

# The National Strategy And Plan Of Action Against Diabetes, Hypertension, Dyslipidemia And Obesity in Jordan

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[NCD policy, strategy or plan with healthy diet components](#)

## The National Strategy And Plan Of Action Against Diabetes, Hypertension, Dyslipidemia And Obesity in Jordan

### Goals

**Goals, objectives or targets related to nutrition:**

The focus of the strategy:

The Strategy would focus on prevention and management of diabetes with special attention to children and adolescents.

1- Prevention of diabetes:

This can be achieved through:

a- Promotion of healthy diet for all the population: Healthy diet has been defined as follows:

- 1- Saturated fats constitute less than 10% of the daily energy intake, trans-fatty acids less than 1%, and free sugars less than 10%
- 2- Contains < 5 g salt a day.
- 3- Includes 400 g fruits and vegetables a day.
- 4- Intake of Legumes, whole grains and nuts is encouraged.
- 5- Achieves energy balance and a healthy weight

### Strategies

**Strategies and activities related to nutrition:**

Develop a policy framework including the necessary regulations and laws that cover all areas relevant to promotion of healthy diet and physical activity:

o Diet:

- Food production policies: encourage production of healthy foods and discourage or sanction production of unhealthy foods
- Review and amend policies of food importation in favor of healthy food
- Tax and price controls: Over taxation of unhealthy foods to influence pricing. The aim is to make healthy choices the easier choices
- Marketing policies: Review and amend. Abandon marketing practices of unhealthy foods, abandon marketing of unhealthy foods to children and adolescents
- Labeling of food products particularly their fat and trans-fats content, caloric content, and coloring substances. National Labeling standards should be developed or updated for locally-produced and imported foods. Cheating should be strictly penalized
- Advertisement of foods: National standards and guidelines should be developed or updated and strictly enforced.
- Develop national standards for foods served in cafeterias of schools and workplaces.
- Licensure controls: Restaurants and cafeterias not adhering to healthy food guidelines may not be licensed or have their license temporarily or permanently withdrawn

**File upload:**

 JOR-2015-national strategy.pdf

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**Policy topics:**

- Raised blood glucose/diabetes
- Saturated fat intake
- Trans fat intake
- Sodium/salt intake
- Sugar intake
- Fruit and vegetable intake
- School meal standard
- Food labelling
- Nutrient declaration (i.e. back-of-pack labelling)
- Reformulation of foods and beverages
- Taxation on unhealthy foods
- Regulating marketing of unhealthy foods and beverages to children
- Creation of healthy food environment
- Healthy food environment in workplaces

**Partners in policy implementation**

- Government
  - Health

**Links**

[1] <https://extranet.who.int/nutrition/gina/sites/default/filesstore/JOR-2015-national%20strategy.pdf>

