

# GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q21) - Nutrition education and counselling

Programme: GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q21)

## Programme Data

### Programme Description

These programmes and actions were reported by countries for the 2nd WHO Global Nutrition Policy Review 2016-2017 module on actions related to healthy diets, overweight and diet-related NCDs. More actions and programmes reported can be accessed through the country page.

### Program type

Other

### References

WHO (2018) Global Nutrition Policy Review. Country progress in creating enabling policy environments for promoting healthy diets and nutrition [http://www.who.int/nutrition/publications/policies/global\\_nut\\_policyrevi...](http://www.who.int/nutrition/publications/policies/global_nut_policyrevi...)

The Global Nutrition Policy Review 2016–2017 is the report of the second comprehensive analysis of nutrition-related policy environment, coordination mechanisms, available capacities and actions being taken in 176 Member States (91%) and one area which responded to the survey carried out between July 2016 and December 2017.

### Implementing organisations

## Action data

Start date

Country(ies): Malta

Topic: Nutrition education and counselling

Implementation details : Nutrition education and counselling is implemented at primary health care, schools, workplaces, community groups, markets or other food outlets. Areas covered include: the health effects of high intake of fats, sugars and salt/sodium; how to consume healthier diets, including how to include more fruits and vegetables in the diet; portion size control; how to use nutrition labels; how to interpret nutrition and health claims. Approaches used to deliver education and counselling: IEC – information, education, communication (usually informative materials, posters, pamphlets, guidelines, etc.); information transfer (mainly talks/presentations and question-and-answer); behaviour change communication (strong focus on behavioural messages and media campaigns with specific target audiences); participatory (based on dialogue, demonstration, practice, feedback, self-monitoring).

Typical problems      Solutions