

Germany



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

National Cycling Plan 2020 Ride your bike! (Nationaler Radverkehrsplan 2020 "FahrRad!")

The National Cycling Plan aims at highlighting cycling opportunities within the framework of an integrated transport policy. The main objective of the plan is to initiate new methods and implementation strategies for the promotion of cycling in Germany. The plan provides recommendations for action and aims at contributing towards creating a bicycle-friendly environment.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Federal Ministry of Transport, Building and Housing
Linked document:	Download linked document
References:	National Cycling Plan 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) 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

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. The German government recommend the voluntary implementation of the Nutri-Score system, since the policy was adopted by the Food Minister in 2019.

Categories:	Labelling Regulation/Guidelines
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Find out more:	globalfoodresearchprogram.web.unc.edu
References:	Information sourced from Global Food Research Programme

Therapie und Prävention der Adipositas im Kindes- und Jugendalter

Clinical guidelines for prevention and treatment in children and adolescents in Germany

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Target age group:	Children
Organisation:	Working group Childhood and adolescent obesity (AGA) of the German Obesity Society (DAG) and the German Society for Children and Adolescent Medicine (DGKJ)
Find out more:	www.awmf.org
References:	Evidence-based (S3) guideline of the working group Childhood and adolescent obesity (AGA) of the German Obesity Society (DAG) and the German Society for Children and Adolescent Medicine (DGKJ) https://www.awmf.org/uploads/tx_szleitlinien/050-002L_S3_Therapie-Praevention-Adipositas-Kinder-Jugendliche_2019-11.pdf (last accessed 29.01.20)

Treatment Guideline for Obesity & Pregnancy

Treatment guideline for obesity and pregnancy (only available in German)

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Target age group:	Adults
Organisation:	DGGG, OEGGG, SGGG
Linked document:	Download linked document
References:	Deutschen Gesellschaft für Gynäkologie und Geburtshilfe, Österreichische Gesellschaft für Gynäkologie, Schweizerische Gesellschaft für Gynäkologie und Geburtshilfe. Adipositas und schwangerschaft [Obesity and pregnancy]. DGGG, OEGGG, SGGG; 2019. AWMF registernummer 015-081. Leitlinienklasse S3. Version 1.2.

2018 National reduction and Innovation strategy for Sugar, fats and salt in finished products

Information on the Sugar, fat and salt content of finished products will be provided as well as the energy content.

Categories:	Industry/Government regulations - voluntary /pledges
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Bundesministerium für Ernährung und Landwirtschaft
Find out more:	www.bmel.de
Linked document:	Download linked document
References:	Bundesministerium für Ernährung und Landwirtschaft. Nationale Reduktions- und Innovationsstrategie für Zucker, Fette und Salz in Fertigprodukten. Available from: https://www.bmel.de/SharedDocs/Downloads/Ernaehrung/NationaleReduktionsInnovationsstrategie-Layout.pdf?__blob=publicationFile [accessed 31 July 2019].

Food-based dietary guidelines - Germany

The German dietary guidelines were first published in 1956 and have been regularly updated since then. The current version was published in 2017 and it is expected to be updated by 2022.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Organisation:	The German Nutrition Society
Linked document:	Download linked document
References:	https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/germany/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

Current Guidelines to Prevent Obesity in Childhood and Adolescence

Recommendations by the 'German Alliance of Non-communicable Diseases' include one hour of physical activity at school, promotion of healthy food choices by taxing unhealthy foods, mandatory quality standards for meals at kindergarten and schools as well as a ban on unhealthy food advertisement addressing children.

Categories:	Evidence of Management/treatment guidelines
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	German Alliance of Non-communicable Diseases
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Blüher S, Kromeyer-Hauschild K, Graf C, Grunewald-Funk D, Widhalm K, Korsten-Reck U, Markert J, Gassfeld C, Mülller MJ, Moss A, Wabitsch M, Wiegand S. Current Guidelines to Prevent Obesity in Childhood and Adolescence. <i>Klinische Padiatrie</i> . 228 (1) pp. 1-10.

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/

Join the Health Boat

Kindergarten and pre-school targeted intervention aiming to increase fruit and vegetable intake and physical activity and decrease sugar sweetened beverages and total screen time.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2016-2017
Target age group:	Children
Organisation:	"Baden-Württemberg Foundation"
Find out more:	www.gesundes-boot.de
Linked document:	Download linked document
References:	https://www.gesundes-boot.de/kindergarten/gesundheitsstudie-2017/

National recommendations for movement and Promotion of physical activity

Germany physical activity strategy addressing overweight and obesity prevalence.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Federal Ministry of Health
Linked document:	Download linked document

White paper on obesity

"Weißbuch Adipositas", the White Paper on Obesity, was authored by German scientists from the IGES Institute in 2016.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	IGES Institute
Linked document:	Download linked document
References:	https://adipositas-gesellschaft.de/ueber-adipositas/versorgungssituation-in-deutschland/

White paper on obesity 2016

White paper on obesity [article in german].

Categories (partial):	Non-national obesity strategies
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	S.Klien et al
Find out more:	www.iges.com
Linked document:	Download linked document
References:	S.Klien et al. Weißbuch adipositas versorgungssituation Deutschland. 2016 Available from: https://www.iges.com/presse/2016/weissbuch-adipositas/e14613/e14614/attr_objs14616/Weissbuch_Adipositas_Klein_et_al_ger.pdf . Accessed 31 July 2019.

2014 - Interdisziplinäre Leitlinie der Qualität S3 zur Prävention und Therapie der Adipositas (Interdisciplinary guideline of quality S3 for Prevention and treatment of obesity)

Interdisciplinary guideline of quality S3 for Prevention and treatment of obesity [article in german]

Categories (partial):	Evidence of Management/treatment guidelines Non-national obesity strategies
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Deutsche Adipositas-Gesellschaft (DAG)
Find out more:	www.adipositas-gesellschaft.de
Linked document:	Download linked document
References:	Deutsche Adipositas-Gesellschaft (DAG). 2014. Interdisziplinäre Leitlinie der Qualität S3 zur Prävention und Therapie der Adipositas. Available from: https://www.adipositas-gesellschaft.de/fileadmin/PDF/Leitlinien/S3_Adipositas_Praevention_Therapie_2014.pdf [accessed August 2019]

Eat Better, Move More

"Eat Better, Move More" is a German initiative to reduce childhood obesity by involving children and families. Part of the wider INFORM project.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2014 (ongoing)
Target age group:	Children
Organisation:	Federal Ministry of Health
Linked document:	Download linked document

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:	ec.europa.eu
Linked document:	Download linked document
References:	EU Action Plan on Childhood Table of contents [Internet]. Available from: https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf

Guidelines for prevention and treatment of obesity ("Interdisziplinäre Leitlinie der Qualität S3 zur "Prävention und Therapie der Adipositas")

Evidence-based guideline on the prevention and treatment of obesity, aiming to improve the perception of the health problem of obesity, and give specific information and recommendations on prevention.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Management/treatment guidelines
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Deutsche Adipositas Gesellschaft
Find out more:	www.adipositas-gesellschaft.de
Linked document:	Download linked document
References:	Deutsche Adipositas Gesellschaft (2014). Interdisziplinäre Leitlinie der Qualität S3 zur Prävention und Therapie der Adipositas. Available from: https://www.adipositas-gesellschaft.de/fileadmin/PDF/Leitlinien/S3_Adipositas_Praevention_Therapie_2014.pdf . [Accessed 14 December 2018].

Ten guidelines for wholesome eating and drinking from the German Nutrition Society

These guidelines aim to help people enjoy eating and maintaining a balanced diet.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	German Nutrition Society
Find out more:	www.dge.de
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
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

Let's go - every step counts

Promotes physical activity through health hiking courses and a campaign to collect kilometres walked during one year to earn a hiking badge.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	The German Hiking Association (Deutscher Wanderverband)
Find out more:	www.gesundheitswanderfuehrer.de

Obesity Surgery guidelines (S3-Leitlinie: Chirurgie der Adipositas)

Guidelines which expand and specifies surgical aspects of obesity therapy used in the_x000D__x000D_ Guideline of the German Obesity Society (DAG) "Prevention and Therapy of the_x000D__x000D_ Obesity ".

Categories:	Evidence of Management/treatment guidelines
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	Deutsche Gesellschaft Fur Allgemein und Viszeralchirurgie
Find out more:	www.adipositas-gesellschaft.de
Linked document:	Download linked document
References:	Deutsche Gesellschaft Fur Allgemein und Viszeralchirurgie. Deutsche Adipositas-Gesellschaft (DAG) Deutsche Gesellschaft fur Psychosomatische Medizin und Psychotherapie Deutsche Gesellschaft fur Ernahrungsmedizin. S3-Leitlinie: Chirurgie der Adipositas.

The Toy Box Study

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

Healthy Start â Young Family Network

The main aim of this network is to support pregnant women and young parents by providing uniform information on nutrition, physical activity and allergy prevention. The network publishes and regularly updates recommendations on nutrition and physical activity in infants and young children and during pregnancy. Dissemination of information is via face-to-face training of health professionals, development and distribution of materials and media such as flyers, stickers, posters, and apps, as well as an extensive PR work.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	Healthy Start Young Family Network is part of the Federal Centre for Nutrition as well as of the National Action Plan IN FORM (Germany's initiative to promote healthy diets and physical activity)
Find out more:	www.gesund-ins-leben.de
Linked document:	Download linked document

Verhaltensregeln des Deutschen Werberats über die kommerzielle Kommunikation für Lebensmittel

Voluntary marketing restriction: advertising aimed at children and young people shall not encourage or condone excessive consumption of foods and beverages containing substances the excessive consumption of which is not recommended, such as fats, trans fatty acids, salt or sodium and sugars. Adopted from July 2009. (Available only in Dutch language)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2009 (ongoing)
Target age group:	Children
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/41604 (last accessed 18.07.22) 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/

Fit In Seniority â Healthy Eating, Better Living

Promoting a healthy lifestyle for older people through information about healthy nutrition, physical activity and social interaction.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2008 (ongoing)
Target age group:	Adults
Organisation:	German Association for Nutrition (DGE) and the Federal Association of Elderly Organisation (BAGSO).

Guide to Prevention and Health Promotion (Ratgeber zur PrÃvention und GesundheitsfÃrderung)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2008 (ongoing)
Target age group:	Adults and children
Organisation:	Federal Ministry of Health
Find out more:	www.bundesgesundheitsministerium.de
Linked document:	Download linked document

IN FORM: Deutschlands Initiative fÃr gesunde ErnÃhrung und mehr Bewegung, or Initiative for healthy nutrition and physical activity

The overall aim of INFORM is to promote healthy diets, physical activity and reduce obesity

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of National Obesity Strategy/Policy or Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2008 (ongoing)
Target age group:	Adults and children
Organisation:	The Federal Ministry of Health and the Federal Ministry of Food, Agriculture and Consumer Protection
Find out more:	www.in-form.de
References:	The Federal Ministry of Health and the Federal Ministry of Food, Agriculture and Consumer Protection

KITA Vital

"KITA Vital" is an action for health-promoting children's day care facilities in the Rhein-Sieg district. The implementation is carried out by the association kivi in collaboration with the Health Office of the Rhein-Sieg-Kreis.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2008 (ongoing)
Target age group:	Children
Organisation:	Kivi association
Find out more:	kivi-ev.de

Fit50+

Aims at improving the general working ability among unemployed. Core elements are healthy living and eating, physical activity and coping.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2007 (ongoing)
Target age group:	Adults
Organisation:	RegioVision GmbH developed the modules, modification and optimization between 2007 and 2010 with the Institute for Preventive Medicine, University of Rostock.
Find out more:	www.gesundheitliche-chancengleichheit.de

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

The JuvenTUM project; physical education program on physical activity, fitness, and health in children

A prospective study assessing eight Bavarian primary schools (n=724 children) randomized one to one to either an intervention school (427) or a control school (297). Children in the intervention school attended 10 health-related lessons at school over 1 year and their parents and teachers attended 2 and 3 educational health-related lessons, respectively, and received 10 newsletters on health issues. Daily physical activity, physical fitness, and anthropometric data were then obtained.

Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2006-2007
Target age group:	Children
Organisation:	Siegrist et al. 2013.
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Siegrist et al. 2013. Effects of a physical education program on physical activity, fitness, and health in children: The JuvenTUM project. Scand J Med Sci Sports. 23. pp. 323â€“330.

Fit am Ball

Fit Am Ball is a collaboration between schools and sports clubs to promote ball games, especially football, in extracurricular activities. The national scheme started in 2003 and targets children in grades 3-6.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2005 (ongoing)
Target age group:	Children
Organisation:	The Institute for Social and Cultural Hermeneutic Research (ISK) in Frankfurt
Find out more:	www.fitamball.de
References:	Information provided with kind permission of HEPA Europe (European network for the promotion of health-enhancing physical activity): http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe

Germany becomes fit , join us (Deutschland wird fit, Gehen Sie mit)

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2005 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	deutschland.wirdfit.de
References:	Information provided with kind permission of HEPA Europe (European network for the promotion of health-enhancing physical activity): http://data.euro.who.int/PhysicalActivity/?TabID=107126

Act Against Unfair Competition

"According to federal law in Germany, marketing must comply with the legal framework established to control unfair competition. It prohibits any type of advertising that directly invites children to purchase a marketed product themselves or take up a marketed service themselves or cause their parents or other adults to do so. Advertising on the radio and on television as well as teleshopping are subject to the provisions on the protection of minors laid down in section 6 of the Interstate Treaty on the Protection of Human Dignity and the Protection of Minors in Broadcasting and Telemedia Services." - WHO

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2004 (ongoing)
Target age group:	Children
References:	https://www.euro.who.int/__data/assets/pdf_file/0006/155436/e96047.pdf

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/

IN FORM – German national initiative to promote healthy diets and physical activity

"The law prohibits any type of advertising that directly invites children to buy a marketed product themselves or to take up a marketed service themselves or cause their parents or other adults to do so. Advertising on the radio and on TV as well as teleshopping are subject to the provisions on the protection of minors laid down in section 6 of the Interstate Treaty on the Protection of Human Dignity and the Protection of Minors in Broadcasting and Telemedia Services." - WHO

Categories:	Evidence of Marketing Guidelines/Policy
Target age group:	Children
Organisation:	German Government
References:	https://www.euro.who.int/__data/assets/pdf_file/0019/191125/e96859.pdf

NCD targets for Germany

NCD targets for Germany include the aim of permanently halting the increase of obesity rate among adults (18 years and older).

Categories:	Evidence of NCD strategy
Target age group:	Adults
References:	https://extranet.who.int/ncdccc/Data/DEU_Germany_NCD_targets_2019.pdf

Peb Online

The Platform Nutrition and Exercise eV (peb) is an open alliance with numerous members from the public sector, science, business, sport, health care and civil society. At peb, they are all actively committed to a balanced diet and regular and sufficient exercise as essential components of a health-promoting lifestyle for children and adolescents. Many documents and links available on website.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Target age group:	Children
Organisation:	Die Plattform Ernährung und Bewegung e.V.
Find out more:	www.pebonline.de

Standards for meals in retirement homes

"Meals on Wheels" are privately purchased meals produced by a manufacturer and delivered to customers directly. The German Nutrition Society provides quality standards and certifications for the manufacturers.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Adults
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=6#step3=338

The FIT KID certification for day care centres

"Daycare centers can get certified for healthy eating in their facility. To do this, they have to use a checklist for four weeks DGE-Check the quality standard in the daycare center and take part in an audit. After passing the audit, the daycare centers are allowed to use the name FIT KID certification and advertise it. The certificate can be extended through regular re-audits."

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Children
Organisation:	Federal Ministry of Food and Agriculture
Find out more:	www.fitkid-aktion.de
References:	https://www.bmel.de/DE/themen/ernaehrung/gesunde-ernaehrung/kita-und-schule/qualitaetsstandards-kindertageseinrichtungen.html

The German Nutrition Society (DGE) Quality Standard for School Meals

The German Nutrition Society (DGE) school food guidelines are voluntary across Germany. The guidelines set regulations surrounding the quality and content of school meals. However, 2 states of Germany have passed these guidelines by Law. In 2014, Berlin set these guidelines as mandatory. The state of Saarland similarly enforces these guidelines on a mandatory basis.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Children
Organisation:	German Nutrition Society (DGE)
References:	https://www.schuleplusessen.de/fileadmin/user_upload/medien/DGE_QST_SchoolMeals.pdf