

List of "Strategy for Europe on Nutrition, Overweight and Obesity related health issues" monitoring indicators

Better informed consumers

1a - Legislation / voluntary initiatives requiring nutritional labelling or signposting

1b - Legislation / voluntary initiatives on the marketing of unhealthy food and beverages to children

1c - Information and education campaigns

Making the healthy option available

2a - Existence of measures affecting food prices

2b - Initiatives to increase availability of processed foods with reduced content of total fat and/or added sugar

2c - Salt reduction initiatives (in line with the EU target of 16% reduction by 2013)

Encouraging Physical activity

3a - Initiatives promoting better urban design to provide safe and attractive structures for everyday physical activity

3b - Provision of guidelines for physical activity / education campaigns

Priority groups and settings

4a - Mandatory inclusion of nutrition education in schools

4b - Mandatory inclusion of physical education in schools

4c - Provision of free or subsidized school meals / promotion of healthy food

4d - Promoting the provision of healthy food and facilities for physical activity at the workplace

4e - Role of health and education professionals

Developing monitoring system

5 - Strengthening monitoring and evaluation

Engaging private sector

6 - Engaging commitment from commercial stakeholders

Policy coherence at local level

7 - Promoting and supporting community based interventions