



UNITED ARAB EMIRATES
MINISTRY OF HEALTH & PREVENTION



**National Policy for the Promotion of Healthy Lifestyles
in the United Arab Emirates
(Healthy Food - Physical Activity - Tobacco Control)**

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General Framework of the National Policy for the Promotion of Healthy Lifestyles

Vision:

A community that embraces healthy, sustainable lifestyles

Mission:

Develop a multi-sectoral national framework for the Promotion of healthy lifestyle to reach the highest levels of health for community members and enhance wellbeing within the concept of community partnership in the UAE.

Policy Scope:

- The Policy shall be applied to all community members; and
- The Policy shall be focused on promoting the following healthy lifestyles: healthy food - physical activity - tobacco control.

Purpose of the National Framework:

A more coordinated strategic approach is becoming increasingly important for the success of efforts to effectively enhance the health sector in the country, which is the responsibility of all levels and sectors of the country concerned. Therefore, a multisectoral national approach may result in a more effective and efficient use of national resources.

The national framework can be more effective due to the integration of efforts without any change in the responsibilities of governments. The framework implies a commitment by all parties to engaging better together in fields of joint responsibility and a commitment to improving the coordination of public health functions and health sector services, coordinating the planning, implementation, and definition of roles, and improving information sharing and innovation. The National Framework also provides a mechanism opportunity to engage the non-governmental sector and the wider community at the national level to achieve the desired objectives of developing the health system to prevent, control diseases related to unhealthy lifestyles, promote healthy lifestyles to reduce these diseases, as well as enhance competitiveness and achieve the country's strategic objectives and directions.



Policy Principles

Support Leadership, Governance, and Alignment	Cooperation and Partnership
Agility and Sustainability	Equity and Transparency
Innovation	Community Participation and Empowerment

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Objectives of the Policy

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- Enhancing the quality of healthy life for the individual and society to achieve the vision of the UAE Centennial 2071 "The best country in the world";
- Improving leadership and governance capacities to accelerate the country's response to promoting healthy lifestyles to prevent and respond to health problems and diseases associated with unhealthy lifestyle;
- Increasing international support and cooperation as well as emphasizing the importance of the prevention and response to diseases associated with an unhealthy lifestyle at the global, regional, and national levels;
- Supporting and reorienting capacity development by improving the structural, institutional, human, and health system capabilities to take over the prevention and response to modifiable risk factors for diseases associated with an unhealthy lifestyle through people-centered health care;
- Creating healthy environments that enhance and protect the rights of all society members of all ages to benefit, on an equal footing, from safe environments, places, and spaces in society to reduce exposure to modifiable risk factors for diseases associated with an unhealthy lifestyle;
- Enhancing and supporting national capacities for development and high-level research related to the prevention and response to modifiable risk factors for diseases associated with unhealthy lifestyles;
- Monitoring global and national trends and determinants related to diseases associated with unhealthy lifestyles and assessing progress in preventing and responding to them;
- Promoting multisectoral partnerships to enable effective preventive interventions for problems and diseases associated with an unhealthy lifestyle; and
- Establishing the concept of community partnership by increasing the awareness of community members about healthy behaviors that contribute to a long and healthy life.



Illustrative framework of the National Policy for the Promotion of Healthy Lifestyles in the United Arab Emirates:

National Policy for the Promotion of Healthy Lifestyles in the United Arab Emirates						
Vision	Promoting sustainable, healthy lifestyles among community members in the UAE					
Mission and Objective	Developing a multi-sectoral national framework to promote healthy lifestyles and achieve the highest levels of health for community members in the UAE, within the framework of community partnership					
General Policy Approach	Public health approach – centered on the priority of community health					
Principle	Support Leadership, Governance and Alignment	Cooperation and Partnership	Agility and Sustainability	Equality and Transparency	Innovation	Participation and Empowerment
Axes	1. Governance – Supporting Leadership and Building Partnerships.	2. Reducing the modifiable risk factors associated with lifestyle diseases	3. Promoting Community Engagement – and Empowering Community Members	4. Monitoring and Assessing Lifestyle-related Disease Trends and Determinants	5. Improving Research Capacities in Healthy Lifestyle Research in the Country	6. Creating and Establishing Health-promoting Environments in the Country
Fields of Work						
Executive Plan of the National Policy for the Promotion Healthy Lifestyles of the United Arab Emirates						

Main Target Spaces: outdoor and indoor public spaces, residential spaces, educational

Target Group of the Policy: all members of community

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Axes	Fields of Work
1. Governance – Supporting Leadership and Building Partnerships.	1.1 Establishing and supporting social, financial, and administrative commitment.
	1.2 Strengthening coordination at all levels - effective national partnerships, networks, and international cooperation.
	1.3 Developing legislation that promotes healthy lifestyles
	1.4 Establishing the institutional capacities of health entities and concerned entities in order to fill resources and specialized cadres.
2. Reducing the modifiable risk factors associated with lifestyle diseases.	2.1 Reducing unhealthy food consumption.
	2.2 Combating physical inactivity.
	2.3 Controlling Tobacco use to prevent tobacco consumption to reduce the rate of disease and mortality caused by the increased use of its products.
	2.4 Ensuring continuity of health services in support of sustainable lifestyles during emergencies, disasters, and pandemics
3. Promoting Community Engagement – and Empowering Community Members.	3.1 Empowering community members to make informed decisions about their health through appropriate and continuous health education.
	3.2 Engaging communities in the planning, design, and assessment processes to effectively promote healthy lifestyles.
4. Monitoring and Assessing Lifestyle-related Disease Trends and Determinants.	4.1 Strengthening the monitoring system for risk factors for diseases associated with an unhealthy lifestyle.
	4.2 Providing and creating an accurate database and statistics of risk factors and their determinants.
5. Improving Research Capacities in Healthy Lifestyle Research in the Country.	5.1 Promoting high-quality research and development in the prevention and response of risk factors for diseases associated with unhealthy lifestyles.
6. Creating and Establishing Health-promoting Environments in the Country.	6.1 Developing initiatives and supportive interventions to promote healthy lifestyles in environments both indoors and outdoors that promote health.
	6.2 Preserving environmental safety

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1. First Axis: Governance – Supporting Leadership and Building Partnerships.

This pillar supports national capacity and adopts a multisectoral national policy and partnerships required to prevent and respond to risk factors for diseases associated with unhealthy lifestyles to accelerate the national response by establishing capacities, leadership and governance, and multisectoral partnerships to accelerate the country's response in this regard.

It also focuses on establishing partnerships with federal entities, local authorities, and the private sector to enhance the UAE's health position and contribute to achieving sustainable development in the country by providing comprehensive and innovative health services with international standards. Strategic partnerships include those partnerships that seek to achieve the national agenda's indicators as well as the strategic objectives emerging from joint events and national initiatives.

Legislation, including laws, bylaws, and decisions, is an important tool to implement the objectives of health policies to protect the health of community members from risks associated with unhealthy lifestyles. Such legislation also enables the competent regulatory authority to issue rules, standards, regulations, guidelines, and other binding requirements as well as the required decisions in all areas of control of specifications and standards for healthy food and tobacco. Therefore, legislation shall be comprehensive in all these fields and keep up with scientific developments and changes and global and local developments.

Work Procedures for the First Axis:

1.1 Establishing and Supporting Social, Financial, and Administrative Commitment

- ✚ Adding the axes of the national policy for the promotion of healthy lifestyles to the government directives and enablers and the national agenda, which includes all national strategies, in line with the UAE Vision 2021, the Strategy for wellbeing 2031, the Smart Government Initiative, the National Innovation Strategy, the Future Foresight 2050, the UAE Centennial 2071, and the Fifty-Year Plan - Health;
- ✚ Encouraging competent authorities, decision-makers, and stakeholders to commit to supporting the directions and axes of the national policy for the promotion of healthy lifestyles, including sustainable local financing, as well as developing and adhering to the policy

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framework as part of the health development vision in the country for its strong effect on the wellbeing and the happiness of community members;

- ✦ Establishing health systems and continue to be reoriented towards preventing and responding to the risk of unhealthy lifestyles through people-centered and inclusive health care;
- ✦ Promoting and developing action to promote and apply regional, national, and community policies and action plans to enhance systems and increase healthy lifestyles. Such plans shall be sustainable and inclusive and all sectors, including the media, the commercial sector, and civil society, must be actively involved in these plans;
- ✦ Providing resources to promote lifestyle, physical health, and lifestyle enhancement programs;
- ✦ Promoting a healthy lifestyle and wellbeing through a multisectoral and multilateral approach with the identification of main stakeholders and clear roles and responsibilities;
- ✦ Encouraging the role of the private sector and supply chains in promoting lifestyles by supporting healthy choices;
- ✦ Integrating economic assessment mechanisms, to assess investment feasibility, cost-analysis, and value-added in investment decision-making, into preventive and therapeutic interventions for lifestyle-related risk factors;
- ✦ Establishing a monitoring and follow-up mechanism to improve people's lifestyle and physical well-being;
- ✦ Developing a multisectoral implementation plan for national policy and developing a range of intended national objectives and indicators based on the national situation. In addition to developing its respective assessment plan to ensure continuous improvement of quality, efficiency, and suitability;
- ✦ Increasing budget allocations for the prevention and control of lifestyle-related diseases and risk factors through innovative financing mechanisms, such as tobacco and other unhealthy product taxation;
- ✦ Ensuring the optimal use of resources and investments in promoting healthy lifestyles; and
- ✦ Encouraging the application of digital technologies and innovation methodology to accelerate the impact of national policy, plans, and the resulting effective strategies.

1.2 Strengthening Coordination at all levels - Effective National Partnerships, Networks, and International Cooperation

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- ✦ Supporting the role of the Ministry, health entities, and concerned entities in implementing, supervising, and controlling healthy lifestyle promotion services, each within their competence, and providing the appropriate health environment in the country to implement the relevant initiatives;
- ✦ Increasing the efficiency of the health sector through health partnerships with various international entities and organizations that signed a cooperation agreement, a memorandum of understanding, or memberships with the Ministry of Health and Prevention and the concerned authorities, if it is an international or regional organization. International partnerships contribute significantly to enhancing competitiveness and continuing to improve the quality of health services provided, resulting in a more effective and efficient healthcare system;
- ✦ Strengthening international cooperation and emphasizing the importance of preventing and controlling lifestyle risk factors at the global, regional, and national levels;
- ✦ Creating effective and long-term mechanisms to coordinate between health and non-health entities to protect and promote healthy lifestyles and clarify roles and responsibilities through a collaborative system based on knowledge and creativity sharing;
- ✦ Providing a smart platform for knowledge sharing in the field of public health, including axes related to promoting healthy lifestyles and thus promoting wellbeing. This platform allows for cross-sector problem-solving, innovation, and partnership opportunities;
- ✦ Hosting annual conferences and seminars specialized in methodologies to promote healthy lifestyles and wellness life to invite national, regional, and global professionals and researchers to meet to encourage leading practices in the field; and
- ✦ Sharing background information and collaborating on cross-sectoral initiatives related to national policy development and implementation.

1.3 Developing legislation that promotes healthy lifestyles

- ✦ Reviewing the current legislation concerned with promoting healthy lifestyles and updating these legislations to reflect local and global trends, changes, and developments;
- ✦ developing new legislation to promote wellbeing and healthy lifestyles as necessary;
- ✦ Applying and activating the articles of legislation (laws - decisions - regulations) that support responding to risk factors for unhealthy lifestyles in cooperation with the concerned entities and partners; and
- ✦ Developing regulatory decisions resulting from the relevant health legislation.

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1.4 Establishing the Institutional Capacities of Health Entities and Concerned Entities

- ✦ Establishing the institutional capacities and innovative infrastructure of health entities and concerned entities to fill resources, as well as developing initiatives and programs and monitoring implementation;
- ✦ Ensuring the availability of sufficient trained workforce for the health sector, especially preventive, and increasing the cadres of public health and other specialties concerned with responding to risk factors for unhealthy lifestyles;
- ✦ Developing the necessary human resources for the health sector assigned to respond to unhealthy lifestyles through appropriate education and continuous training;
- ✦ Transforming from the concept of the traditional doctor to future doctors and wellbeing consultants;
- ✦ Improving public health programs by supporting health prevention and promotion initiatives and programs;
- ✦ Career planning to form the required team for health sector services at all levels;
- ✦ Encouraging specialization in health education and preventive health promotion;
- ✦ Providing appropriate technical support for national capacity-building in the planning and implementation of national operational plans and the development of such plans for implementation in accordance with local circumstances; and
- ✦ Ensuring continuous improvement of performance management processes, including transparency, agility, and responsiveness.

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2. Second Axis: Reducing the Modifiable Risk Factors Associated with Lifestyle Diseases

The goal of preventing and responding to modifiable risk factors linked to lifestyle diseases and their socioeconomic determinants is to improve dietary and physical behavior as well as tobacco control for all segments of society through a healthy lifestyle. There is an urgent need for intensive efforts towards promoting physical activity, reducing sedentary behavior, improving dietary habits, and combating smoking among all segments of the community to reduce the risk of diseases associated with unhealthy lifestyles. Therefore, any country must raise awareness among its citizens and residents, provide the required information about the benefits of a healthy lifestyle, and provide preventive and curative services to respond to unhealthy lifestyles and special risk factors.

Action Procedures for the Second Axis:

2.1 Reducing Unhealthy Food Consumption

- + Providing suitable models and techniques to enable the country's health sector to incorporate dietary and physical activity interventions into its overall health care plan;
- + Implementing public health programs in line with the best international standards to improve the dietary habits of different groups of communities based on social, cultural, and economic determinants and in various environments, including work, study, and social gathering environments, with a focus on the most vulnerable to the risk of unhealthy food as well as the youth;
- + Reducing the rate of intake of foods high in salt (sodium);
- + Reducing the rate of intake of foods high in sugar;
- + Increasing the intake of fruits and vegetables;
- + Reducing the rate of intake of foods high in trans fats;
- + Developing standards at the state level, guidelines, and recommendations for society in general and food producers and importers in particular, to:
 - o Reduce the level of salt or sodium in pre-packaged or processed foods;
 - o Reduce, as much as possible, the nutrition supplies of hydrogenated fatty acids and use unsaturated fatty acids; and
 - o Reduce the rate of food and beverages of free and added sugars.
- + increasing efforts to promote healthy lifestyles for those most vulnerable to risk of unhealthy lifestyles;

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- + Ensuring healthy nutrition in early life and childhood, including the promotion of breastfeeding;
- + Implementing food legislation provisions concerning infant and child nutrition, applying the International Code of Dairy Alternatives, and requiring all children's and women's hospitals to be child-friendly hospitals;
- + Applying regulations, that include a framework for monitoring and restriction, on the marketing of unhealthy foods and sugary drinks for children;
- + Activating virtual health services by activating the preventive virtual clinic service (Virtual Healthy Lifestyle Promotion Clinic) to reduce the risk factors for lifestyle-related diseases in health institutions;
- + Reducing the direct and indirect promotion of unhealthy foods, adopting regulatory interventions to control the rate of intake of unhealthy foods and beverages, such as the tax on selected goods for unhealthy foods, and developing regulations to reduce the promotion and excessive consumption of food;
- + Enhancing behavioral triggers towards healthy food choices, as well as promoting the idealization and diversity of healthy food choices;
- + Encouraging health education oriented to all categories of community based on socio-economic determinants, with a focus on those most vulnerable to the risk of unhealthy foods and focusing on youth and women; and
- + Adopting healthy lifestyle practices such as encouraging and promoting healthy cooking.

2.2 Combating physical inactivity

- + Implementing public health programs according to the best international standards to encourage healthy physical activity for various segments of society based on social, cultural, and economic determinants and in various environments, with a focus on the anthelmintic groups;
- + Developing and implementing national guidelines on health-promoting physical activity;
- + Promoting physical activity through activities of daily living, in collaboration with relevant sectors;
- + Including physical activity in the policies of other relevant sectors, to ensure alignment and integration of policies and action plans.;
- + Promoting behavioral encouragement to make physical activity in its various forms an important part of the daily routine;
- + Using the media to raise awareness about the benefits of physical activity disseminate the culture of continuous physical activity;
- + Ensuring that walking, cycling, and other forms of movement-based transportation are accessible and safe for all members;
- + Encouraging the community to give up some behaviors that do not support women's participation in sports activities to promote gender equality in this field;

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- + Providing good physical education that encourages children to follow behavior patterns that make them develop physical activity throughout their lives;
- + Providing sports and entertainment facilities so that everyone can participate in sports;
- + Controlling actions to promote physical activity;
- + Promoting proper physical activity without the use of harmful substances;
- + Monitoring malpractices in gyms such as the use of supplements or banned substances that harm physical health. Reviewing the advertising posts of these substances in cooperation with the concerned entities;
- + Establishing an accredited sports platform and providing it with the correct practices and guidelines according to the approved scientific standards; and
- + Allocating sports centers for different age groups to practice physical activities.

2.3 Controlling Tobacco use to prevent tobacco consumption to reduce the rate of disease and mortality caused by the increased use of its products

- + Implementing public health programs in accordance with the best international standards to combat tobacco smoking for all segments of the community based on social, cultural, and economic determinants and in various environments, with a focus on those most vulnerable to the risk of smoking demand;
- + Primary preventing tobacco use initiation;
- + Protecting community members from exposure to tobacco product emissions;
- + Secondary preventing tobacco use and promoting tobacco cessation;
- + Promoting awareness in combating some behaviors harmful to the health of women and children, especially during pregnancy and immediately after pregnancy, such as tobacco use and other unhealthy products;
- + Establishing and fostering a national tobacco consumption and complications monitoring system that includes the primary health care system and regular smoking surveys based on the recommendations of the Global Tobacco Monitoring System through national surveys;
- + Issuing and activating legislation and laws supporting tobacco control;
- + Organizing the sale and display of tobacco products for sale;
- + Blocking direct and indirect tobacco product ads;

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- + Providing quality and available smoking cessation services, including tobacco cessation clinics, and providing a hotline or other means of communication;
- + Providing quality and available services for smoking cessation, including clinics, a hotline, or modern communication technologies that encourage giving up tobacco use;
- + Enhancing financial and tax procedures on tobacco products and considering the possibility of directing a portion of the tax revenue towards national tobacco control initiatives;
- + Accelerating the implementation and application of the provisions of the WHO Framework Convention on Tobacco Control and ratifying the Protocol to Eliminate Illicit Trade in Tobacco Products; and
- + Applying a tobacco law implementation framework that is in line with tobacco control policy and decisions.

2.4 Ensuring continuity of health services in support of sustainable lifestyles during emergencies, disasters, and pandemics

- + Forming a distinguished group of specialists in emergency, crisis, and disaster management, along with qualified health cadres and public health professionals nationwide to enhance emergency response operations and maintain the range of services offered to respond to health risks linked to lifestyles;
- + Providing strategic medical stocks of essential medicines for diseases associated with unhealthy lifestyles and their risk factors. In addition to the e-linking between the concerned authorities in the country to carry out the tasks of storage, recycling, and distribution of pharmaceutical products for those diseases in emergencies, crises, and disasters to coordinate and provide an effective response on time;
- + Promoting emergency readiness for health risks, communication protocols, training, and practical simulations as part of the features of a strong public health system in the country at large;
- + Responding to the spread of diseases associated with an unhealthy lifestyle during emergencies, especially during quarantine and lockdown periods, to prevent and reduce risks to the health of community members;
- + Extending the scope of virtual health services in health institutions by activating the preventive virtual clinic service from risk factors for lifestyle-related diseases;
- + Supporting planning and response processes across multiple sectors to improve the health system's capacity and agility in controlling the spread of diseases associated with an unhealthy lifestyle, as well as informing all entities;

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- ✚ Increasing community confidence in the health sector by responding quickly and effectively to the spread of diseases, epidemics, and disasters; and
- ✚ Creating a national platform to raise awareness of noncommunicable diseases and risk factors, as well as linking them to pandemics.

3. Third Axis: Promoting Community Engagement – and Empowering Community Members

By empowering and assisting community members in controlling their level of health, this axis aims to establish the concept of a sustainable healthy society in which the culture of "health is everyone's responsibility" is established and protected from health risks and threats. Health promotion is "the process of empowering individuals to increase control over their health and improve their health conditions. These initiatives include a wide range of social and environmental interventions in addition to focusing on individual behavior.

Community engagement and empowerment are critical in improving the health of community members. Community engagement and empowerment greatly enhance the sustainability of wellbeing programs and initiatives and promote healthy lifestyles. It develops in individuals a strong sense of responsibility for these efforts and their success. Additionally, community engagement and empowerment improve resource use and enable customized programs that best meet community needs.

In this regard, the importance of the concerned entities' role in effective engagement processes is highlighted. It includes the directions of the wise government, community leaders, the Ministry of Health and Prevention, the concerned health and non-health entities such as religious institutions, schools, universities, non-governmental organizations, sports bodies, the private sector, civil society, the media, and others.

Work Procedures for the third Axis:

3.1 Empowering Community Members to make Informed Decisions about their Personal Health through Appropriate and Continuous Health Education

- ✚ Enhancing access to the most recent evidence-based guidance and advice for maintaining and improving health and wellbeing;

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- + Introducing members of the community to the various services available for improving wellbeing;
- + Raising the level of health education for community members so that they can make the best health and behavioral choices for themselves and their families;
- + Understanding the role of individuals, families, and communities in maintaining and promoting their health and well-being to live longer lives, increase productivity, and reduce health conditions, diseases, and premature death;
- + Receiving messages that are clearer, more relevant, and consistent about how to promote a personalized healthy lifestyle;
- + Taking advantage of innovative opportunities to promote health education;
- + Focusing on health literacy to empower community members to better manage their health;
- + Developing appropriate cultural and linguistic communication strategies for all target groups, including those most vulnerable to risk of health;
- + Developing a national health education framework in public health with a social communication strategy by introducing health determinants more broadly;
- + Developing social vocational training programs in promoting healthy lifestyles;
- + Promoting proper health behaviors in children in order to reduce the potential future burden of diseases associated with poor health choices and behavioral risk factors;
- + Developing health education programs for schools, workplaces, and other relevant institutions; and
- + Promoting key preventive health messages and programs, as well as modifying risky health behaviors.

3.2 Engaging communities in the planning, design, and assessment processes to effectively promote healthy lifestyles

- + Extending the scope of community participation in the development, implementation, and sustainability of public health programs and initiatives, particularly those that support wellbeing and healthy lifestyles;
- + Forming a community counseling team to develop public health initiatives appropriate to the health status and behavioral risks of the community;
- + Defining all community partners involved in public health and promoting healthy lifestyles across government institutions, private sector institutions, non-governmental organizations, and others to organize and integrate health activities into the health system and maximize the use of resources;
- + Establishing a register of community health partners through the smart platform for health policies and legislation;

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- ✦ Analyzing and applying community members' and concerned entities' perspectives, opinions, and observations in developing and promoting creative solutions that are appropriate for the local context;
- ✦ Conducting a survey of community engagement and satisfaction with healthy lifestyle initiatives, as well as assessing the impact of policies and legislation that support healthy lifestyles;
- ✦ Establishing collaborative social forums to promote healthy behaviors among community members; and
- ✦ Identifying and implementing standard specifications for comprehensively assessing the performance of healthy social programs and allowing their continuous development.

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4. Fourth Axis: Monitoring and Assessing Lifestyle-related Disease Trends and Determinants

To improve population health, community assessments shall be carried out to determine the demographic situation, health risks, resources, assets, and health sector services that are accessible to the relevant national entities. In addition to collecting data on the entire population, it is necessary to work with community leaders and concerned entities from all sectors to identify local needs and implement effective measures to promote healthy lifestyles. This data enables the use of community resources to develop sustainable and appropriate health solutions.

It is important to provide high-quality, comprehensive, and easily accessible data on population health in order to gain a better understanding of community health. This includes coordinating roles and responsibilities for coordinated data collection and approving effective methods of data management and analysis.

Work Procedures for the Fourth Axis:

4.1 Strengthening the monitoring system for risk factors for diseases associated with an unhealthy lifestyle

- ✚ Identify and include criteria for prevention (primary), health consultation, risk factor (secondary), early detection, and control in national guidelines for routine primary health care;
- ✚ Strengthening the monitoring framework to identify mortality and morbidity, risk factors and their determinants, and health system capacity and response;
- ✚ Enhancing human resources and institutional capacity for monitoring and assessment;
- ✚ Improving access to early detection and management of diseases caused by unhealthy lifestyles and risk factors as part of the primary health care package;
- ✚ Using a unified survey for all programs to monitor physical measurements and dietary and physical habits at events, primary health centers, and relevant health facilities; and
- ✚ Annual assessing performance indicators for programs and initiatives: Basic and additional indicators of the level of primary health care for balanced dietary, physical activity, tobacco control, and early detection programs for risk factors.

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4.2 Providing and Creating an Accurate Database and Statistics of Risk Factors and their Determinants

- + Providing an accurate database and statistics for recording statistics and data of risk factors associated with lifestyles: nutrition factors - physical activity;
- + Establishing and strengthening the link between the tobacco use monitoring system and its complications and developing a database on tobacco products and their economic activities that promotes the development of future tobacco control plans;
- + Integrating monitoring framework elements into the national information system (Central Health Data System);
- + Using artificial intelligence techniques to predict and forecast health patterns of the UAE society;
- + Improving reporting and access to population health data for authorized entities and specialists;
- + Providing a centralized entity for data collection, management, analysis, and reporting to conduct an accurate assessment of the population's health. This requires cooperation and coordination between partners in the health sector and other relevant sectors, to establish a centralized data storage system. It is used in epidemiological control to continuously reflect the population's health status;
- + Conducting a range of periodic national health surveys to provide basic data about the population's challenges and health needs, including those most vulnerable to risk of disease, particularly diseases associated with unhealthy lifestyles and their risk factors;
- + Analyzing data to assess the effectiveness of relevant implemented programs, identifying health priorities, and ensuring resource efficiency;
- + Publishing, announcing, and sharing a periodic report on the results of the national health survey with the concerned entities to assist in tracking health trends and assessing the impact of behavioral risks; and
- + Ensuring the alignment, management, and validation of data using high-quality methods in addition to maintaining its confidentiality and privacy.



5. Improving Research Capacities in Healthy Lifestyle Research in the Country

Improving research and capacity in public health, wellbeing, and healthy lifestyle promotion requires focusing on high-quality research and supporting research capacities, which enable effective planning, decision-making, and the development and assessment of appropriate, effective, and modern health policies. Scientific research procedures that meet national and international standards should be adhered to, including focusing on social determinants of health and identifying the impact of health policies on health and social improvement.

Work Procedures for the Fifth Axis:

5.1 Promoting high-quality research and development in the prevention and response of risk factors for diseases associated with unhealthy lifestyles

- Improving research capacity in the country to develop policies and programs and conduct evidence-based assessments, using research methods that are in line with international best practices in this field;
- Promoting partnerships with academic institutions to provide formal opportunities for research engagement and continued education, and fill gaps in research and data collection processes to improve and expand research capacity;
- Creating links and taking advantage of major opportunities to work with scientific research entities, universities, health care providers, and other relevant entities to conduct collaborative research;
- Promoting a culture of participation in health research in the community;
- Providing financial support for health research and innovation; and
- Establishing controls to protect the intellectual property of medical research and innovations.

5.2 Applying and using the results and recommendations of research and studies to develop appropriate initiatives and interventions to promote healthy lifestyles

- Publishing the results of scientific research;
- Establishing an available e-platform to collect health research in this field; and

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- Converting scientific knowledge and evidence into real-world initiatives.

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6. Sixth Axis: Creating and Establishing Health-promoting Environments in the Country

This axis aims to improve public facilities and educational institutions by strengthening national policy, regulatory, and design guidelines and frameworks. This includes schools, healthcare facilities, sports, recreation, workplaces, and social housing designed to allow community members of various ages, nationalities, and abilities to benefit from the state-provided environment that promotes healthy lifestyles. This is carried out across the various sectors involved to achieve excellence in resource mobilization and the implementation of coordinated actions at both the national and international levels.

Work Procedures for the Sixth Axis:

6.1 Developing Initiatives and Supportive Interventions to Promote Healthy Lifestyles in Environments Both Indoors and Outdoors that Promote Health

- + Developing programs and initiatives to promote healthy lifestyles for various segments of society in:
 - ✓ Educational institutions, especially schools;
 - ✓ Healthcare Facilities;
 - ✓ Workplaces;
 - ✓ Sports Clubs;
 - ✓ Food Establishments;
 - ✓ Public and Residential Areas
 - ✓ Virtual environment; and
 - ✓ Residential Units (Residential Environment).

6.1.1 Educational institutions, especially schools:

- + Activating and intensifying physical activity in schools as a practical basic subject;

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- + Improving the quality of food in school canteens and continuously monitoring and developing school canteens;
- + Developing requirements and legislation related to the nutritional aspects of foods in schools;
- + Integrating activities to promote physical activity and healthy food into the school health plan;
- + Implementing special programs for school students to raise awareness of the dangers of saturated and trans fats, high-energy drinks, and sugar, as well as the benefits of eating vegetables, fruits, and other healthy foods, as part of routine activities;
- + Organizing meetings and awareness programs for healthy food and physical activity with parents. In addition to implementing programs to teach mothers and students healthy cooking methods and healthy food recipes;
- + Implementing initiatives for parents and students to increase physical activity at home;
- + Developing controls and legislation in childcare centers to ensure adequate and safe spaces for active play. In addition to developing standards for the quality of food served to children in these centers;
- + Including teachers or health coaches in training programs to serve as program coordinators in their schools, particularly in health-promoting schools;
- + Measuring height, weight, and BMI regularly to monitor and educate students who are overweight, obese, or suffering from lifestyle-related illnesses;
- + Preparing work manuals for healthy food for school students;
- + Preparing work manuals for school students to teach them about the dangers of smoking and other harmful behaviors;
- + Increasing the inclusion of content about the consequences and dangers of unhealthy lifestyles in school curricula;
- + Organizing awareness programs for students about the importance of physical activity as well as the negative aspects (such as daily use of electronic devices or the Internet);
- + Using the school's health promotion capabilities such as schoolyards and sports clubs outside official working hours;
- + Organizing special physical activity programs for male and female teachers; and
- + Developing the Health-Promoting Schools Initiative (Obesity, Healthy Food, Physical Activity, and Smoking Control).

6.1.2 Health Facilities

- + Providing clinics to promote healthy lifestyles to prevent chronic diseases associated with unhealthy lifestyles (dietary imbalance, obesity, lack of physical activity, and special clinics to help give up smoking);
- + Preparing and disseminating healthy eating and physical activity guidelines for health center visitors;

*In case of any misinterpretation, the Arabic version of this policies prevails.



- + Preparing and activating training packages;
- + Developing a training program for health workers to provide healthy lifestyle advice;
- + Setting up smart apps for healthy lifestyles and smoking cessation;
- + Implementing awareness activities and programs for health center visitors;
- + Encouraging breastfeeding and not promoting breast milk substitutes in health centers;
- + Preparing and distributing healthy food manuals for preschool children through primary health care centers and other health facilities; and
- + Preparing and distributing active play manuals for preschool children through primary health care centers and other health facilities.

6.1.3 Workplaces

- + Developing legislation on the availability of sufficient spaces for active entertainment in institutions and workplaces;
- + Developing guidelines for employees on healthy food and physical activity;
- + Implementing employee awareness programs on the assessment and monitoring of chronic diseases related to a healthy lifestyle, as well as encouraging physical activity and balanced dietary; and
- + Seeking to establish sports clubs for entities that provide health and education services to their employees.

6.1.4 Food Establishments

It includes all establishments that manufacture, produce, market, and sell various foods (factories, restaurants, etc.)

- + Following up on the application of the legislation regulating food labeling (food labels) on the determination of food data both in restaurants and food places, especially desserts made and their calorie content, as well as those related to flavored foods and sugary drinks so that they contain sufficient information about calories, nutritional composition, and serving size.

*In case of any misinterpretation, the Arabic version of this policies prevails.



- + developing an accreditation system and encouraging food companies that offer healthy, low-calorie foods and competing with fast food restaurants with more beneficial ones.
- + Imposing taxes on high-calorie processed foods, especially sugary drinks and energy drinks.
- + Complying with the regulations and legislation issued in the country concerned with this regard, while providing guidelines for manufacturers and consumers.
- + Providing healthy foods at a lower price than others.
- + Finding healthy and regulated alternatives to risk factors for chronic diseases such as fats, salt and sugar in restaurants and food factories at reasonable prices.
- + Providing advice on the use of low-fat and fat-free foods in factories, cafes, and restaurants, and developing standards and criteria related to that (such as: applying and announcing the conditions and standards for healthy food)
- + Following up the application of legislation that obliges restaurants to indicate the nutritional content of the foods offered.

6.1.5 Sports Clubs

- + Engaging with other sectors to promote physical activity and increase sports clubs and national sports competitions for all segments of society of all ages.
- + Encouraging the community to engage in physical activity as a part of their daily life and facilitating access to sports clubs.
- + Benefiting from state-affiliated educational and social affairs clubs and centers.

6.1.6 Public and Residential Areas

- + Encouraging the creation of more walking and running tracks, as well as public parks, within a reasonable distance from residents in different areas.
- + Adopting environmentally-friendly building designs.



- ✚ Implementing campaigns to promote walking in the community and engaging sectors of transportation, urban planning, education, tourism, entertainment, sports, and physical fitness.
- ✚ Implementing early detection campaigns for chronic diseases related to nutritional imbalance and lack of physical activity in community gathering places such as markets, shopping centers, parks, and other public areas.
- ✚ Utilizing screens in markets to provide information about balanced nutrition, the importance of physical activity, and promoting the consumption of healthy food.
- ✚ Coordinating with relevant authorities to identify and eliminate any existing or potential sources of air pollution that negatively impact the creation of health-promoting environments for the community members.
- ✚ Implementing regular initiatives for public participation in public areas by engaging entire communities and providing enjoyable, affordable, and socially and culturally suitable experiences.
- ✚ Strengthening the integration of urban planning and transportation policies that prioritize the principles of mixed and interconnected use of spaces as needed to create interconnected neighborhoods that promote walking, cycling, and other wheel-based forms of movement.
- ✚ Enhancing improvements in the level of services provided by pedestrian-dedicated infrastructure and public transportation, while giving due attention to the principles of safety, inclusiveness, and equity in serving individuals of all age groups and abilities and in alignment with other commitments.
- ✚ Enhancing the availability of high-quality public open spaces and green areas, as well as recreational and sports facilities for people of all ages and abilities, ensuring that the design aligns with these principles to provide safe, inclusive, and accessible spaces for all, including seniors and people of determination.
- ✚ Accelerating the implementation of policy measures to improve road safety and personal safety for pedestrians and cyclists.
- ✚ Developing smart applications to facilitate finding and accessing walking, running, and cycling tracks.
- ✚ Enforcing stricter regulations on smoking prohibition near enclosed areas, such as schools, universities, and healthcare facilities.



- ✚ Implementing incentive programs for residents in residential areas through rewards and the use of modern applications (developing a smart rewards system using electronic applications).

6.1.7 Virtual Environment

- ✚ Using modern technology techniques to raise awareness about healthy lifestyles and elements of quality of life.
- ✚ Leveraging augmented reality and virtual reality applications to reduce risk factors such as obesity and physical inactivity.
- ✚ Utilizing available social media platforms and directing them towards supporting the efforts of relevant authorities as a means of supporting policy awareness, implementation, and achievement of desired goals, ensuring that the performance of these platforms is positive in this regard and avoiding any drawbacks that may arise from their use.

6.2 Preserving Environmental Safety:

- ✚ Implementing public health programs based on the best global standards to combat harmful indoor and outdoor environmental factors and lifestyles (such as air, water, and soil pollution, chemical toxicity, and more) for various segments of society, taking into account social, cultural, and economic determinants, and in different environments, with a focus on the most vulnerable groups to harmful environments.
- ✚ Developing standards and regulations to ensure indoor air quality in homes, public facilities, and enclosed gathering places.
- ✚ Developing standards and regulations to safeguard the safety of the food environment (cultivated and extracted from the sea and animal production farms) to ensure its health and quality and thus ensure human health and wellbeing.
- ✚ Developing national standards and regulations for green building to achieve sustainability in promoting infrastructure, building, construction, and energy to enhance the suitable environment and wellbeing.
- ✚ Planning sustainable, smart, healthy cities that support the adoption of healthy and positive behaviors.