

National Action Plan IN FORM - Deutschlands Initiative für gesunde Ernährung und mehr Bewegung. German National Initiative to Promote Healthy Diets and Physical Activity.

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Yes

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[Nutrition policy, strategy or plan focusing on specific nutrition areas](#)

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Goals

Goals, objectives or targets related to nutrition:

1.5 Goals of the National Action Plan

Objective:

The National Action Plan will sustainably improve the dietary habits and patterns of physical activity in Germany.

The goals are for:

1. adults to live healthier lives, children to grow up more healthily and to enjoy a better quality of life as well as improved performance in education, professional and private life.
2. the diseases caused by an unhealthy lifestyle, a one-sided diet and a sedentary lifestyle to be markedly reduced. (p. 13)

The National Action Plan seeks to:

1. convey the importance of a healthy diet and sufficient physical activity for people's health.
2. formulate recommendations for dietary habits and patterns of physical activity behaviour in a target group-specific and implementation-oriented manner.
3. create or improve structures that encourage individuals to assume responsibility for a healthy lifestyle combined with a balanced diet and sufficient physical activity.
4. forge links between stakeholders and measures that contribute to an extended, co-ordinated offering.
5. publicise good projects and best practice and promote transparency about the quality, scale and financing of the offerings and how their success is measured.

The National Action Plan is to encourage transparency, networking and co-operation and to offer a roof to existing engagement. (p. 14)

Detailed objectives under 2. Key Action Areas (p. 17pp)

2.2 Action Area 2: Information on diet, physical activity and health (p. 20)

Objective:

The schemes for nutrition and physical activity education enable people to lead healthy lives and heighten their own sense of responsibility.

1. The yardstick for measuring the quality of information for citizens on diet, physical activity and health is the day-today viability of the messages conveyed.
2. The qualifications of providers involved in awareness-raising and information building schemes improved.
3. The offerings providing information on dietary and physical activity are intended for all age groups. In order to be able to convey their contents in a targetgroup oriented manner, they are tailored to their respective needs and living environments.
4. All social stakeholders contribute to the responsible handling of information seeking to raise awareness of diet and physical activity amongst the population at large.

Strategies

Strategies and activities related to nutrition:

2. Key Action Areas

2.1 Action Area 1: Federal Government, Länder and communes set an example (p. 17pp)

2.2 Action Area 2: Information on diet, physical activity and health (p. 20pp)

2.3 Action Area 3: Physical activity in daily life (p. 27pp)

2.4. Action Area 4: Improving the quality of away-from home catering (p. 33pp)

2.5 Action Area 5: Fresh impetus for research (p. 38pp)

M&E Indicators

M&E Indicators related to nutrition:

Quality assurance

The National Action Plan aims to achieve lasting improvements to the health situation in all phases of life by changing dietary habits and patterns of physical activity. To guarantee and monitor this, scientifically validated quality assurance and evaluation of individual projects and measures are necessary. The success of individual projects is examined on the basis of previously stipulated indicators. They are to be used amongst other things, to identify which measures are particularly successful, have a lasting effect and which measures are cost effective. On this basis a decision is then taken about which projects are to receive long-term support and which projects are to be abandoned. The foundations for the evaluation and establishment of quality assurance standards for projects are elaborated by an independent institution up to 2010. (p. 42)

Documentation of progress (p. 43)

4. Timeline (p. 45-47)

URL link:

<http://www.in-form.de>

File upload:

 DEU 2008 AktionsplanINFORM.pdf

Reference:

WHO Global Nutrition Policy Review 2009-2010

Policy topics:

- Overweight and obesity in school age children and

adolescents

- Overweight and obesity in adults
- Counselling on healthy diets and nutrition during pregnancy
- Breastfeeding promotion/counselling
- School-based health and nutrition programmes
- Regulation/guidelines on types of foods and beverages available
- Nutrition in the school curriculum
- Promotion of healthy diet and prevention of obesity and diet-related NCDs (general)
- Dietary guidelines
- Food-based dietary guidelines (FBDG)
- Food labelling
- Regulating marketing of unhealthy foods and beverages to children
- Creation of healthy food environment
- Healthy food environment in workplaces
- Healthy food environment in hospitals
- Media campaigns on healthy diets and nutrition
- Nutrition counselling on healthy diets
- Physical activity and healthy lifestyle

Partners in policy implementation

- Government
 - Health
 - Consumer affairs
 - Sub-national
 - Details:
more
Federal Ministry of Food, Agriculture and Consumer Protection, Federal Ministry of Health, Communes, Länder (states)
- National NGO(s)
 - Details:
more
NGOs, civil society, Federal Association for Disease Prevention

Links

[1] <https://extranet.who.int/nutrition/gina/sites/default/files/DEU%202008%20AktionsplanINFORM.pdf>

