

Austrian National Nutrition Action Plan

The recently launched Austrian **National Nutrition Action Plan**, shortly NAP.e, follows a horizontal „health in all policies“ strategy and combines Austria's nutrition policies and strategies for the first time. **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.**

The healthier choice should become the easier one due to an arranged implementation which serves similarly the behavioral and situational prevention level. The NAP.e sets for Austria food policy goals by offering an overview of international and European developments and identifies primary, possible fields of action. The NAP.e is not a static document but a rolling strategy and action catalog. It adapts regularly (annual) the goals and issues as well as the review of existing measures to be updated.

After the publication of the first draft of the action plan early 2010, stakeholders and the general public had the possibility to send their comments to the Federal Ministry of Health in a consultation process. This consultation identified the urgent need for targeted and congruent measures regarding nurseries, kindergartens and schools. Therefore, current national activities with regard to education and information are focused on the population segments **infants, children, juveniles** and **pregnant women**. An important project in progress is the elaboration of uniform, feasible guidelines for school catering.

One of the first initiatives of the NAP.e was the new national **nutrition pyramid** for Austria, which has been agreed upon and disseminated to help consumers improve their eating behavior.

At the beginning of 2011 the final version of the National Nutrition Action Plan will be endorsed by the national council of ministers. Afterwards the final NAP.e will be presented to the public.

Most of its parts are obligatory and have to be shared by the national and communal governments.

What`s new for 2011?

The focus of the NAP.e for the year **2011** will be on the target groups of **infants, children, juveniles and pregnant women**. It will be centering on settings, where these groups can be met frequently, and also on the preparation and development of tools for information. A main focus in 2011 will be the (pre) school catering, due to the fact that especially children from socially disadvantaged families will benefit from an improvement. In these families there is evidence of greatest need for action.

The project "eat right from the beginning" (a cooperation of the Ministry of Health with the Federation of Austrian Social Insurance and the Agency for Health and Food Safety) will be continued. The first time standardized guidelines for complementary food have already been finished. Specifically tailored dietary recommendations for children, pregnant and nursing women, such as the particular suitable food pyramids, are in progress.

Due to the establishment of the **National Nutrition Commission (NEC)**, which met in early November 2010 for the first time, the basis for a targeted strategic development of measures and actions has been created at all levels. The NEC was set up to advice the Health Minister in all aspects of health and consumer-related food policy. The members of the NEC act as important disseminators for a direct flow of communication information outwards and give nutrition policy actions and issues in Austria for the first time a face.