



A Practical Guide to Developing and Implementing School Policy on Diet and Physical Activity (WHO Regional Office for the Eastern Mediterranean)

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In order to reduce the impact of major risk factors such as unhealthy diet and physical inactivity, the World Health Assembly adopted the Global Strategy on Diet, Physical Activity and Health (DPAS) in May 2004 and the School Policy Framework on Diet and Physical Activity. DPAS is a call to Member States to develop and implement policies and programs that promote healthy diets and increase levels of physical activity. Subsequently, the World Health Organization (WHO) Regional Office for the Eastern Mediterranean developed a Regional Framework on Diet and Physical Activity for national policy-makers. The regional framework suggests several approaches to addressing issues of unhealthy diet and physical inactivity including in schools. This guide was reviewed by health-promoting school focal points from 16 countries in the Region and it includes their recommendations. It is a work in progress and is not intended to be prescriptive. Countries are encouraged to adapt the proposed interventions according to their own priority needs and social and cultural contexts and make use of mechanisms and tools already existing in country.

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