

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
public 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

[Arabs Fight Gain](#)

HOW DO I KNOW MY WEIGHT IS

Calculate your BMI



< 18.5 und



18.5–24.9



≥ 25 is ov

[Abby Wright](#)

**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](#)



[Combat 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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