Les buts, les objectifs ou les cibles de nutrition:

3.1. Objective

The objective of the action plan is to contribute to producing awareness and cultural norms in the Danish population that promote normal weight development. Also the action plan should counteract habits that lead to overweight and contribute to reducing body weight for persons who already suffer from or have a special risk of developing obesity - especially persons with type 2 diabetes and cardiovascular disease.

The overall objective is

- To prevent more persons from developing BMI≥30
- To reduce body weight among persons with BMI≥30

Intermediate aims are

- To prevent overweight in persons with normal body weight
- To prevent weight gain in overweight persons (BMI≥25) and/or stabilise weight in persons who have achieved loss of body weight
- To prevent obesity related complications
- To promote loss of body weight in persons with obesity or with obesity related conditions

3.2 Target groups

The various strategies comprise the following target groups:

- Children and adolescents in general with the objective of health promotion and obesity prevention
- Children and adolescents with overweight and/or special risk of developing overweight or overweight related complications with the objective of loss of weight or weight stabilisation
- Adults in general with the objective of promoting lifestyles that prevent overweight
- Adults who are moderately overweight (BMI=25-29.9) and/or with special risk of developing obesity or obesity related diseases (e.g. persons with a hereditary disposition to obesity or to obesity related complications, persons who stop smoking, pregnant women or persons who take drugs with weight gain as an adverse effect) with the objective of weight maintenance or weight loss
- Adults with obesity (BMI≥30) with the objective of weight loss/weight maintenance as a way of preventing obesity related complications

Specific targets for initiatives

- To reduce intake of food with high fat and sugar content and increase intake of food with high fibre content for persons who need...
With this plan the National Board of Health aims to look at overweight in a holistic perspective and provide a basis for exchange of experience and dialogue with regard to future initiatives. The plan does not involve any specific ideal of slimness but rather suggests a balanced view of body weight and health which implies that slim does not equal healthy and overweight in itself does not necessarily equal poor mental and physical well-being.

**Policy topics:**

- Overweight in children 0-5 yrs
- Overweight in adolescents
- Overweight in school children
- Fat intake
- Fibre
- Sugar intake
- Counselling on healthy diets and nutrition during pregnancy
- Growth monitoring and promotion
- School-based health and nutrition programmes
- Regulation/guidelines on types of foods and beverages available
- Nutrition in the school curriculum
- School meal standard
- Monitoring of children’s growth in school
- Promotion of healthy diet and prevention of obesity and diet-related NCDs (general)
• Dietary guidelines
• Promotion of fruit and vegetable intake
• Food labelling
• Taxation on unhealthy foods
• Subsidies on healthy foods
• 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
• Sugar reduction
• Fat reduction (total, saturated, trans)
• Nutrition education
• Food safety

Partners in policy implementation

• Government
  ○ Health
  ○ Sub-national
  ○ Autre
  ○ Details: more
  National Board of Health; Center for Health Promotion and Prevention

• International NGOs
  ○ Details: more
  unspecified NGOs

• Research / Academia
  ○ Details: more
  Institute of Preventive Medicine

• Private Sector
  ○ Details: more
  Workplaces; Food Trade Industry; Food Retail Services

• Autre
  ○ Details: more
  Hospitals; President of the Danish Society for the Study of Obesity

Liens