

# Barbados



## Policies, Interventions and Actions

### National school nutrition policy

the policy includes measures relating to food service and marketing in the school environment, school curricula, health and nutrition services, capacity building in the school community, health promotion in support of healthy eating and physical activity and parent/community engagement and education. All public and private schools and educational institutions from preschool to tertiary level are required to abide by the provisions of the policy, Adherence is mandatory.

Categories:	Evidence of School Food Regulations Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2022 (ongoing)
Target age group:	Children
Organisation:	Ministry of Health & Wellness
Find out more:	<a href="https://mes.gov.bb">mes.gov.bb</a>
Linked document:	<a href="#">Download linked document</a>

### Childhood Obesity Prevention Programme

The Heart & Stroke Foundation of Barbados launched this Childhood Obesity Prevention website as part of their Childhood Obesity Prevention (COP) Programme. COP which started in 2018 aims to address the alarming rates of childhood obesity in Barbados. The programme focuses on developing mass media campaigns to increase awareness of the health risks connected to consuming sugary drinks regularly. COP also promotes policy change which can help to secure sustainable changes regarding Childhood obesity.

Categories:	Evidence of Community Interventions/Campaign Non-national obesity strategies
Year(s):	2018 (ongoing)
Target age group:	Children
Organisation:	Heart and Stroke Foundation of Barbados
Find out more:	<a href="https://healthykidsbarbados.org">healthykidsbarbados.org</a>

## Too Much Junk

In May 2018, the HCC launched the CSO Regional Action Team for Childhood Obesity Prevention including key members of civil society in eight countries: Antigua and Barbuda, Barbados, the Bahamas, Belize, Grenada, Jamaica, St Lucia, and St Kitts Nevis. Together, these organisations have shared materials and best practices in an effort to increase the public awareness around Childhood Obesity and its prevention and to garner thousands of signatures of support for the policies proposed in the HCC's Call to Action at [www.toomuchjunk.org](http://www.toomuchjunk.org).

Categories:	Transnational Obesity Strategies/Policy or Action Plan
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Community Interventions/Campaign
Year(s):	2018
Target age group:	Children
Organisation:	Health Caribbean Coalition
Find out more:	<a href="http://www.healthycaribbean.org">www.healthycaribbean.org</a>

## Food-based dietary guidelines for Barbados

The guidelines were developed by the National Nutrition Centre (under the Ministry of Health) with support from FAO. They have been endorsed by the Government of Barbados. The Barbados map is the chosen food guide. The map represents the main food groups and the proportions recommended for a healthy diet. It is divided into the six Caribbean food groups: staples, vegetables, fruits, legumes, foods from animals and fats and oils; and surrounded by images of people doing physical activity. (Available only in English language)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	National Nutrition Centre
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/barbados/en/">https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/barbados/en/</a>

## NCD Country Profiles 2018 (Obesity Targets)

The profiles also provide data on the key metabolic risk factors, namely raised blood pressure, raised blood glucose and obesity and National Targets on Obesity (as of 2017)

Categories:	Evidence of Obesity Target
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

## Excise tax on sweetened beverages

Since 2015, a 10% excise tax has applied to all carbonated soft drinks, sports drinks, sweetened fruit juices, and juice drinks. The aim of this tax is to encourage people living in Barbados to consume less sugar. From the 1st April 2022, the tax was raised to 20%.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	<a href="https://extranet.who.int">extranet.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	foodnavigator-latam.com (n.d.) "Important consequences for public health": Is Barbados' sugar tax increasing sugar intake? [Online]. foodnavigator-latam.com. Available from: <a href="https://www.foodnavigator-latam.com/Article/2019/02/08/Important-consequences-for-public-health-Is-Barbados-sugar-tax-increasing-sugar-intake">https://www.foodnavigator-latam.com/Article/2019/02/08/Important-consequences-for-public-health-Is-Barbados-sugar-tax-increasing-sugar-intake</a> .

## Barbados Strategic Plan for the Prevention and Control of Non-communicable Diseases 2015-2019

To reduce the preventable and avoidable burden of morbidity, mortality and disability due to non-communicable diseases through inter-sectoral collaboration and cooperation To promote supportive environments to encourage healthy lifestyles and reduce risk factorsfor NCDs To establish, implement, monitor and evaluate standards for NCD treatment and care so that patients living with NCDs have their risk factors controlled to target and receive evidenced based

Categories:	Evidence of NCD strategy
Year(s):	2014-2019
Target age group:	Adults and children
Organisation:	National NCD commision- Barbados Ministry of Health
Find out more:	<a href="http://extranet.who.int">extranet.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	To reduce the preventable and avoidable burden of morbidity, mortality and disability due to non-communicable diseases through inter-sectoral collaboration and cooperation To promote supportive environments to encourage healthy lifestyles and reduce risk factorsfor NCDs To establish, implement, monitor and evaluate standards for NCD treatment and care so that patients living with NCDs have their risk factors controlled to target and receive evidenced based

## National Plan of Action for Childhood Obesity Prevention and Control

Goal: The ultimate goal is to reverse the upward trends in obesity by 5% by 2019 Objectives: To improve increase exclusive breastfeeding at 6 months by 20% by 2019; To reduce prevalence of low physical activity in adolescents by 30%; To develop and implement policies and regulations to reduce the impact on children of marketing of foods and non- alcoholic beverages high in saturated fats, trans fatty acids, free sugars or salt; and To have at least 70 schools designated Health Promoting Schools by 2019 (Appendix 2).

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2014-2018
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	<a href="https://extranet.who.int">extranet.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	Anon (2015) National Plan of Action for Childhood Obesity Prevention and Control (2015-2018) Barbados-Childhood Obesity Prevention Program (B-CHOPP). [Online]. Available from: <a href="https://extranet.who.int/nutrition/gina/sites/default/files/BRB%202015%20National%20Plan%20of%20Action%20for%20Childhood%20Obesity.pdf">https://extranet.who.int/nutrition/gina/sites/default/files/BRB%202015%20National%20Plan%20of%20Action%20for%20Childhood%20Obesity.pdf</a> [Accessed: 7 July 2020].

## CARICOM Regional Standard: Specification for labelling of pre-packaged foods (CRS 5: 2010)

Voluntary national labelling guidelines for packaged foods and drinks in place but mandatory when there is a health or nutrition claim. (Available only in English language)

Categories:	Labelling Regulation/Guidelines
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	CARICOM Regional Organisation for Standards and Quality
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en/node/25355">https://extranet.who.int/nutrition/gina/en/node/25355</a> (last accessed 10.08.22)