

# Germany



## Policies, Interventions and Actions

### Commercial Determinants of Noncommunicable Diseases in the WHO European Region

This report highlights the substantial impact of commercial determinants on noncommunicable diseases (NCDs) in the WHO European Region. Nearly 7500 deaths per day in the Region are attributed to commercial determinants, such as tobacco, alcohol, processed food, fossil fuels and occupational practices. These commercial products and practices contribute to 25% of all deaths in the Region. The report’s chapters systematically explore various facets of how commercial interests exacerbate NCDs and key strategies used by commercial actors to negatively influence NCD-related policies at the national and international level. The report also provides selected case studies from the Region to illustrate key strategies and outcomes of industry influence on health policies. The report then calls for urgent and coordinated action to address the commercial determinants of NCDs. It advocates for building coalitions based on the values of equity, sustainability, and resilience. Public health actors are urged to develop competencies in economic and legal frameworks, enforce transparency, and manage conflicts of interest effectively. The report underscores the need for robust financial reforms and strict regulation to curb industry power and protect public health. By implementing these strategies, the Region can accelerate progress towards global NCD targets and Sustainable Development Goals by 2030.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2024 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation (WHO)
Linked document:	<a href="#">Download linked document</a>
References:	World Health Organization. Regional Office for Europe. (2024) Commercial Determinants of Noncommunicable Diseases in the WHO European Region. World Health Organization. Regional Office for Europe. <a href="https://iris.who.int/handle/10665/376957">https://iris.who.int/handle/10665/376957</a> . License: CC BY-NC-SA 3.0 IGO

## Eat and drink well – recommendations of the German Nutrition Society (DGE)

In 2024, the German Nutrition Society (DGE) released the most recent update of the Food-Based Dietary Guidelines (FBDG) for Germany. They recommend eating colourfully, healthily, and sustainably with a focus on plant-based food.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2024 (ongoing)
Target age group:	Adults and children
Organisation:	German Nutrition Society (DGE)
Find out more:	<a href="http://www.dge.de">www.dge.de</a>
Linked document:	<a href="#">Download linked document</a>

## Good Food for Germany - Food Strategy of the Federal Government (2024)

Germany's nutrition strategy, aiming to create a food system that enables everyone to eat healthily and sustainably by 2050 with the goal of improving public health, preventing disease, and protecting the environment. (In German)

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2024 (ongoing)
Target age group:	Adults and children
Organisation:	Federal Ministry of Food and Agriculture
Find out more:	<a href="http://www.in-form.de">www.in-form.de</a>
Linked document:	<a href="#">Download linked document</a>

## Guidelines for the Prevention and Treatment of Obesity (2024)

Version 5 of the German guidelines for the prevention and treatment of obesity. These evidence-based guidelines are intended for all professionals involved in treating and preventing obesity.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2024-2029
Target age group:	Adults
Organisation:	Deutsche Adipositas Gesellschaft (DAG)   German Obesity Society
Find out more:	<a href="https://register.awmf.org">register.awmf.org</a>
Linked document:	<a href="#">Download linked document</a>

## JA PreventNCD

Joint Action to Prevent Non-Communicable Diseases and Cancer (JA Prevent NCD) is a three year project funded by the EUforHealth 2021-2027 programme. It is designed to reduce the burden of cancer and NCDs across Europe by supporting member states (22 EU member states and Iceland, Norway, and Ukraine) to implement effective prevention strategies by focusing on both personal and societal risk factors. The project aims to reduce fragmentation and duplication of actions.

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan Evidence of NCD strategy
Year(s):	2024-2027
Organisation:	EUforHealth 2021-2027
Find out more:	<a href="https://preventncd.eu">preventncd.eu</a>

## DGE-Quality Standard for Catering with "Meals on Wheels" and in Residential Homes for the Elderly

"Meals on Wheels" are privately purchased meals produced by a manufacturer and delivered to customers directly. The German Nutrition Society provides quality standards and certifications for the manufacturers of these meals, and for catering in residential homes for the elderly

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2023 (ongoing)
Target age group:	Adults
Organisation:	German Nutrition Society (DGE)
Linked document:	<a href="#">Download linked document</a>

## DGE-Quality Standard for Meals in Schools (5th edition)

The German Nutrition Society (DGE) school food guidelines are voluntary across Germany. The guidelines set regulations surrounding the quality and content of school meals. However, 2 states of Germany have passed these guidelines by Law. In 2014, Berlin set these guidelines as mandatory. The state of Saarland similarly enforces these guidelines on a mandatory basis. The first guidelines were published in 2007 as part of IN FORM. The most recent update, the 5th edition released in 2023, is linked below.

Categories:	Evidence of School Food Regulations
Year(s):	2023 (ongoing)
Target age group:	Children
Organisation:	German Nutrition Society (DGE)
Find out more:	<a href="http://www.dge.de">www.dge.de</a>
Linked document:	<a href="#">Download linked document</a>

## National Education and Communication Strategy on Diabetes Mellitus

The aim of this strategy is to systematise, strengthen, and consolidate diabetes prevention in Germany by developing and implementing quality-assured and evidence-based education and information programs.

Categories:	Evidence of NCD strategy
Year(s):	2022 (ongoing)
Target age group:	Adults and children
Organisation:	Federal Ministry For Health
Find out more:	<a href="http://www.bundesgesundheitsministerium.de">www.bundesgesundheitsministerium.de</a>
Linked document:	<a href="#">Download linked document</a>
References:	Nationale Aufklärungs- und Kommunikationsstrategie zu Diabetes mellitus an der BZgA (2022). Strategiepapier 2022. BZgA, Köln. DOI: <a href="https://doi.org/10.17623/32671.3">https://doi.org/10.17623/32671.3</a>

## Action Plan for the Further Development of IN FORM (2021)

The 2021 update to the IN FORM National Action Plan to prevent malnutrition, lack of exercise, obesity, and related diseases. Its priorities include: improving health in the first 1000 days of life, and among children and seniors; implementing DGE quality standards for daycare and school meals; more attention on improving the health of vulnerable population groups; and tackling pandemic-related challenges to eating and exercise habits. (In German)

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2021 (ongoing)
Target age group:	Adults and children
Organisation:	The Federal Ministry of Health and the Federal Ministry of Food and Agriculture
Find out more:	<a href="http://www.in-form.de">www.in-form.de</a>
Linked document:	<a href="#">Download linked document</a>

## German Sustainable Development Strategy

This updated strategy sets out how Germany intends to achieve the 17 UN Sustainable Development Goals (SDGs) by 2030. It sets specific goals to permanently halt the increase in obesity among adults, children, and adolescents. The strategy was first launched in 2016, and updated in 2021.

Categories:	Evidence of Obesity Target
Categories (partial):	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2021-2030
Target age group:	Adults and children
Organisation:	The Federal Government
Find out more:	<a href="http://www.bundesregierung.de">www.bundesregierung.de</a>
Linked document:	<a href="#">Download linked document</a>

## National Strategy for Breastfeeding Promotion

This strategy sets out plans to make Germany more breastfeeding-friendly

Categories:	Evidence of Breastfeeding promotion or related activity
Year(s):	2021 (ongoing)
Target age group:	Adults and children
Organisation:	Federal Ministry of Food and Agriculture
Find out more:	<a href="http://www.bmel.de">www.bmel.de</a>
Linked document:	<a href="#">Download linked document</a>

## Cities for Better Health - Berlin

Berlin joined the Cities for Better Health programme in 2020. The programme aims to promote actions to create a healthier urban environment. In Berlin, the priorities are to promote physical activity, and better reach vulnerable residents with information on diabetes, obesity, and preventive actions. In 2021, Berlin ran the 30x30 campaign to promote physical activity using an app.

Categories:	Evidence of Community Interventions/Campaign Non-national obesity strategies
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Cities for Better Health
Find out more:	<a href="http://www.citiesforbetterhealth.com">www.citiesforbetterhealth.com</a>
Linked document:	<a href="#">Download linked document</a>

## Interstate Treaty on the Protection of Human Dignity and the Protection of Minors in Broadcasting and in Telemedia (JMStV)

This interstate treaty defines standards for protecting minors in broadcasting and telemedia. It was first launched in 2003 to protect young people from exploitative advertising. In 2020, amendments came into force, including a new regulation to "provide appropriate safeguards to meaningfully reduce the effects of advertising for food containing nutrients and substances with dietary or physiological effects, especially fat, trans fat, salt, sodium, or sugar" when shown around children's programmes.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2020 (ongoing)
Target age group:	Children
Organisation:	German Commission for the Protection of Minors in the Media (KJM)
Find out more:	<a href="http://www.fsm.de">www.fsm.de</a>
Linked document:	<a href="#">Download linked document</a>

## National Cycling Plan 2020 "Ride your bike!" (Nationaler Radverkehrsplan 2020 "FahrRad!")

The National Cycling Plan aims at highlighting cycling opportunities within the framework of an integrated transport policy. The main objective of the plan is to initiate new methods and implementation strategies for the promotion of cycling in Germany. The plan provides recommendations for action and aims at contributing towards creating a bicycle-friendly environment.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Federal Ministry of Transport, Building and Housing
Linked document:	<a href="#">Download linked document</a>
References:	National Cycling Plan 2020

## Annex III to Regulation (EC) No 1925/2006 of the European Parliament and of the Council as regards trans fat, other than trans fat naturally occurring in fat of animal origin

Measures to limit or virtually eliminate industrially-produced trans fatty acids in food intended for the final consumer and/or for supply to retail. Adopted by The European Commission from April 2019. (Available in multiple languages)

Categories:	Evidence of Marketing Guidelines/Policy Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	The European Commission
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en/node/36162">https://extranet.who.int/nutrition/gina/en/node/36162</a> (last accessed 12.07.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## European practical and patient-centred guidelines for adult obesity management in primary care

This article aims to provide obesity management guidelines specifically tailored to GPs, favouring a practical patient-centred approach. The focus is on GP communication and motivational interviewing as well as on therapeutic patient education. The new guidelines highlight the importance of avoiding stigmatization, something frequently seen in different health care settings. In addition, managing the psychological aspects of the disease, such as improving self-esteem, body image and quality of life must not be neglected.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Linked document:	<a href="#">Download linked document</a>
References:	Dominique Durrer Schutz, Luca Busetto, Dror Dicker, Nathalie Farpour-Lambert, Rachel Pryke, Hermann Toplak, Daniel Widmer, Volkan Yumuk, Yves Schutz; European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care. <i>Obes Facts</i> 15 March 2019; 12 (1): 40–66. <a href="https://doi.org/10.1159/000496183">https://doi.org/10.1159/000496183</a>

## Guidelines for the Treatment and Prevention of Obesity in Children and Adolescents (2019)

Version 4 of the clinical guidelines for the prevention and treatment of obesity in children and adolescents in Germany

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Target age group:	Children
Organisation:	Working group Childhood and adolescent obesity (AGA) of the German Obesity Society (DAG) and the German Society for Children and Adolescent Medicine (DGKJ)
Find out more:	<a href="http://register.awmf.org">register.awmf.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	Evidence-based (S3) guideline of the working group Childhood and adolescent obesity (AGA) of the German Obesity Society (DAG) and the German Society for Children and Adolescent Medicine (DGKJ) <a href="https://www.awmf.org/uploads/tx_szleitlinien/050-002L_S3_Therapie-Praevention-Adipositas-Kinder-Jugendliche_2019-11.pdf">https://www.awmf.org/uploads/tx_szleitlinien/050-002L_S3_Therapie-Praevention-Adipositas-Kinder-Jugendliche_2019-11.pdf</a> (last accessed 29.01.20)

## Nutri-Score labelling

The Nutri-Score labelling system is a 5-point colour coded nutritional rating system. It was originally implemented in France and has since been adopted by multiple countries in the WHO European region. The German government recommend the voluntary implementation of the Nutri-Score system, since the policy was adopted by the Food Minister in 2019.

Categories:	Labelling Regulation/Guidelines
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Find out more:	<a href="http://globalfoodresearchprogram.web.unc.edu">globalfoodresearchprogram.web.unc.edu</a>
References:	Information sourced from Global Food Research Programme

## Treatment Guideline for Obesity & Pregnancy

Treatment guideline for obesity and pregnancy (only available in German)

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Target age group:	Adults
Organisation:	DGGG, OEGGG, SGGG
Linked document:	<a href="#">Download linked document</a>
References:	Deutschen Gesellschaft für Gynäkologie und Geburtshilfe, Österreichische Gesellschaft für Gynäkologie, Schweizerische Gesellschaft für Gynäkologie und Geburtshilfe. Adipositas und schwangerschaft [Obesity and pregnancy]. DGGG, OEGGG, SGGG; 2019. AWMF registernummer 015-081. Leitlinienklasse S3. Version 1.2.

## Guideline on surgery for obesity and metabolic diseases (2018)

Version 2 of the German evidence-based guidelines on "Surgery for Obesity". (In German)

Categories:	Evidence of Management/treatment guidelines
Year(s):	2018 (ongoing)
Target age group:	Adults
Organisation:	Deutsche Gesellschaft Fur Allgemein und Viszeralchirurgie (DGAV)   German Society for General and Visceral Surgery
Find out more:	<a href="https://register.awmf.org">register.awmf.org</a>
Linked document:	<a href="#">Download linked document</a>

## National Reduction and Innovation Strategy for Sugar, Fats and Salt in Ready-to-Use Products (2018)

The strategy aims to reduce the sugar, fat, and salt content in packaged foods through voluntary agreements with the food industry. The food industry has committed to several key reduction targets by 2025, especially for products aimed at children. A final report on the strategy with recommendations and new reduction targets is expected in 2025.

Categories:	Industry/Government regulations - voluntary/pledges
Year(s):	2018-2025
Target age group:	Adults and children
Organisation:	Bundesministerium fur Ernährung und landwirtschaft
Find out more:	<a href="https://www.bmel.de">www.bmel.de</a>
Linked document:	<a href="#">Download linked document</a>

## Food-based dietary guidelines (FBDGs) - Germany

The German dietary guidelines were first published in 1956 and have been regularly updated since then. This version was published in 2017.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2017-2024
Target age group:	Adults
Organisation:	German Nutrition Society (DGE)
Find out more:	<a href="http://www.fao.org">www.fao.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/germany/en/">https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/germany/en/</a> (last accessed 21.07.22)

## NCD Country Profiles 2018 (Obesity Targets)

The profiles also provide data on the key metabolic risk factors, namely raised blood pressure, raised blood glucose and obesity and National Targets on Obesity (as of 2017)

Categories:	Evidence of Obesity Target
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

## School Fruit, Vegetables and Milk Scheme

"Applicable since 1 August 2017, the EU school fruit, vegetables and milk scheme combines two previous schemes (the school fruit and vegetables scheme and the school milk scheme) under a single legal framework for more efficiency and an enhanced focus on health and educational. The scheme supports the distribution of products, educational measures and information measures. The scheme supports the distribution of fruit, vegetables, milk and certain milk products to schoolchildren, from nursery to secondary school. EU countries approve a list of products (in collaboration with their health and nutrition authorities) which will help achieve the schemes objective of helping children to follow a healthy diet. Priority is for fresh fruit and vegetables and for plain milk. In order to support a varied diet and/or specific nutritional needs, EU countries may also make processed fruit and vegetables such as juices and soups and certain milk products such as yoghurt and cheese, available. Additionally, under stricter conditions, milk-based drinks may be included." - EU Commission

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Organisation:	European Commission
Find out more:	<a href="http://ec.europa.eu">ec.europa.eu</a>
References:	<a href="https://ec.europa.eu/info/food-farming-fisheries/key-policies/common-agricultural-policy/market-measures/school-fruit-vegetables-and-milk-scheme/school-scheme-explained_en">https://ec.europa.eu/info/food-farming-fisheries/key-policies/common-agricultural-policy/market-measures/school-fruit-vegetables-and-milk-scheme/school-scheme-explained_en</a>

## Guidelines to Prevent Obesity in Childhood and Adolescence

Reccomendations by the 'German Alliance of Non-communicable Diseases' include one hour of physical activity at school, promotion of healthy food choices by taxing unhealthy foods, mandatory quality standards for meals at kindergarten and schools as well as a ban on unhealthy food advertisement addressing children.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2016
Target age group:	Children
Organisation:	German Alliance of Non-communicable Diseases
Find out more:	<a href="http://www.ncbi.nlm.nih.gov">www.ncbi.nlm.nih.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	BlÅ¼her S, Kromeyer-Hauschild K, Graf C, GrÅ¼newald-Funk D, Widhalm K, Korsten-Reck U, Markert J, GÅ¼ssfeld C, MÅ¼ller MJ, Moss A, Wabitsch M, Wiegand S. Current Guidelines to Prevent Obesity in Childhood and Adolescence. Klinische Padiatrie. 228 (1) pp. 1-10.

## Join the Health Boat

Kindergarten and pre-school targeted intervention aiming to increase fruit and vegetable intake and physical activity and decrease sugar sweetened beverages and total screen time.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2016-2017
Target age group:	Children
Organisation:	"Baden-Württemberg Foundation"
Find out more:	<a href="http://www.gesundes-boot.de">www.gesundes-boot.de</a>
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://www.gesundes-boot.de/kindergarten/gesundheitsstudie-2017/">https://www.gesundes-boot.de/kindergarten/gesundheitsstudie-2017/</a>

## National Recommendations for Physical Activity and Physical Activity Promotion

Evidence-based recommendations for physical activity and physical activity promotion in Germany. There are specific recommendations for children and adolescents, adults, and the elderly, as well as adults with chronic illnesses. (In German)

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Federal Ministry of Health
Find out more:	<a href="http://www.bundesgesundheitsministerium.de">www.bundesgesundheitsministerium.de</a>
Linked document:	<a href="#">Download linked document</a>

## Physical activity strategy for the WHO European Region 2016-2025

The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2016-2025
Target age group:	Adults and children
Organisation:	WHO Regional Office for Europe
Find out more:	<a href="http://www.who.int">www.who.int</a>
Linked document:	<a href="#">Download linked document</a>

## White paper on obesity

"Weißbuch Adipositas", the White Paper on Obesity, was authored by German scientists from the IGES Institute in 2016.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	IGES Institute
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://adipositas-gesellschaft.de/ueber-adipositas/versorgungssituation-in-deutschland/">https://adipositas-gesellschaft.de/ueber-adipositas/versorgungssituation-in-deutschland/</a>

## White paper on obesity 2016

White paper on obesity [article in german].

Categories (partial):	Non-national obesity strategies
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	S.Klien et al
Find out more:	<a href="http://www.iges.com">www.iges.com</a>
Linked document:	<a href="#">Download linked document</a>
References:	S.Klien et al. Weißbuch adipositas versorgungssituation Deutschland. 2016 Available from: <a href="https://www.iges.com/presse/2016/weissbuch-adipositas/e14613/e14614/attr_objs14616/Weissbuch_Adipositas_Klein_et_al_ger.pdf">https://www.iges.com/presse/2016/weissbuch-adipositas/e14613/e14614/attr_objs14616/Weissbuch_Adipositas_Klein_et_al_ger.pdf</a> . Accessed 31 July 2019.

## Priority funding for the prevention of obesity in children and adolescents

In 2015, the Federal Ministry of Health established the prevention of obesity in children and adolescents as a funding priority, aiming to improve the quality and effectiveness of interventions and develop educational materials. The ministry has supported a number of research projects and initiatives in pursuit of these goals.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	Children
Organisation:	Federal Ministry of Health
Find out more:	<a href="http://www.bundesgesundheitsministerium.de">www.bundesgesundheitsministerium.de</a>

## Eat Better, Move More

"Eat Better, Move More" is a German initiative to reduce childhood obesity by involving children and families. Part of the wider INFORM project.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2014 (ongoing)
Target age group:	Children
Organisation:	Federal Ministry of Health
Linked document:	<a href="#">Download linked document</a>

## European Union (EU) Action Plan on Childhood Obesity 2014-2020

EU Action plan. To contribute to halting the rise in overweight and obesity in children and young people (0-18 years) by 2020

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Year(s):	2014-2020
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	<a href="http://ec.europa.eu">ec.europa.eu</a>
Linked document:	<a href="#">Download linked document</a>
References:	EU Action Plan on Childhood Table of contents [Internet]. Available from: <a href="https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf">https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf</a> &amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;znj;

## Everyday Training Programme (Alltags Training Programm)

The Everyday Training Programme (ATP) is a training programme targeted at men and women over 60, aiming to integrate physical activity into their daily lives in the long term.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2014 (ongoing)
Target age group:	Adults
Organisation:	Federal Institute of Public Health (BIÖG)
Find out more:	<a href="http://www.gesund-aktiv-aelter-werden.de">www.gesund-aktiv-aelter-werden.de</a>
Linked document:	<a href="#">Download linked document</a>

## Guidelines for the Prevention and Treatment of Obesity

Evidence-based guideline on the prevention and treatment of obesity, aiming to improve the perception of the health problem of obesity, and give specific information and recommendations on prevention.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2014
Target age group:	Adults and children
Organisation:	Deutsche Adipositas Gesellschaft
Find out more:	<a href="http://www.adipositas-gesellschaft.de">www.adipositas-gesellschaft.de</a>
Linked document:	<a href="#">Download linked document</a>
References:	Deutsche Adipositas Gesellschaft (2014). Interdisziplinäre Leitlinie der Qualität S3 zur Prävention und Therapie der Adipositas. Available from: <a href="https://www.adipositas-gesellschaft.de/fileadmin/PDF/Leitlinien/S3_Adipositas_Praevention_Therapie_2014.pdf">https://www.adipositas-gesellschaft.de/fileadmin/PDF/Leitlinien/S3_Adipositas_Praevention_Therapie_2014.pdf</a> . [Accessed 14 December 2018].

## Interdisciplinary guideline of quality S3 for Prevention and treatment of obesity

Interdisciplinary guideline of quality S3 for Prevention and treatment of obesity [article in german]

Categories (partial):	Non-national obesity strategies Evidence of Management/treatment guidelines
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Deutsche Adipositas-Gesellschaft (DAG)
Linked document:	<a href="#">Download linked document</a>
References:	Deutsche Adipositas-Gesellschaft (DAG). 2014. Interdisziplinäre Leitlinie der Qualität S3 zur Prävention und Therapie der Adipositas. Available from: <a href="https://www.adipositas-gesellschaft.de/fileadmin/PDF/Leitlinien/S3_Adipositas_Praevention_Therapie_2014.pdf">https://www.adipositas-gesellschaft.de/fileadmin/PDF/Leitlinien/S3_Adipositas_Praevention_Therapie_2014.pdf</a> [accessed August 2019]

## Ten guidelines for wholesome eating and drinking from the German Nutrition Society

These guidelines aim to help people enjoy eating and maintaining a balanced diet.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	German Nutrition Society
Find out more:	<a href="http://www.dge.de">www.dge.de</a>
Linked document:	<a href="#">Download linked document</a>

## EU Regulation 1169/2011

Passed in 2011, EU Regulation 1169/2011 on the Provision of Food Information to Consumers requires a list of the nutrient content of most pre-packaged food to be provided on the back of the pack from October 2011.

Categories:	Labelling Regulation/Guidelines
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	European Parliament and the Council of the European Union
Find out more:	<a href="http://eur-lex.europa.eu">eur-lex.europa.eu</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en/node/22917">https://extranet.who.int/nutrition/gina/en/node/22917</a> (last accessed 28.06.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Evaluation of the EU school milk and fruit scheme

European Court of Auditors (2011) Are the school milk and school fruit schemes effective? Special Report No 10. Publications Office of the European Union, Luxembourg.

Categories:	Health Effectiveness Reviews (obesity related)
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	EUROPEAN COURT OF AUDITORS
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework <a href="http://www.wcrf.org/NOURISHING">www.wcrf.org/NOURISHING</a>

## “Healthy and Active Aging” programme

The “Healthy and Active Aging” programme aims to promote healthy behaviour for older people in Germany by improving health literacy and implementing health promoting measures. The programme focuses on promoting physical activity, through the Everyday Training Programme (ATP) and other similar measures. It was launched by the Federal Center for Education in 2010 and since February 2025, has been led by the Federal Institute of Public Health (BIÖG).

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Physical Activity Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	Adults
Organisation:	Federal Institute of Public Health (BIÖG)
Find out more:	<a href="http://www.gesund-aktiv-aelter-werden.de">www.gesund-aktiv-aelter-werden.de</a>

## Let's go - every step counts

Promotes physical activity through health hiking courses and a campaign to collect kilometres walked during one year to earn a hiking badge.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	The German Hiking Association (Deutscher Wanderverband)
Find out more:	<a href="http://www.gesundheitswanderfuehrer.de">www.gesundheitswanderfuehrer.de</a>

## Obesity Surgery guidelines (S3-Leitlinie: Chirurgie der Adipositas)

Guidelines which expand and specifies surgical aspects of obesity therapy used in the Guidelines of the German Obesity Society (DAG) "Prevention and Treatment of Obesity".

Categories:	Evidence of Management/treatment guidelines
Year(s):	2010
Target age group:	Adults and children
Organisation:	Deutsche Gesellschaft Fur Allgemein und Viszeralchirurgie
Find out more:	<a href="http://www.adipositas-gesellschaft.de">www.adipositas-gesellschaft.de</a>
Linked document:	<a href="#">Download linked document</a>
References:	Deutsche Gesellschaft Fur Allgemein und Viszeralchirurgie. Deutsche Adipositas-Gesellschaft (DAG) Deutsche Gesellschaft fur Psychosomatische Medizin und Psychotherapie Deutsche Gesellschaft fur Ernahrungsmedizin. S3-Leitlinie: Chirurgie der Adipositas.

## The Toy Box Study

The Toy Box intervention is a multicomponent, kindergarten-based, family-involved intervention, focusing on the promotion of water consumption, healthy snacking, physical activity and the reduction/ breaking up of sedentary time in preschool children and their families.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2010-2014
Target age group:	Adults and children
Organisation:	EU funded multidisciplinary team project
Find out more:	<a href="http://www.toybox-study.eu">www.toybox-study.eu</a>

## Healthy Start Young Family Network

The main aim of this network is to support pregnant women and young parents by providing uniform information on nutrition, physical activity and allergy prevention. The network publishes and regularly updates recommendations on nutrition and physical activity in infants and young children and during pregnancy. Dissemination of information is via face-to-face training of health professionals, development and distribution of materials and media such as flyers, stickers, posters, and apps, as well as an extensive PR work.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	Healthy Start Young Family Network is part of the Federal Centre for Nutrition as well as of the National Action Plan IN FORM (Germany's initiative to promote healthy diets and physical activity)
Find out more:	<a href="http://www.gesund-ins-leben.de">www.gesund-ins-leben.de</a>
Linked document:	<a href="#">Download linked document</a>

## Verhaltensregeln des Deutschen Werberats über die kommerzielle Kommunikation für Lebensmittel

Voluntary marketing restriction: advertising aimed at children and young people shall not encourage or condone excessive consumption of foods and beverages containing substances the excessive consumption of which is not recommended, such as fats, trans fatty acids, salt or sodium and sugars. Adopted from July 2009. (Available only in German)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2009 (ongoing)
Target age group:	Children
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en/node/41604">https://extranet.who.int/nutrition/gina/en/node/41604</a> (last accessed 18.07.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Fit In Seniority â Healthy Eating, Better Living

Promoting a healthy lifestyle for older people through information about healthy nutrition, physical activity and social interaction.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2008 (ongoing)
Target age group:	Adults
Organisation:	German Association for Nutrition (DGE) and the Federal Association of Elderly Organisation (BAGSO).

## IN FORM: Germany's initiative for healthy nutrition and physical activity

IN FORM is the German National Action Plan to prevent malnutrition, physical inactivity, obesity and related diseases. It aims to improve nutrition and exercise habits through education and activities.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2008 (ongoing)
Target age group:	Adults and children
Organisation:	The Federal Ministry of Health and the Federal Ministry of Food, Agriculture and Consumer Protection
Find out more:	<a href="http://www.in-form.de">www.in-form.de</a>
Linked document:	<a href="#">Download linked document</a>
References:	The Federal Ministry of Health and the Federal Ministry of Food, Agriculture and Consumer Protection

## KITA Vital

"KITA Vital" is an action for health-promoting children's day care facilities in the Rhein-Sieg district. The implementation is carried out by the association kivi in collaboration with the Health Office of the Rhein-Sieg-Kreis.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2008 (ongoing)
Target age group:	Children
Organisation:	Kivi association
Find out more:	<a href="http://kivi-ev.de">kivi-ev.de</a>

## Fit50+

Aims at improving the general working ability among unemployed. Core elements are healthy living and eating, physical activity and coping.

Categories (partial):	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2007 (ongoing)
Target age group:	Adults
Organisation:	RegioVision GmbH developed the modules, modification and optimization between 2007 and 2010 with the Institute for Preventive Medicine, University of Rostock.
Find out more:	<a href="http://www.gesundheitliche-chancengleichheit.de">www.gesundheitliche-chancengleichheit.de</a>

## EU health and nutrient claims regulation

Regulation n° 1924/2006 establishes EU-wide rules on the use of specified health and nutrient claims. The European Commission approves claims provided they are based on scientific evidence and accessible consumers. The European Food Safety Authority is responsible for evaluating the scientific evidence supporting health claims. Nutrition claims may only be used on food defined as "healthy" by a nutrient profile.

Categories:	Labelling Regulation/Guidelines
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	European Commission
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924">https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924</a>

## The JuvenTUM project; physical education program on physical activity, fitness, and health in children

A prospective study assessing eight Bavarian primary schools (n=724 children) randomized one to one to either an intervention school (427) or a control school (297). Children in the intervention school attended 10 health-related lessons at school over 1 year and their parents and teachers attended 2 and 3 educational health-related lessons, respectively, and received 10 newsletters on health issues. Daily physical activity, physical fitness, and anthropometric data were then obtained.

Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2006-2007
Target age group:	Children
Organisation:	Siegrist et al. 2013.
Find out more:	<a href="http://www.ncbi.nlm.nih.gov">www.ncbi.nlm.nih.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Siegrist et al. 2013. Effects of a physical education program on physical activity, fitness, and health in children: The JuvenTUM project. Scand J Med Sci Sports. 23. pp. 323â€“330.

## Fit am Ball

Fit Am Ball is a collaboration between schools and sports clubs to promote ball games, especially football, in extracurricular activities. The national scheme started in 2003 and targets children in grades 3-6.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2005 (ongoing)
Target age group:	Children
Organisation:	The Institute for Social and Cultural Hermeneutic Research (ISK) in Frankfurt
Find out more:	<a href="http://www.fitamball.de">www.fitamball.de</a>
References:	Information provided with kind permission of HEPA Europe (European network for the promotion of health-enhancing physical activity): <a href="http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe">http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe</a>

## Germany becomes fit , join us (Deutschland wird fit, Gehen Sie mit)

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2005 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://deutschland.wirdfit.de">deutschland.wirdfit.de</a>
References:	Information provided with kind permission of HEPA Europe (European network for the promotion of health-enhancing physical activity): <a href="http://data.euro.who.int/PhysicalActivity/?TabID=107126">http://data.euro.who.int/PhysicalActivity/?TabID=107126</a>

## Act Against Unfair Competition

"According to federal law in Germany, marketing must comply with the legal framework established to control unfair competition. It prohibits any type of advertising that directly invites children to purchase a marketed product themselves or take up a marketed service themselves or cause their parents or other adults to do so. Advertising on the radio and on television as well as teleshopping are subject to the provisions on the protection of minors laid down in section 6 of the Interstate Treaty on the Protection of Human Dignity and the Protection of Minors in Broadcasting and Telemedia Services." - WHO

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2004 (ongoing)
Target age group:	Children
References:	<a href="https://www.euro.who.int/__data/assets/pdf_file/0006/155436/e96047.pdf">https://www.euro.who.int/__data/assets/pdf_file/0006/155436/e96047.pdf</a>

## GUT DRAUF Campaign

A national campaign to promote healthy eating, exercise, and stress management in children and young people. The campaign partners with institutions and professionals to promote health.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	1993 (ongoing)
Target age group:	Children
Organisation:	Federal Center for Health Education (BZgA)
Find out more:	<a href="http://www.gutdrauf.net">www.gutdrauf.net</a>

## GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	<a href="https://extranet.who.int">extranet.who.int</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en">https://extranet.who.int/nutrition/gina/en</a> Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## NCD targets for Germany

NCD targets for Germany include the aim of permanently halting the increase of obesity rate among adults (18 years and older).

Categories:	Evidence of NCD strategy
Target age group:	Adults
References:	<a href="https://extranet.who.int/ncdccc/Data/DEU_Germany_NCD_targets_2019.pdf">https://extranet.who.int/ncdccc/Data/DEU_Germany_NCD_targets_2019.pdf</a>

## Peb Online

The Platform Nutrition and Exercise eV (peb) is an open alliance with numerous members from the public sector, science, business, sport, health care and civil society. At peb, they are all actively committed to a balanced diet and regular and sufficient exercise as essential components of a health-promoting lifestyle for children and adolescents. Many documents and links available on website.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Target age group:	Children
Organisation:	Die Plattform Ernährung und Bewegung e.V.
Find out more:	<a href="http://www.pebonline.de">www.pebonline.de</a>

## The FIT KID certification for day care centres

"Daycare centers can get certified for healthy eating in their facility. To do this, they have to use a checklist for four weeks DGE-Check the quality standard in the daycare center and take part in an audit. After passing the audit, the daycare centers are allowed to use the name FIT KID certification and advertise it. The certificate can be extended through regular re-audits."

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Children
Organisation:	Federal Ministry of Food and Agriculture
Find out more:	<a href="http://www.fitkid-aktion.de">www.fitkid-aktion.de</a>
References:	<a href="https://www.bmel.de/DE/themen/ernaehrung/gesunde-ernaehrung/kita-und-schule/qualitaetsstandards-kindertageseinrichtungen.html">https://www.bmel.de/DE/themen/ernaehrung/gesunde-ernaehrung/kita-und-schule/qualitaetsstandards-kindertageseinrichtungen.html</a>

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