Swedish Plan of Action for Nutrition

Goals

Goals, objectives or targets related to nutrition:

The goal of the Plan of Action

Main objective

By an improvement in eating and exercise habits to achieve better health as well as to prevent illness and premature deaths from diet-related diseases, and also to reduce the social gaps in respect of the incidence of these diseases.

Subsidiary objectives

- At the end of the current ten-year period, the composition of people’s diet should fulfill the dietary and nutritional objectives laid down in 1989 in the Swedish Dietary Recommendations (SNR) and in a scientific publication by the joint group of experts on diet, physical activity and health.

This means, in the first instance, that

The intake of fibre in the diet should increase 25-30 grams per person through the increased intake of fibre-rich food such as fruit, vegetables, potatoes, root vegetables and grain products. The fat intake should be reduced on an average by 30% of a person’s energy needs, which can be brought about by cutting down on the intake of, above all, fat from eating fats and from fatty meat, baker’s and dairy products.

- Food must not contain extraneous substances or be contaminated in amounts that cause health hazards.

Where breast-feeding is concerned, the goal is the same as was set out in the government report (in Sweden) “Baby-Friendly Hospitals for the Protection, Support and Encouragement of Breast-feeding” (SOU 1993:86) as well as in another official publication giving ten steps to successful breast-feeding.

Since it is proposed that the following measures should be regarded as being of particular urgency, they are described in greater detail in this draft Plan of Action.

- The coordination and monitoring at central level of the community dietary and health programs.
The subject of "food and health" should be given greater prominence both in schools (ages 7-19), as well as in higher education, primarily in various forms of vocational training.

- The promotion of local dietary and health schemes through the development of counseling, effective aids, standardized and evaluated methods of intervention, impact measurement and assessment.
- Continuing education in specific eating and health questions for those working in the medical services and care sector.
- The strengthening of the influence of consumers.

Reference:
WHO Global Database on National Nutrition Policies and Programmes

Policy topics:
- Promotion of fruit and vegetable intake
- Fat reduction (total, saturated, trans)
- Breastfeeding