

l-Afghanistan

Policies, Interventions and Actions



Strategy on nutrition for the Eastern Mediterranean Region 2020-2030

The WHO strategy on nutrition for the Eastern Mediterranean Region (2020-2030) sets objectives and plans to improve nutrition in the region by 2030. This includes preventing overweight, obesity, and diet-related NCDs. The strategy sets targets to reduce the prevalence of overweight in children under 5, halt the rise in diabetes and overweight in adults, halt the rise in overweight in children and adolescents, and eliminate industrially-processed trans fats from the food supply. A framework for countries to reach these goals is provided.

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Year(s):	2020-2030
Target age group:	Adults and children
Organisation:	World Health Organization
Find out more:	iris.who.int
Linked document:	Download linked document
References:	Strategy on nutrition for the Eastern Mediterranean Region, 2020–2030. Cairo: WHO Regional Office for the Eastern Mediterranean; 2019. Licence: CC BY-NC-SA 3.0 IGO

Afghanistan Food Security and Nutrition Plan 2019 to 2023

This Food Security and Nutrition Plan (AFSeN) is a nationwide sectoral document built upon the AFSeN-Agenda (AFSeN-A) to achieve the overall goal of improving the food security and nutrition situation of Afghan people, so that they can become food-secure, well-nourished, healthy, and productive, as per the Vision.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2019-2023
Target age group:	Adults and children
Organisation:	Government
Linked document:	Download linked document
References:	https://www.fao.org/faolex/results/details/en/c/LEX-FAOC191005

National Food-Based Dietary Guidelines for Afghans – A Manual

The messages of the guidelines are intended for the general public. Specific recommendations for pregnant and lactating women, infants and young children are also included, as they are more nutritionally vulnerable.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Public Health
Linked document:	Download linked document

National Public Nutrition Policy and Strategy 2015-2020

The goal of this strategy is to reduce nutrition related mortality and morbidity and contribute to economic development of the nation through reduction in all forms of malnutrition particularly stunting, micronutrients deficiency and acute malnutrition, with focus on the first 1000 days of life.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015-2020
Target age group:	Adults and children
Organisation:	Ministry of Public Health
Linked document:	Download linked document
References:	https://extranet.who.int/nutrition/gina/en/node/39372 (Accessed 28.01.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

National Strategy for Prevention and Control of Noncommunicable Diseases (NCDs) 2015-2020

The goal of this strategy is to prevent or delay the onset of noncommunicable diseases (including road injuries) and their related complications, and improve their management, thus enhancing the quality of life of the Afghan population, leading to longer and more productive lives. The strategy has 6 strategic objectives.

Categories:	Evidence of NCD strategy
Year(s):	2015-2020
Target age group:	Adults and children
Organisation:	Ministry of Public Health
Linked document:	Download linked document
References:	https://extranet.who.int/nutrition/gina/en/node/40335 (Accessed 28.01.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

Breastfeeding support and strengthening regulation 2009

Objectives of this regulation are: 1- Ensure the physical and mental health of mother and child; 2- Ensure safe and sufficient feeding of a baby through supporting and promotion of breastfeeding; 3- Ensure proper use of specific products; 4- Encourage mothers to breastfeed their babies; 5- Feed a baby with mother's milk supplementary food; 6- Provide healthy food to a baby by using healthy foodstuff.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2009 (ongoing)
Target age group:	Infants
Organisation:	Government
Linked document:	Download linked document

GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

Marketing of Breast-Milk Substitutes: National Implementation of the International Code Status Report 2016 (Promotion of Breastfeeding)

The 2016 report provides information on the status of implementing the International Code of Marketing of Breast-milk Substitutes and subsequent relevant World Health Assembly resolutions ("the Code") in and by countries. The report also identifies in which countries they actively promote the benefits of breastfeeding.

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	WHO UNICEF IBFAN
References:	WHO. UNICEF. IBFAN. Marketing of Breast-milk Substitutes: National Implementation of the International Code. Status Report 2016. Geneva: World Health Organization; 2016

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