

## **Avoid saturated fat and zero trans fat**

[Basics of trans fatty acids and the analysis](#)

[WHO global laboratory protocol to measure trans fatty acids in food samples](#)

[Avoid saturated fat: Eat less fat ... live a healthier life!](#)

[Arabic](#) | [French](#)

[Zero trans fat: Eat less fat ... live a healthier life!](#)

[Arabic](#) | [French](#)

### **Salt alert**

[Salt alert 1: Beware!](#)

[Arabic](#) | [French](#)

[Salt alert 2: Make healthier choices!](#)

[Arabic](#) | [French](#)

[Salt alert 3: Myths!](#)

[Arabic](#) | [French](#)

**Ban marketing of unhealthy foods and drinks to children**

[Ban marketing of unhealthy foods and drinks to children](#)

**Combat obesity**



**Unhealthy diets  
and sedentary lifestyles  
are damaging  
health in the**

[Unhealthy Diets and sedentary lifestyles](#)



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**Noncommunicable  
account for  
all deaths in the  
and unhealth**

[Non-communicable diseases and unhealthy diet](#)

# PEOPLE LIVING WITH DIABETES AND HEART DISEASE ARE AT GREATER RISK OF NONCOMMUNICABLE DISEASES



**Diabetes**



**Heart disease  
and stroke**



**Mental health  
illnesses**

[Obesity and risk of noncommunicable diseases](#)





**WEIGHT  
IS OF  
DRIVEN  
A VAR  
OF FAC**

[Radical use of obesity](#)

# PREVENT WEIGHT



Limit fats  
energy in  
portion s



Increase  
vegetable  
fruits and

[Arabic Weight Gain](#)

# HOW DO I KNOW MY WEIGHT IS

## Calculate your BMI

  $< 18.5$  und

 18.5–24.9

  $\geq 25$  is ov

[Ability Weight](#)



**WHAT C  
EVERYON  
TO COM  
THE OBE  
EPIDEM**

[Global obesity epidemic](#)





**LET  
TAI  
ACT**

[Action to combat](#)

Everyone can take  
action to combat  
the obesity epidemic...



[Everyone can take action](#)



[English: obesity now and post-COVID-19](#)

# Obesity is rising fastest in low- and middle-income countries



[Prevent and treat obesity](#)  
**Improve heart health**



[How can governments improve heart health](#)

**#BeatNCDs**

[Step up action to #beatNCDs](#)

[Mike Bloomberg explains NCDs and why you should care](#)

[Beat noncommunicable diseases: global conference \(October 2017\)](#)

[Scale up for the prevention and control of noncommunicable diseases](#)

[Halt the diabetes epidemic](#)

[Health the Frontline](#)

[Interview with HRH Dina Mired on NCDs Sep 2015](#)

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