

# Nutrition and Physical Activity Policies for Preschools in Lebanon and Qatar

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## Background

- Early childhood is a period of rapid physical & cognitive development.
- Prevalence of overweight in pre-school children is relatively high in Lebanon and Qatar.

Year	Lebanon: Overweight prevalence in children <5 years of age (%weight-for-height >+2SD), model-based estimates
2017	19.8
2018	19.8
2019	19.7
2020	19.7

Figure 1. Percentage Excess in Weight for Preschool Students in Lebanon (WHO)

Year	Qatar: % Obesity children <5 yrs	Qatar: % Overweight children <5 yrs
2017	1.8	6.2
2018	1.7	6.2
2019	1.8	6.9
2020	2.4	8.0

Figure 2. Percentage Excess in Weight for Preschool Students in Qatar (PHCC)

## Methods

- An electronic search was conducted on Pubmed, Google Scholar and several websites (including WHO, PHCC, Government) using specific keywords related to: Nutrition, Physical activity, Policies, Guidelines, Preschools.
- One-on-one interviews (using standardized questions) with key stakeholders in Lebanon and Qatar.
- Minutes of meetings were recorded and shared by email with all stakeholders.

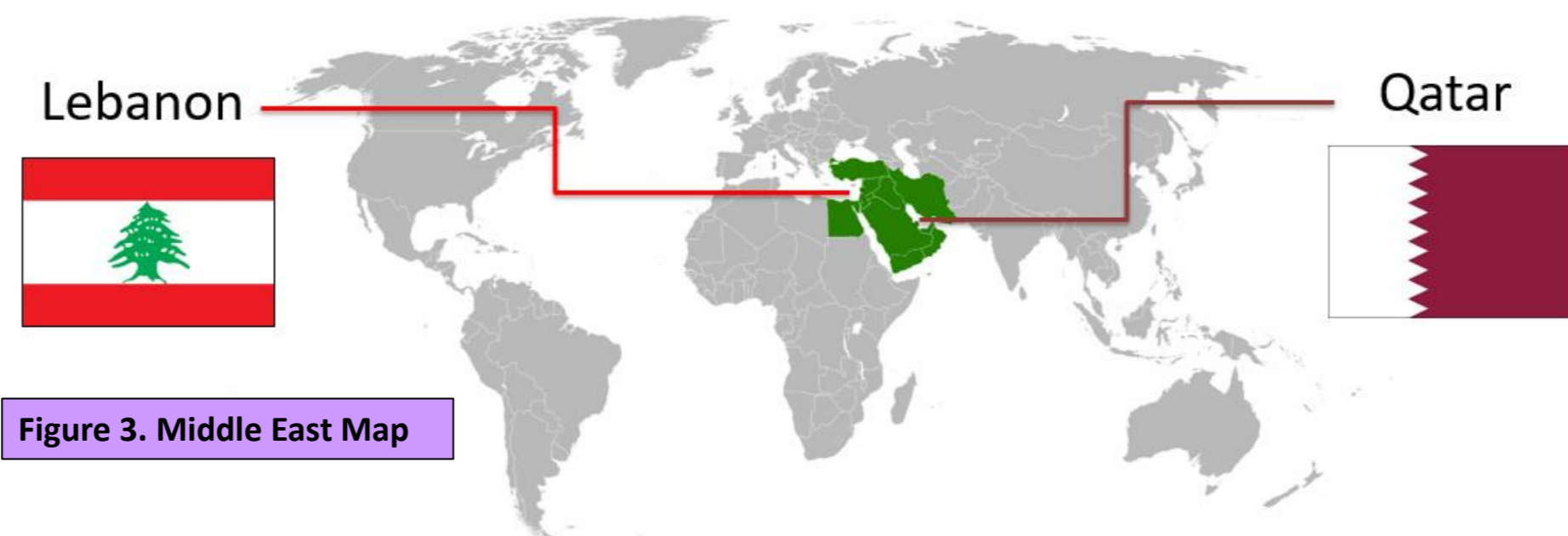


Figure 3. Middle East Map

## Results in Lebanon

- Guide for Nurseries in Lebanon.
- The National Policy on Infant and Young Child Feeding in Lebanon.
- K2P Policy Brief.
- First National Nutrition Strategy and Action plan (2021-2026).

## Results in Qatar

- Qatar Dietary Guidelines for Mother and Child (0-5 years).
- Qatar National Health Strategy 2018-2022.
- Qatar Public Health Strategy 2017-2022.
- Qatar National Physical Activity Guidelines.

## Conclusions

Lebanon has not considered nutrition & physical activity as priority topics due to the country's ongoing emergencies. Recently, a roadmap has been established for improving nutrition by implementing a nutrition strategy to respond to the most urgent needs and gaps in nutrition and health services.

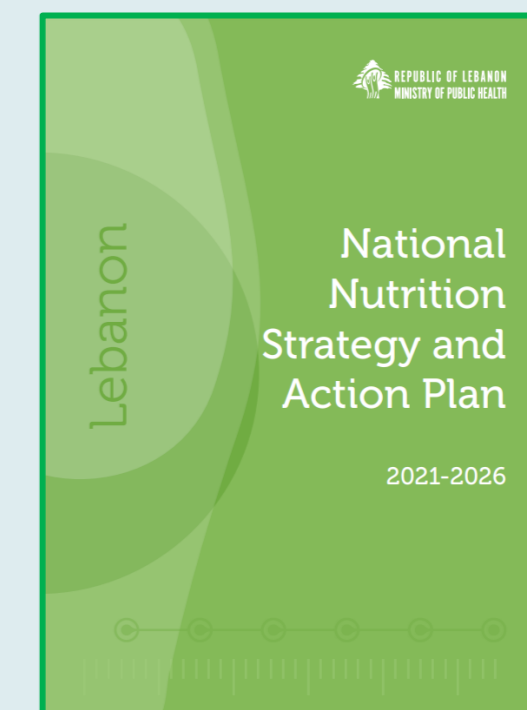


Figure 4. Lebanon Plan

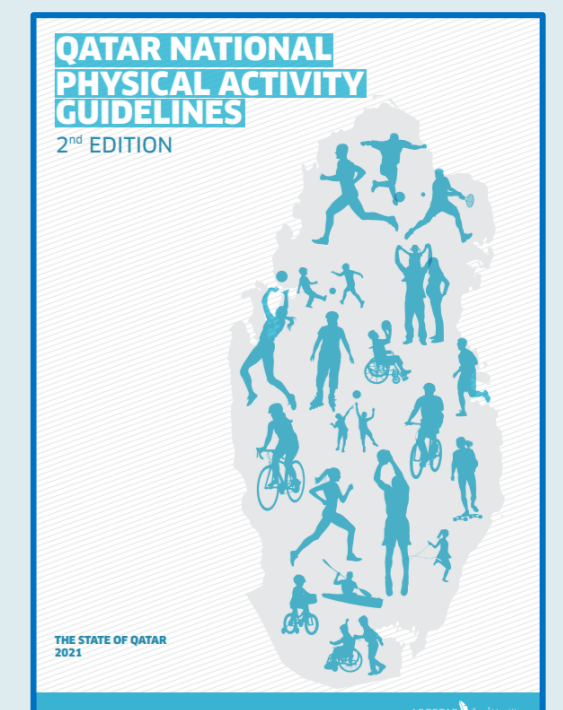


Figure 5. Qatar Guidelines

Qatar has placed equal emphasis on nutrition & physical activity. The development of nutrition guidelines for mother & children < 5 yrs is in progress.

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