

Belize



Policies, Interventions and Actions

National Nutrition Policy

The National Nutrition Policy of Belize aims to improve the nutritional status of Belize’s population by 2033. This will be done by reducing malnutrition, promoting healthy eating habits, and forming a multi-sectoral approach to ensure access to safe and nutritious food. Strategies include implementing and strengthening a nutritional surveillance system that includes overweight and obesity and capacity building for nutritional services and programmes.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2023 (ongoing)
Organisation:	Ministry of Health & Wellness
Linked document:	Download linked document

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.

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:	www.healthycaribbean.org

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.

Customs and Excise Duties (Amendment) Act 2016

Mandatory volume or weight based specific excise tax on unhealthy food or drink products. Taxes apply to Waters, including mineral waters and aerated waters, containing added sugar or other sweetening matter or flavoured and other non-alcoholic beverages, not including fruit or vegetable juices: Rate of Excise Duty: \$0.76/lmp. (Available only in English language)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Finance
Linked document:	Download linked document
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/82192 (last accessed 11.08.22) 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/

A safer & healthier Belize by 2024: Belize Health Sector Strategic Plan

A strategic plan that sets out to improve the health of the population, including improving the diet of the population.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of NCD strategy
Year(s):	2014-2024
Target age group:	Adults and children
Organisation:	Ministry of health
Find out more:	www.archive.healthycaribbean.org
Linked document:	Download linked document
References:	Ministry of health. Belize Health Sector Strategic plan 2014-2024. A safer & healthier Belize by 2024. Available from: http://www.archive.healthycaribbean.org/newsletters/may-2014/Belize-Health-Sector-Strategic-Plan-2014-2024-April-2014.pdf . [Accessed February 2019].

Belize national plan of action: for prevention and control of non-communicable diseases 2013-2023

The Belize National Plan of Action for the Prevention and Control of Non-communicable Diseases (NCDs) 2013-2023 (NCDs) aims to reduce the premature mortality caused by the four major NCDs (cardiovascular diseases, cancer, diabetes and lung disease) by 25% by 2023. This will be achieved through policy and advocacy; health promotion and risk factor reduction of the four common risk factors (tobacco, alcohol, unhealthy diet, physical inactivity); improving disease management and patient self-management; and strengthening surveillance, monitoring

Categories:	Evidence of NCD strategy
Year(s):	2013-2023
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	extranet.who.int
Linked document:	Download linked document
References:	Anon (n.d.) The Belize National Plan of Action for the Prevention and Control of Non-communicable Diseases 2013-2023. [Online]. Available from: https://extranet.who.int/nutrition/gina/sites/default/files/BLZ_2013_NPAPCNCDs.pdf [Accessed: 13 July 2020]. [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/

School Health and Nutrition Programme

Nutrition policy, strategy or plan focusing on specific nutrition areas

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Children
Organisation:	WHO and UNICEF
Find out more:	www.moe.gov.bz
Linked document:	Download linked document
References:	Anon (n.d.) Policy - School Health and Nutrition Programme Global database on the Implementation of Nutrition Action (GINA). [Online]. extranet.who.int. Available from: https://extranet.who.int/nutrition/gina/en/node/39410 [Accessed: 13 July 2020]. [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/

Food-based dietary guidelines for Belize

A National Food Based Dietary Guideline (FBDG) is an important educational tool that converts scientific information on nutritional requirements and food composition into simple, population-based language. The guidelines provide technical advice about ways to improve diets and health in a manner that is easy for the public to understand. It should be noted that the guidelines are developed for the general healthy population from two years of age upwards and can be used by health care providers, policy makers, community leaders, educators and the public at large.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2012 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	health.gov.bz
Linked document:	Download linked document
References:	Food and Agriculture Organization of the United Nations. http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/belize/en/ (last accessed 1 March 2016)

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

Legislation relevant to nutrition

Categories:	Labelling Regulation/Guidelines
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of health
Find out more:	extranet.who.int
Linked document:	Download linked document
References:	Anon (n.d.) Policy - CARICOM Regional Standard: Specification for labelling of pre-packaged foods (CRS 5: 2010) Global database on the Implementation of Nutrition Action (GINA). [Online]. extranet.who.int . Available from: https://extranet.who.int/nutrition/gina/en/node/25355 [Accessed: 13 July 2020ai]. []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/

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:	Download linked document
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/25355 (last accessed 10.08.22) 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/

A little bit of everything is good for you

Informational Booklet on the six food groups and healthy serving size suggestions.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	health.gov.bz
Linked document:	Download linked document
References:	Anon (n.d.) A Little Bit of Everything is Good For You (Nutrition Booklet). [Online]. health.gov.bz. Available from: http://health.gov.bz/www/publications/nutrition/478-a-little-bit-of-everything-is-good-for-you-nutrition-booklet [Accessed: 13 July 2020c]. []

Non Communicable Disease Commission

National Multisectoral stakeholder mechanism in place (such as Coalition, Taskforce, Committee) for Obesity or Nutrition (including obesity).

Categories:	Evidence of a multi-sectoral national coordination mechanism for obesity or nutrition (including obesity)
Year(s):	2009 (ongoing)
Target age group:	Adults and children
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/26887 (last accessed 09.08.22) 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/

Belize National Standard Specification for Salt

National regulation(s) with maximum thresholds for manufactured food/drink content relating to specific unhealthy ingredients. Salt labelled 'iodized' shall contain a minimum of 20 milligrams of iodine and a maximum of 60 milligrams of iodine per kilogram of salt when tested in accordance with the requirements of Appendix C. Salt labelled 'fluoridised' shall contain a minimum of 175 milligrams of fluoride and a maximum of 225 milligrams of fluoride per kilogram of salt. (Available only in English language)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2007 (ongoing)
Target age group:	Adults and children
Organisation:	Belize Bureau of Standards
Linked document:	Download linked document
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/25830 (last accessed 11.08.22) 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/

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/

PDF created on June 28, 2024