

Kuwait Action Plan for SFA intake reduction and TFA Elimination.
Action plan from 2012- 2018

Program 1: Administrative

Action (s)	Responsible	Participants	Time frame		Notes
			Begin by	complete by	
1- Establishing a national committee for salt and fat intake reduction. 1.a- A voluntary team began the initial task to identify the related sectors, tasks and responsibilities	FNA-MOH	KISR, KFM&BCo.	December 2012	May 2013	
1.b- Establishing a temporary National Committee	FNA-MOH	Food lab, NCDs Focal Point, KISR, KFM&BCo., Food Standards Department (AI), Subsidies Department (MTI), Municipality, Consumer protection, Union of Cooperative Society	May 2013	Aug 2013	Established by ministerial decree (1780/2013), permitted to function <u>for 3 months, only</u>
1.c- Establishing a permanent National Committee – the Salt and Fat Intake Reduction Task Force (SIRTF)	FNA-MOH	Food lab, NCDs Focal Point, KISR, KFM&BCo., Food Standards Department (AI), Subsidies Department (MTI), Union of Cooperative Society	September 2013		Established by ministerial decree (2940/2013)
1.d- Re-establishing the National Committee to: • be headed by assistant under secretary for public health • Add sugar reduction to its responsibilities • Include private sector in its structure.			Dec 2015		Proposal was issued to MOH
1.e- Establishing sub-committee for fat reduction	FNA-MOH		Dec 2015	Dec 2015	Established to set plan proposal and participate in its implementation.

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Program 2: Regulatory

Action (s)	Responsible	Participants	Time frame Begin by complete by		Notes
2.1- Food labeling regulations					
2.1.a- Review the current GSO regulation for food and nutrition labeling	FNA-MOH, TCS-PAI		September 2014		Recommended amendments to include; 1- SFA, 2- TFA, 3- UFA in the nutrition facts table.
2.2- SFA and TFA standards					
2.2.a – Review GSO proposal for SFA and TFA standards	FNA-MOH, TSC-PAI		September 2014	July 2015	In October 2014 MOH inform Standards Committee in Kuwait to request GSO to study the proposed recommendations Still awaiting GSO feedback;
2.2.b- Inform Standards Committee in Kuwait to request GSO to study the proposed recommendations	FNA-MOH, TSC-PAI		July2015		Advocating Policy Statement and Recommended Actions for Reducing Fat Intake and Lowering Heart Attack Rates in the EMRO.
					In October 2015 GSO issued trans fatty acids technical regulation GSO 2483/2015 requiring: • Mandatory declaration of TF amount on food label. • Maximum TF content of oils and spreads is 2% of total fat content including ingredients sold in restaurants • Amount of trans fat should not exceed 0.5g in 100g to claim that a food product is trans fat free.

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Program 2: Regulatory

Action (s)	Responsible	Participants	Time frame		Notes
			Begin by	complete by	
2.3. National policies on Food Subsidies 2.3.1 Review current food subsidy policy(ies) 2.3.2 Requested lifting of subsidy on full fat dairy produce, cooking oils a- Specified lifting of subsidy on full fat cheese (4 different types of cream cheese).	SIRTF		November 2013		An official letter from SIRTF was addressed to the Ministry of Trade and Industry through the Undersecretary of MOH to deliver the request January 2015 implemented lifting of full cream cheese effective April 1 st 2015.
2.4 Develop guidelines on governmental procurement policies for reducing intake of SFA and banning the use of TFA in governmental Institutions (MOH hospitals, Ministry of Defense, Ministry of Interior, public authorities, schools and universities) 2.5 Regulations on Food advertising	SIRTF PAFN	Jan 2017	August 2014	Jan 2015	
			Nov2015	June 2016	Hospital menus were reviewed. Fried items, meat cuts, processed meat and creamy soups were replaced with low fat items. A meeting was held with four meat industry companies regarding producing and importing low fat and low salt meat products. Awaiting feedback.

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Program 3: Voluntary Partnership with the food supply sector (food service, import, local production)

Action (s)	Responsible	Participants	Time frame		Notes
			Begin by	complete by	
3.1- Establish voluntary targets for total fat and SFA by food categories: Dairy, Meat, Bakery	SIRTF, PAFN		Oct. 2014	June2016	Met with two of the biggest food importer companies in Kuwait (Alyasra and Mondalise). SIRTF introduced initiative and collect data on different foods which the two companies import.
3.1.1 Assess current situation for total and SFA by food categories					
3.1.2 Review success stories/strategies in other countries	SIRTF, PAFN		June2015	July2015	Implementing WHO- EMERO Recommendations and Standers
3.1.3 Set national targets for gradual reduction of Total fat and SFA.	SIRTIF, PAFN		July2015		
3.2 – Invite the Food Supply Sector for support, adoption and implementation of the national targets for SFA and also to abide by the TFA regulation.	SIRTIF, PAFN				A meeting was held with four meat industry companies regarding producing and importing low fat and low salt meat products. Awaiting feedback.

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Program 4: Raising Community Awareness

Action (s)	Responsible	Participants	Time frame		Notes
			Begin by	complete by	
4.1 Establish health education team 4.2 Set plan of action 4.3 Develop health education tools, 4.4 Develop and implement training program for educators 4.5 Implementation of the plan 1. Mass media 2. Schools 3. Community (moles, health centers, special events, sport clubs, etc) 4.6 Assessment and evaluation	SIRTF		2016		Responsible for raising awareness among the community and food supply sector regarding fats, salt and sugar

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Program 5: Raising Awareness of Food Supply Sector

Action (s)	Responsible	Participants	Time frame		Notes
			Begin by	complete by	
5.1 - Orientation program 5.2- Develop guidelines for the Food Supply Sector 5.3-Conduct workshop to introduce and discuss guidelines and plan of action	SIRTF		2016		

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Program 6: Research

Action (s)	Responsible	Participants	Time frame		Notes
			Begin by	complete by	
6.1 Identify main sources of SFA and TFA in the Kuwaiti diet 6.2 Determine average intake of SFA and TFA in Kuwait 6.3 Develop national baseline data	SIRTF				

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Program 7: Monitoring and Evaluation

Action (s)	Responsible	Participants	Time frame		Notes
			Begin by	complete by	
7.1 Annual reporting	SIRTF				- Annual
7.2 Conducting regular national nutrient intake surveys					- periodical
7.3 Monitoring and evaluation of the action plan					

Kuwait Salt Intake Reduction Strategy

Preliminary Plan

Sectors	Responsible	Procedures	Proposals	Achievements
Administrative	-Ministry of Health -Higher committee	Set sub-committee from staff of Food and Nutrition Administration (FNA)	Restructuring of the higher committee from the Ministry of Health	- 2013 the committee was set - 2016 the committee was reestablished
	-Higher committee -Sub-committee	Periodic meetings between the two committees to define targets and monitor policy implementation		continuing
legislative	-Public Authority of Industry -GCC Standardization Organization (GSO)	Activate and adapt the following technical regulations: - labeling of prepackaged food stuffs (GSO 9 /2013) - Requirements of nutritional labeling (GSO 2233/2012)	Communicate with the Public Authority of Industry to provide FNA with standards related nutrition	In 2014 a proposal was sent to GSO to add a clause about sodium content in cornflakes not to exceed 450 mg/100 g products
	Food items subsidy	Review the types and quantities of subsidized food items		-Removing spreaded cheeses from subsidized food items in 2015
		Taxing high salt food items		

Kuwait Salt Intake Reduction Strategy

Preliminary Plan

Sectors	Responsible	Procedures	Proposals	Achievements
	-Food and Nutrition Administration-Ministry of Health -Ministry of Education	Cooperation between the two ministers to monitor school canteens and prevent selling of high salt food items		
Studies and Researches	-Ministry of Health -Kuwait Institute for Scientific Research (KISR) -Kuwait Foundation for the Advancement of Science (KFAS)	-Define the following: • average salt intake • sources and quantity of food that contain salt • effect of the proposed procedures on salt consumption • correlation between salt intake and NCDs -Provide a national data base for high risk factors, common food that contribute to sodium intake, and targeted age groups -Set up a salt recommended percentages guide for imported and local food industries.	-Nutrition analysis software -A Study is in progress to determine food consumption pattern among Kuwaiti teenagers	The following Food items that contribute to high salt consumption have been defined according to the Overview of Salt Intake Reduction Efforts in GCC countries: 1.Kuwaiti composite dishes 2.Bread 3.sandwiches and pastries 4.Chips

Kuwait Salt Intake Reduction Strategy

Preliminary Plan

Sectors	Responsible	Procedures	Proposals	Achievements
Community education	-Higher committee	-Set up a working team to establish an educational plan that targets schools, the community, and government agencies. -Plan courses to train the working team in order to be able to perform their duties	-Continuing School educational programs -Activating the FNA website for educational purposes -National campaigns to educate the community about the importance of salt intake reduction and what are the healthy substitute for it	
Private companies	- Companies Involved -Food and Nutrition Administration -Kuwait Flour Mills and Bakeries Company.	-Reviewing all processed meat products from two companies (Americana and Almawashi) to identify salt content and other ingredients -Discussing the voluntary implementation of the recommended salt levels for different meat products	Suggesting to Al Shaya company, which owns a large investment in Kuwait, to remove the salt shaker from tables in its restaurants and to provide it only upon request	Reducing bread salt content by 20% from 2013
Government	-Ministry of Health (hospitals, cafeterias) -other ministries' cafeterias	- Defining the quantity of salt present in hospital meals	- Access in order to check random samples of hospital meals for salt content -Removal of the salt shakers from dining tables of hospital	

17) Is your country implementing any national policies that limit saturated fatty acids and virtually eliminate industrially produced trans-fats (i.e. partially hydrogenated vegetable oils) in the food supply? or reducing unhealthy diet related to NCD and/or promoting a healthy diet?

Action Plan for SFA intake reduction and TFA Elimination is from 2011- 2016. Please either provide the updated plan or indicate that this plan is still valid and operational.

18) Is your country implementing any policies to reduce population salt consumption?

Provide a copy of the policy