:	https://www.riigiteataja.ee/akt/120042012008

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

IDEFICS - Identification and prevention of Dietary- and lifestyle-induced health Effects In Children and infantS

"A community-oriented intervention programme for primary prevention of obesity in a controlled study design. This intervention part of the IDEFICS study examined feasibility, effectiveness and sustainability of a coherent set of intervention modules addressing diet, physical activity and coping with stress."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2006-2012
Target age group:	Children
Organisation:	Bremen Institute for Prevention Research and Social Medicine
Find out more:	www.ideficsstudy.eu
References:	https://www.ideficsstudy.eu/index.php?id=1161&L=144%27%27A%3D0

Cardiovascular disease prevention - a national strategy for 2005-2020

One of the aims of this strategy is to increase physical activity levels among the Estonian adult and youth populations.

Categories:	Evidence of NCD strategy
Year(s):	2005-2020
Target age group:	Adults and children
Organisation:	Government
Find out more:	www.riigiteataja.ee
Linked document:	Download linked document
References:	Anon (2005) National Strategy for Prevention of Cardiovascular Diseases. [Online]. Available from: https://untobaccocontrol.org/impldb/wp-content/uploads/reports/Estonia_annex3_CVD_strategy.pdf [Accessed: 28 July 2020]. □

Estonian nutrition and physical activity recommendations

Estonia published its first set of nutrition recommendations in 1995 and dietary guidelines in 1998, followed by the second version of nutrition recommendations and dietary guidelines in 2006, which were based on the Nordic Nutrition Recommendations 4 (2004). The third revised version was published in 2017 and the revision is in line with the Nordic Nutrition Recommendations 5 (2012).

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Adults and children
Organisation:	Food and agricultural organisation of the United Nations
Find out more:	www.fao.org
References:	Anon (n.d.) Estonia. [Online]. Food and Agriculture Organization of the United Nations. Available from: http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/Estonia/en [Accessed: 28 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:	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 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: https://gifna.who.int/

NCD targets for Estonia

Estonia's NCD targets include: Reduce percentage of obese persons in the age group 16-64 from 15.2% in 2006 to 12% by 2020 & Reduce percentage of overweight school students from 7.8% in 2006/7 to 6% by 2020.

Categories:	Evidence of NCD strategy
Target age group:	Adults and children
References:	https://extranet.who.int/ncdccc/Data/EST_Estonia_NCD_targets.pdf

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