



Initiatives regarding whole grains in Bosnia and Herzegovina

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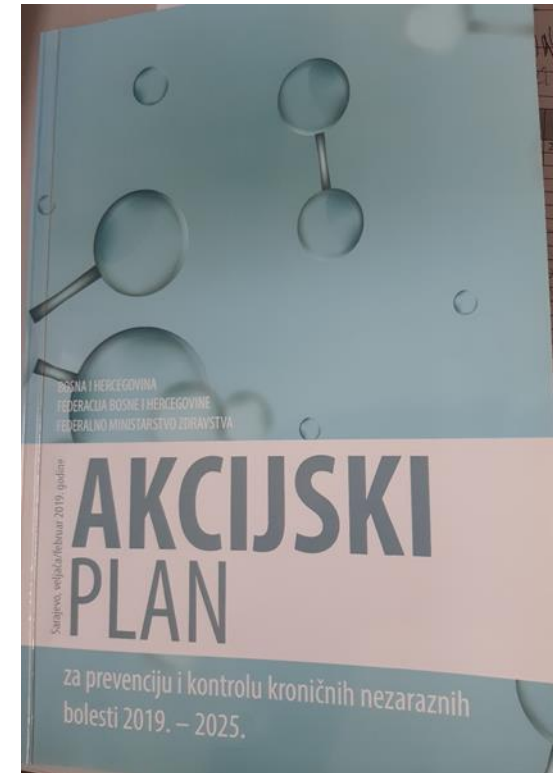
- State-level institution with responsibilities for coordinating activities between entities and Brčko District, harmonization of plans and defining strategies and reporting to international institutions;
- Beneficiary in the WholeUGrain Project;
- Relevant institution: PHI's of Federation BIH and Republic of Srpska;

Initiatives regarding whole grains in Federation of Bosnia and Herzegovina

Health sector of Federation of Bosnia and Herzegovina:

Action Plan for prevention and control of Chronic Non Communicable Diseases of Federation of Bosnia and Herzegovina 2019-2025, brought by the Ministry of Health of FBH in 2019, includes activities:

- Improvement of legislation related to information of consumer with the aim to raise awareness on content and quality of food products;
- Creation and conduction of campaigns related to nutrition as a risk factor for development of non-communicable diseases;



Health sector of Federation of Bosnia and Herzegovina

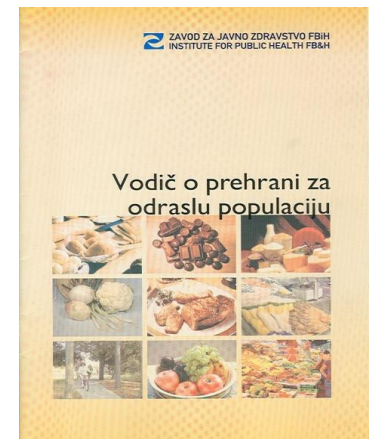
- Expansion of integrated intersectoral program „Eat Healthy Grow Healthy!“ on all kindergardens in FBiH – program focuses on promotion of healthy nutrition from early childhood and includes promotion of consumption of whole grains;
- Adoption of legislation on reduction of content of added salt and trans fats in bread and other bakery products;
- Conduction of survey on dietary habits of adult population in FBiH in cooperation with EFSA where collection of data on intake of whole grains is included;
- Conduction of Health Behavior of School Aged Children Survey that includes dietary habits;
- Conduction of risk factor non communicable diseases risk factor survey on adult population that includes dietary habits.

Health sector of Federation of Bosnia and Herzegovina

Guidelines aimed at different population groups:

- Guidelines for Healthy Nutrition of Children 0-3 Years, Ministry of Health of Federation of BIH;
- Guidelines on Healthy Nutrition of Preschool Children for Parents, Institute of Public Health of Federation of BIH;
- Guidelines on Nutrition for Adult Population, Institute of Public Health of Federation of BIH.

All guidelines recommend consumption of whole grain products and explain benefits of whole grains for health



Health sector of Federation of Bosnia and Herzegovina

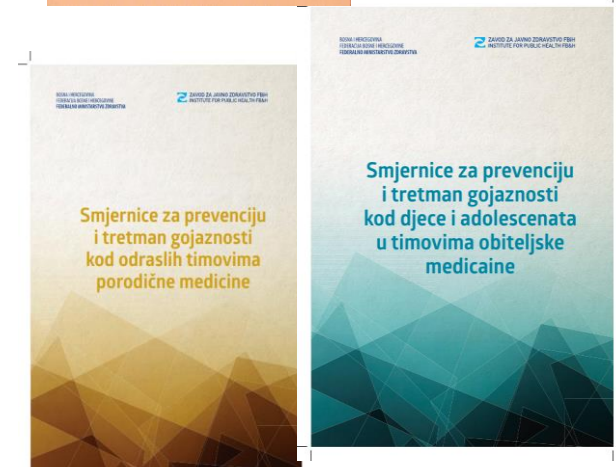
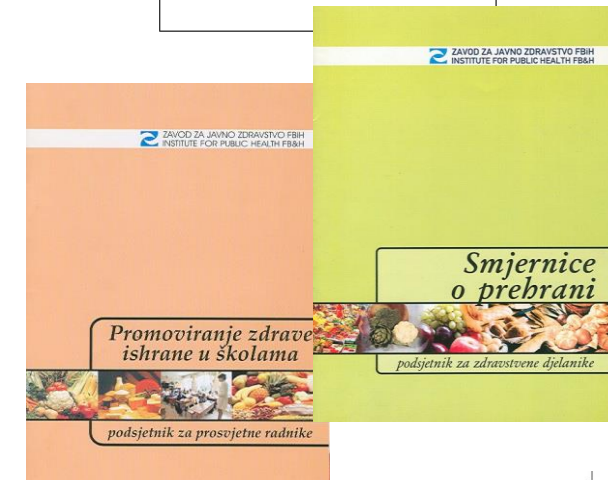
Guidelines aimed at different settings:

- Guidelines for Healthy Nutrition of Preschool and School Children - incl. nutrition in educational institutions, 2012 Federal Ministry of Education and Science, Ministry of Health of Federation of BH, Institute of Public Health of FB&H;
- Guidelines on Nutrition for School Staff, Institute of Public Health of FB&H;
- Guidelines on Nutrition for Health Workers, Institute of Public Health of FB&H;
- Guidelines for Prevention and Treatment of Obesity in Children and Adolescents in primary care - family medicine teams, Ministry of Health of FB&H;
- Guidelines for prevention and treatment of obesity in adults in primary care - family medicine teams, Ministry of Health of FB&H.

All guidelines recommend consumption of whole grain products and explain benefits of whole grains for health

WholeEUGrain Stakeholder web event "Let's talk about grains – whole grains"!

24 September 2020

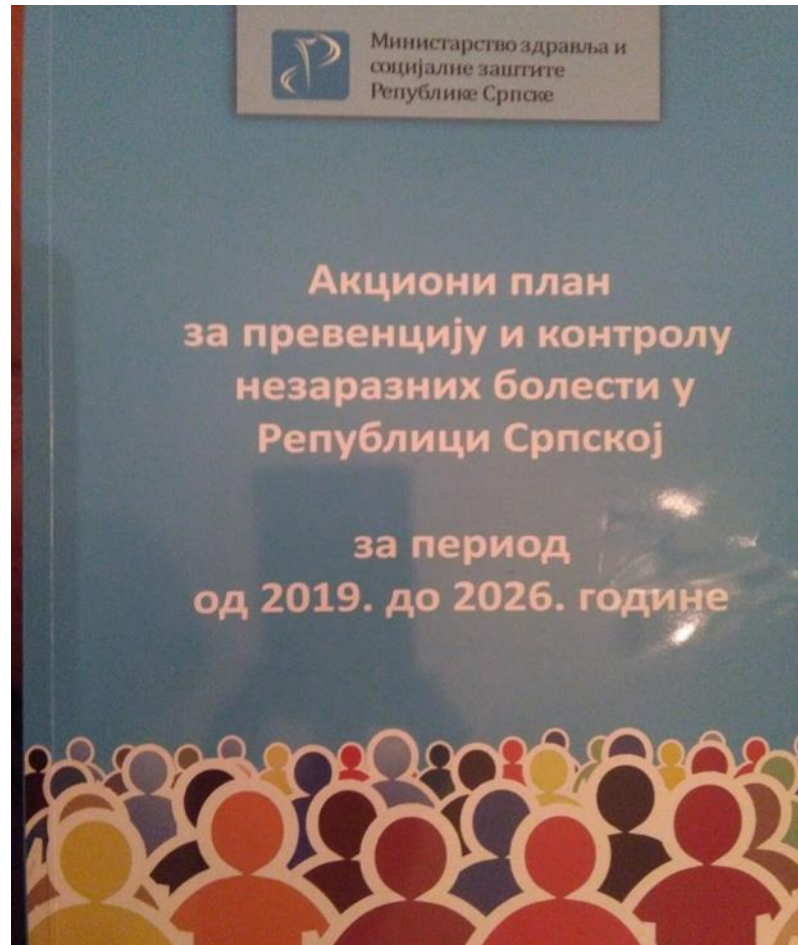


Republic of Srpska initiatives regarding whole grains

Republic of Srpska's health legislations, regulations and documents:

- Policy for Improvement of Health of the Population in the Republic of Srpska by 2020;
- Policy for Improvement of Nutrition of Children under the Age of Five in the Republic of Srpska, Ministry of Health and Social Welfare in the Government of Republic of Srpska;
- Regulation on the conditions and method of implementation of nutrition, care, preventive health and social protection of children in preschool institutions;
- Guidelines on Healthy Nutrition for Infants, Preschool and School Children, MOH, MOE, PHI RS;
- The Action plan for the prevention and control of noncommunicable diseases in Republic of Srpska for the period 2019-2026 (2018);
- „Nutrition Friendly Schools/Preschools program” was launched in 2014;
- Program for early detection and prevention of NCD was launched in 2003.

Actions, strategies and policies that have been developed/implemented or are planned to be implemented



Action plan for prevention and control of NCD from 2019 to 2026 included some activities which will enable implementation of the goals directed to reformulate food products that trans fats and saturated fats are replaced with unsaturated fats, and salt and sugar are reduced, without adding harmful alternatives.

Action 3. Prepare and implement a comprehensive social marketing campaign to:

- promote healthy consumption via fiscal and marketing policies (tobacco, alcohol, foodstuffs);
- reformulate and improve products (salt, fats and sugars);
- reduce salt intake;
- promote active lifestyle and mobility

Action 3. was developed according to Noncommunicable diseases - Goal 1, 2, 3, 4, 5, 6, 7, 8, 9;

Health 2020 - Goal 1, 2, 3, 4; Sustainable development goals 3.4, 3.5, 3.6, 3.9, 3.a, 11.2, 16.2

Republic of Srpska's legislations, directions and actions

- ✓ Action 9 - Analyse the current policies in the world reducing the daily intake of salt and provide recommendations for actions in this area in Republic of Srpska (5 grams of salt, 2 grams of Sodium per day)

Action 9 was developed according to Noncommunicable diseases - Goal 1, 4, 6, ; Health 2020 - Goal 1, 2, 3, 4

- ✓ Action 18 - Consider solutions and experiences from the countries with legislation governing the safer choice labels; prepare drafts of regulations and design the label; promote the importance of the safer choice label in all education events and presentations (web sites, etc.) where healthy food is referred to; motivate food producers and distributors to use the safer choice label on their products using incentives.

Action 18 was developed according to Noncommunicable diseases - Goal 1, 4, 6, 7; Health 2020 - Goal 1, 2, 3, 4

- ✓ Action 25 - Analyse the current the current comprehensive fiscal policy measures in Europe, which include availability and accepting health food products, and reduction of tobacco and alcohol use, and consider the sustainability of introducing such measures in Republic of Srpska

Action 25 was developed according to Noncommunicable diseases - Goal 1, 2, 4, 5, 6, 7 Health 2020 - Goal 1, 2, 3, 4, Sustainable development goals 3.4, 3.5, 3.a

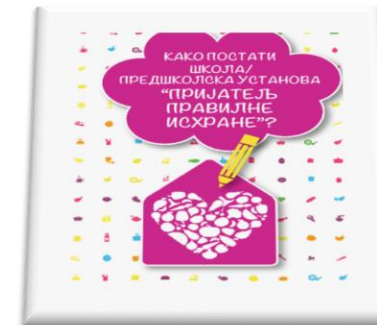
Republic of Srpska legislations, directions and actions

- ✓ Action 27 was developed according to Noncommunicable diseases - Goal 1, 6, 7; Health 2020 - Goal 1, 2, 3, 4;
- ✓ Action 29 Analyse the current policies in the world reducing the daily intake of free sugars and provide recommendations for actions in this area in Republic of Srpska (the intake of free sugars below 10% or 5% of the total energy intake);
Action 29 was developed according to Noncommunicable diseases - Goal 1, 4, 6; Health 2020 - Goal 1, 2, 3, 4;
- ✓ Action 30. Consider improving interpretative front-of-pack labelling of products and provide declarations for action in this area in Republic of Srpska;
Action 30 was developed according to Noncommunicable diseases - Goal 1, 4, 6; Health 2020 - Goal 1, 2, 3, 4;

Republic of Srpska's Guidelines on Nutrition

All guidelines on nutrition for different population group include recommendation for consumption of whole grain products and explain benefits for health :

- Guidelines for Healthy Nutrition of Preschool and School Children Public Health Institute of Republic of Srpska, Ministry of Education and Culture, Ministry of Health and Social Welfare Republic of Srpska (2012);
- Guidelines on Nutrition for School and Preschool Staff, “Choose the right to grow healthy” parents Institute of Public Health of Republic of Srpska;
- Guidelines on Nutrition for Health Workers, Institute of Public Health of Republic of Srpska (2005);
- Guidelines for Prevention and Treatment of Obesity in Children and Adolescents in primary care - family medicine teams, Ministry of Health and Social Welfare Republic of Srpska.;
- Guidelines for Prevention and Treatment of obesity in Adults in primary care - family medicine teams, Ministry of Health and Social Welfare Republic of Srpska.



Further activities

- Bosnia and Herzegovina activities on establishing partnerships and identifying all relevant stakeholders were limited as a result of COVID-19 pandemic.
- By the end of the 2020, we will do necessary multisectorial activities for establishing a working group at the country level, which will include all necessary stakeholders especially for the purpose of WP5.

Thank you for attention !!!



**Dr Dušan Kojić, acting Project Coordinator
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