

SCHOOL FOOD POLICY COUNTRY FACTSHEETS



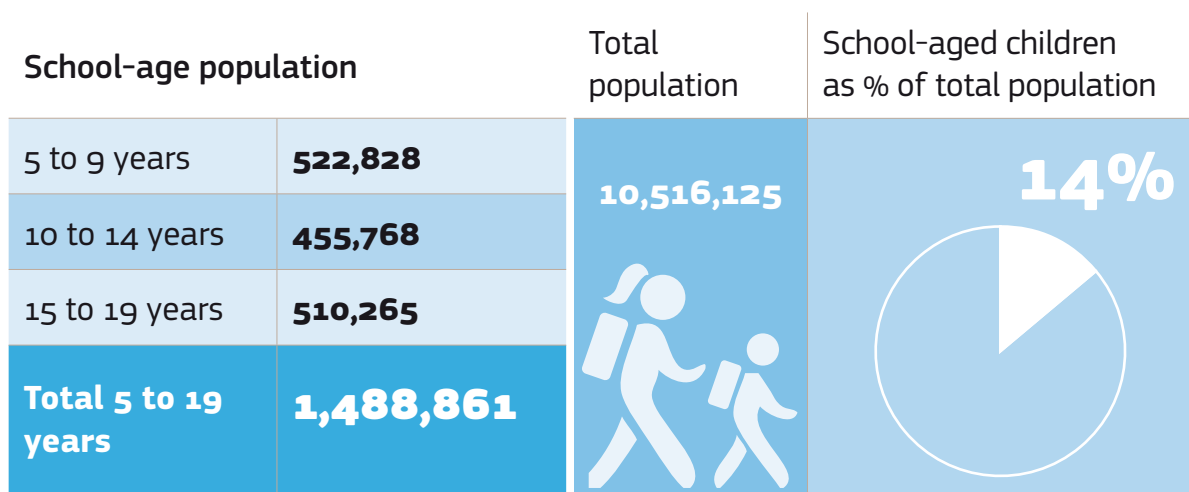
CZECH REPUBLIC



School food policy (mandatory)	“Vyhláška č. 107/2005 Sb., o školním stravování” “Vyhláška č. 108/2005 Sb., o školských výchovných a ubytovacích zařízeních a školských účelových zařízeních” “Vyhláška č. 107/2008 Sb., kterou se mění vyhláška č. 107/2005 Sb., o školním stravování”
Developed by	Ministry of Education, Youth and Sport
Year of publication	2005, 2008
Web link(s)	http://www.msmt.cz/uploads/soubory/sbo34_05.pdf http://www.msmt.cz/uploads/soubory/vyhlasiky/Novela_stravovani_107_08.pdf

1 General information

Demographic data



Source: EUROSTAT, year 2013.

Childhood overweight/obesity prevalence in Czech Republic

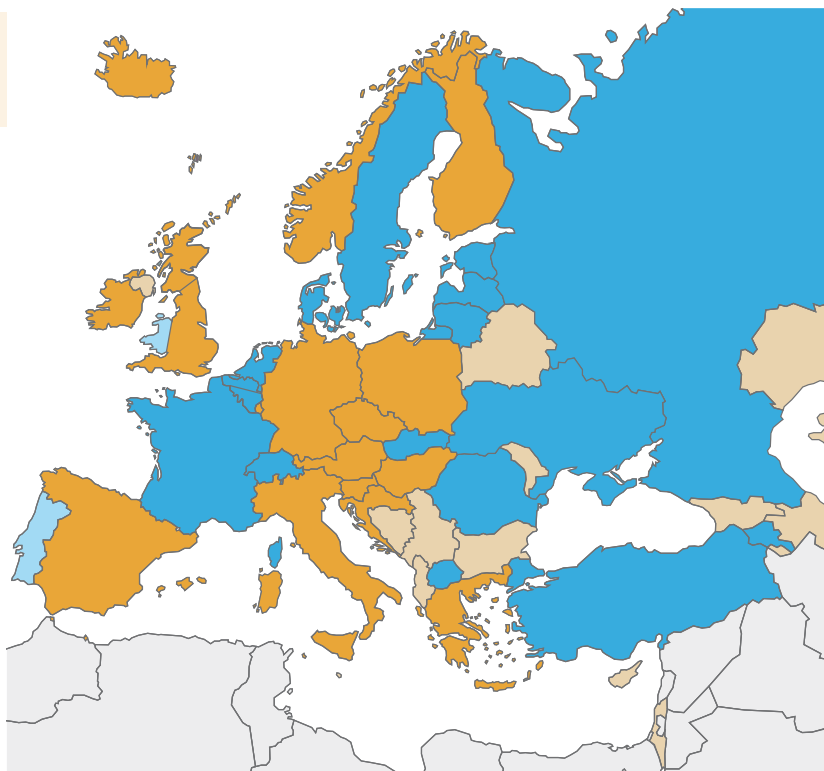
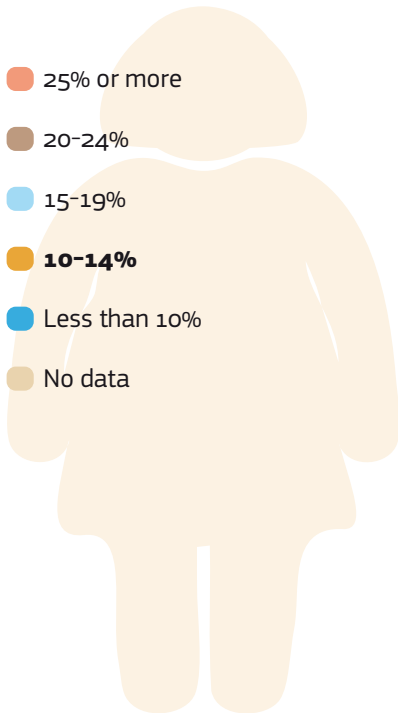
	Overweight (including obesity)		Obesity	
	2007/8	2009/10	2007/8	2009/10
Boys (7 years)	21.4%	24.4%	9.7%	10.7%
Girls (7 years)	20.2%	23.7%	5.7%	7.3%

From: Wijnhoven T, van Raaij J, Breda J. WHO European Childhood Obesity Surveillance Initiative. Implementation of round 1 (2007/2008) and round 2 (2009/2010). Copenhagen, WHO Regional Office for Europe, 2014.

Adolescent overweight/obesity prevalence in Europe

15-year-old girls who report that they are overweight or obese according to BMI

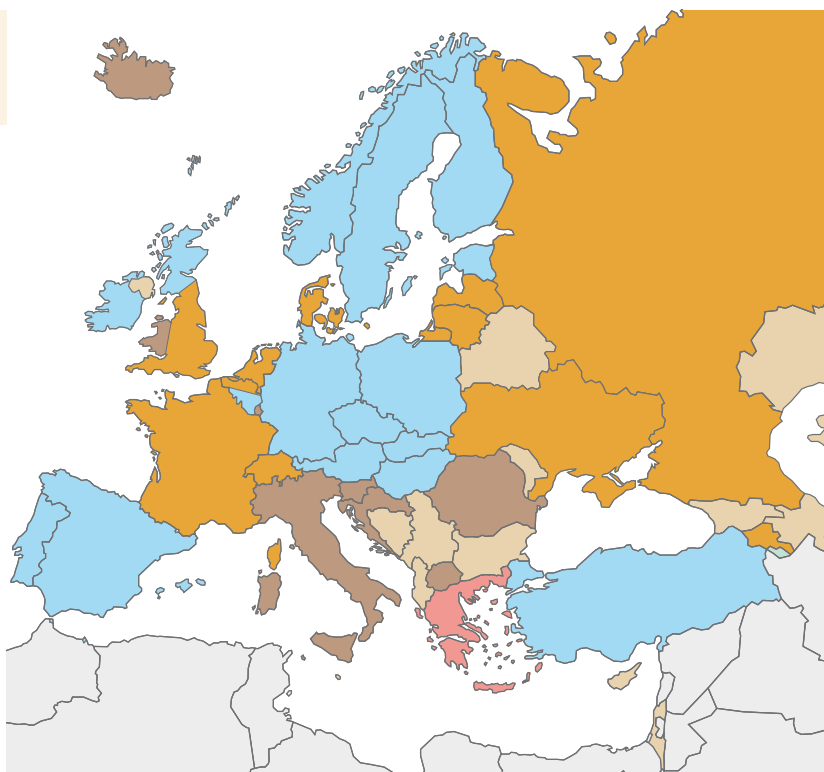
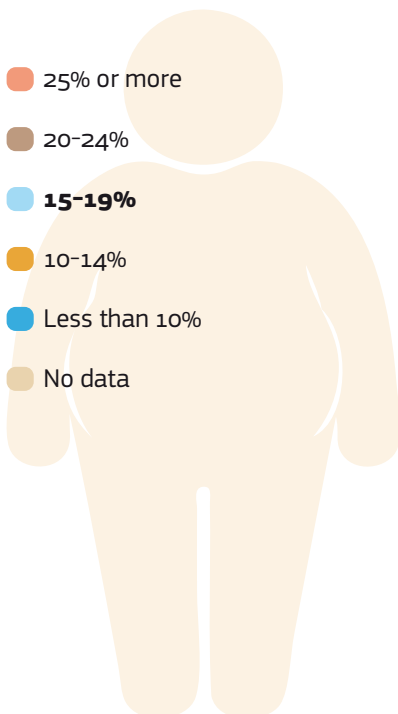
- 25% or more
- 20-24%
- 15-19%
- **10-14%**
- Less than 10%
- No data



Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

15-year-old boys who report that they are overweight or obese according to BMI

- 25% or more
- 20-24%
- **15-19%**
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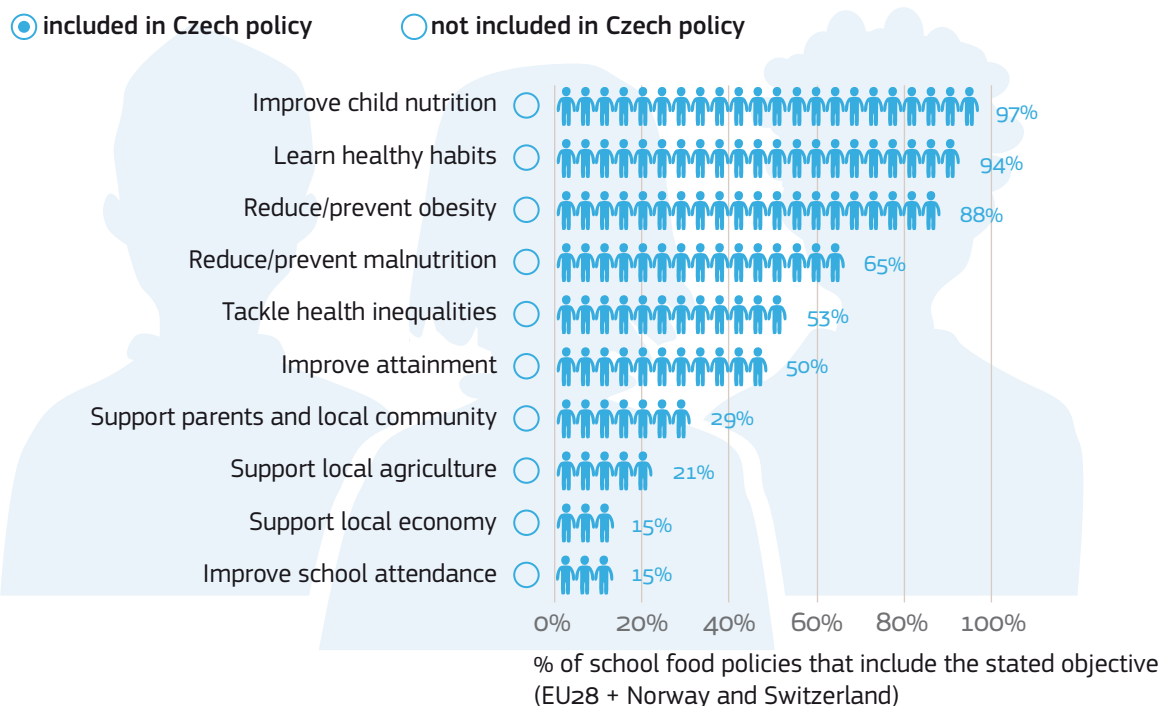


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

From: Currie C et al. eds. Social determinants of health and well-being among young people. Health Behaviour in School-aged Children (HBSC) study: international report from the 2009/2010 survey. Copenhagen, WHO Regional Office for Europe, 2012 (Health Policy for Children and Adolescents, No. 6).

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School food policy objectives

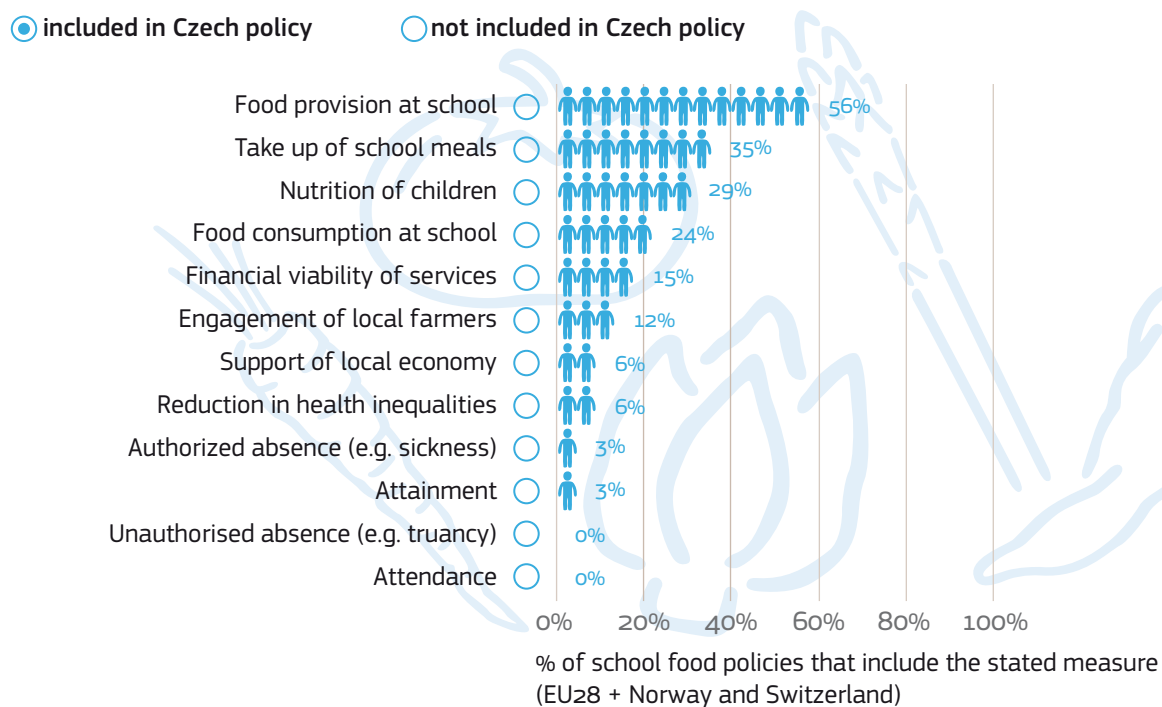


Other objectives:

- n/a

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Measures through which the policy is evaluated

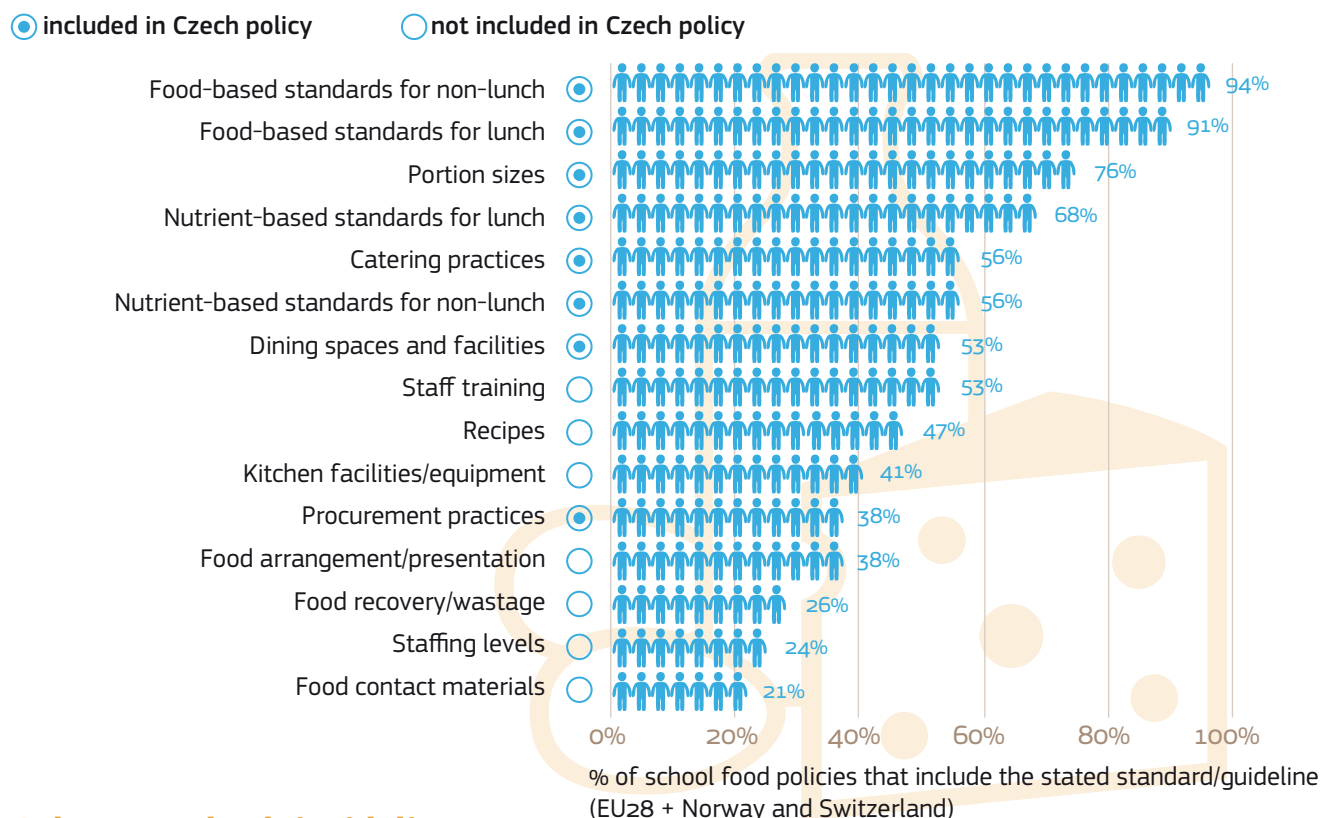


Other measures:

- n/a

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School food policy standards and guidelines

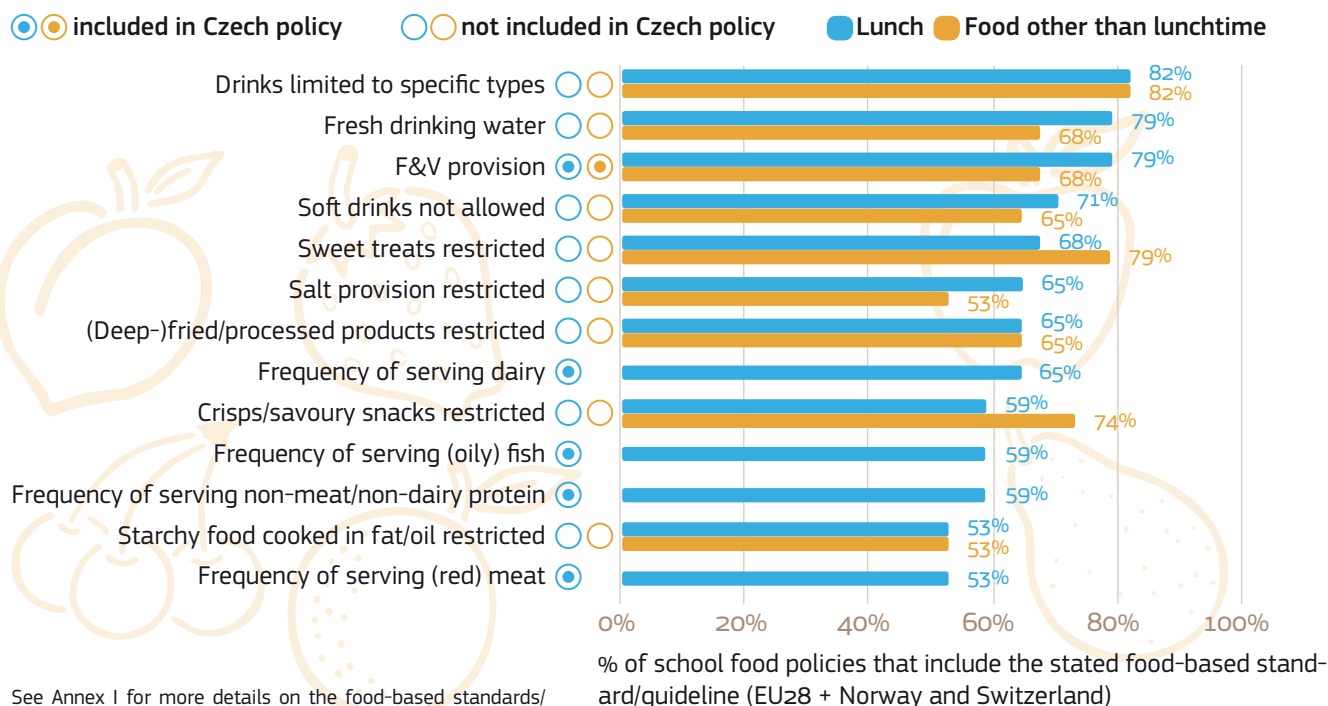


Other standards/guidelines:

- n/a

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Food-based standards

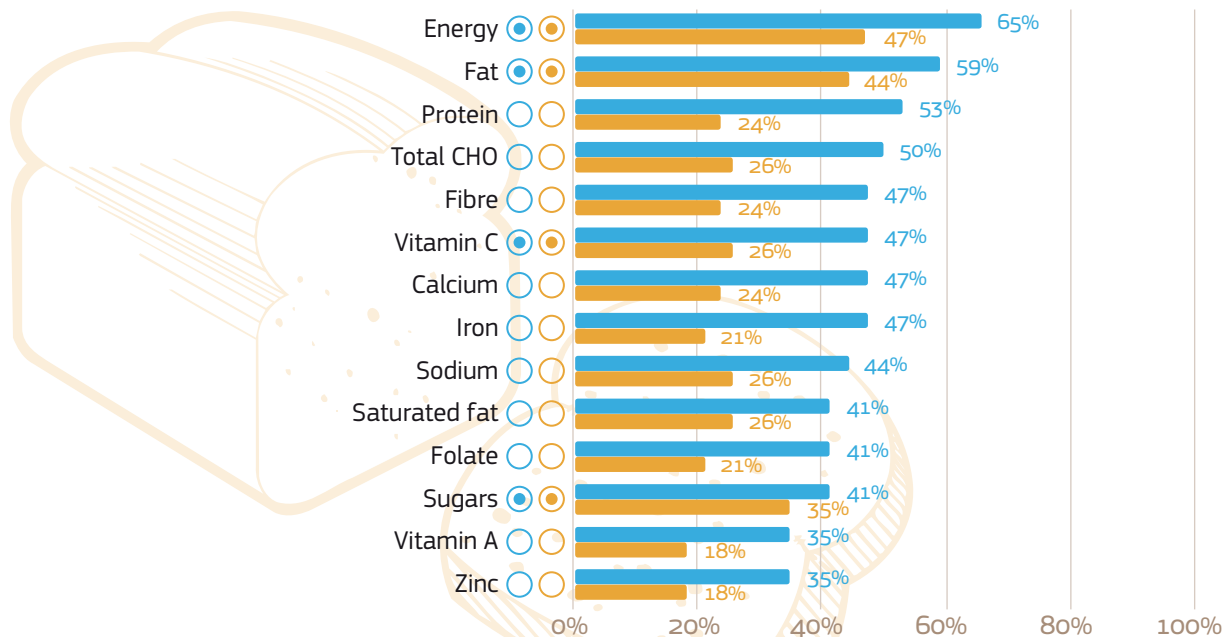


See Annex I for more details on the food-based standards/guidelines in Czech Republic.

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Nutrient-based standards

● ● included in Czech policy
 ○ ○ not included in Czech policy
 ■ Lunch
 ■ Food other than lunchtime



% of school food policies that include the stated energy-/nutrient-based standard/guideline (EU28 + Norway and Switzerland)

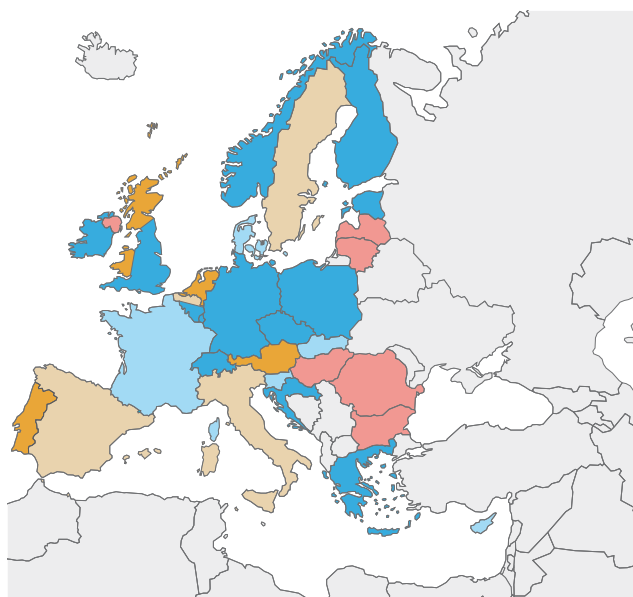
See Annex II for more details on the energy-/nutrient-based standards/guidelines in Czech Republic.

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Restrictions on vending machines on school premises

Czech Republic

- Vending machines don't exist on or are banned from school premises
- (Certain) unhealthy foods/drinks not allowed in vending machines
- Vending machine offer in line with healthy eating guidance/standards
- (More) healthful options recommended, promoted
- **No vending machine restrictions specified**



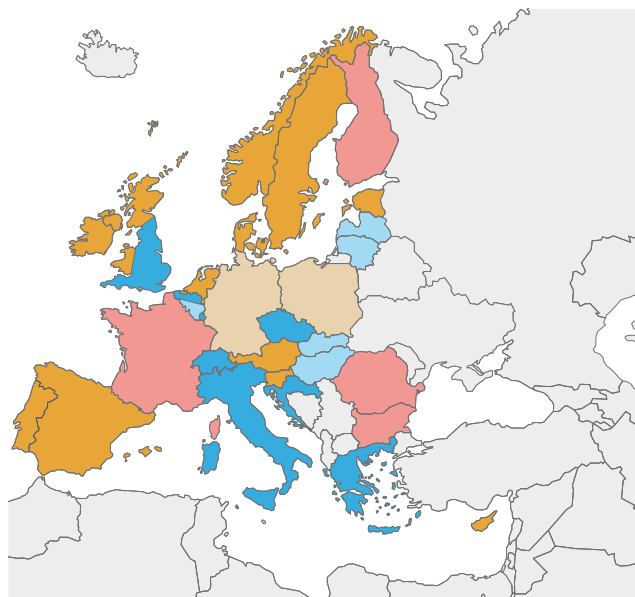
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

8

Restrictions on marketing of food or drink on school premises

Czech Republic

- Specific marketing limits for drinks high in sugar, foods high in sugar, and savoury snacks high in fat or salt (HFSS foods/drinks), combined with restrictions of a more generic kind or focussing on other types of foods/drinks as well
- Marketing restrictions only on HFSS foods/drinks
- Food marketing restricted in some other way without making reference to HFSS foods/drinks
- Food marketing restricted in some other way without making reference to HFSS foods/drinks, and including a positive role of marketing/sponsoring
- **No food marketing restrictions specified**



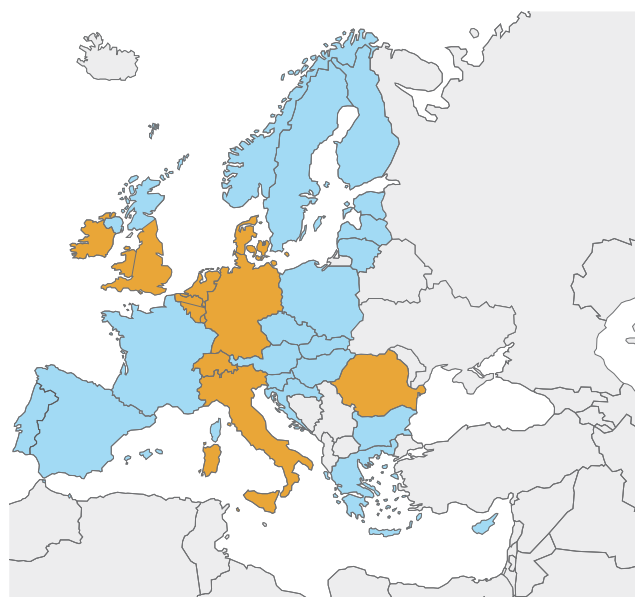
Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

9

Is food and nutrition a mandatory part of the national educational curriculum?

Czech Republic

Educational framework programmes have been defined (for kindergartens, basic and high schools) which contain topic “Man and Health” – nutrition is a part of it



- **Mandatory food/nutrition education**
- Voluntary food/nutrition education

Additional information on Czech food-based standards for lunch and foods other than lunch

n/a = not applicable

	Lunch	Other than lunch
Specified amounts of fruit and vegetables must be provided for each child	85-370 g vegetables per day; 65-290 g fruit per day	85-370 g vegetables per day; 65-290 g fruit per day
Specified number of times (red) meat served	55-163 g per day; 15-25 g egg for vegetarians	n/a
Specified number of times other sources of protein served	10-30 g fish per day; 10-30 g beans per day	n/a
Specified number of times dairy products served	55-450 g milk per day; 9-210 g other dairy per day	n/a
Specified number of times (oily) fish should be on the school lunch menu	10-30 g fish per day	n/a
Restrictions on availability of fried, deep-fried or processed products	-	-
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	-	-
Starchy food cooked in fat or oil restricted	-	-
Crisps and savoury snacks restricted	-	-
Fresh drinking water must be provided and be easily accessible	-	-
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	-	-
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	-	-
Salt provision is restricted	-	-

Additional information on Czech food-based standards for lunch and foods other than lunch (cont.)

	Lunch	Other than lunch
Other	daily quantities by age group provided for the following food groups: meat, fish, liquid milk, dairy products, "free fat", "free sugar", total vegetables, total fruit, potato, legumes; lacto-ovo-vegetarian nutrition can be applied if approved by all legal guardians of minors or adult boarders or operators of catering services; food consumption corresponds to the monthly average with a maximum tolerance of +/- 25% with the exception of fats, where the amount of free fat is the upper limit (can be reduced)	daily quantities by age group provided for the following food groups: meat, fishes, liquid milk, dairy products, "free fat", "free sugar", total vegetables, total fruit, potato, legumes, eggs; lacto-ovo-vegetarian nutrition can be applied if approved by all legal guardians of minors or adult boarders or operators of catering services; catering services beyond the scope of § 4 provided to diners have to conform to the principles of healthy nutrition and product mix may not include alcoholic beverages and tobacco products; food consumption corresponds to the monthly average with a maximum tolerance of +/- 25% with the exception of fats, where the amount of free fat is the upper limit (can be reduced)

Additional information on Czech energy-/nutrient-based standards for lunch and foods other than lunch

	Lunch	Other than lunch
Energy	18 E% for breakfast, 15 E% for snacks, 35 E% for lunch, 10 E% afternoon snack and 22 E% for dinner	18 E% for breakfast, 15 E% for snacks, 35 E% for lunch, 10 E% afternoon snack and 22 E% for dinner
Fat	"free fat"; ratio of consumption of vegetable and animal fats is approximately 1:1, with an emphasis on increasing proportion of fats of vegetable origin	"free fat"; ratio of consumption of vegetable and animal fats is approximately 1:1, with an emphasis on increasing proportion of fats of vegetable origin
Saturated fat	-	-
Total carbohydrate	-	-
Non-milk extrinsic sugars	"free sugar"	"free sugar"
Fibre	-	-
Protein	-	-
Iron	-	-
Zinc	-	-
Calcium	-	-
Vitamin A	-	-
Vitamin C	x	x
Folate	-	-
Sodium	-	-
Other	in schools with a strong emphasis on physical activity, energy intake references can be increased by 30%	in schools with a strong emphasis on physical activity, energy intake references can be increased by 30%