

Bermuda



Policies, Interventions and Actions

Bermuda Sugar Tax

The Bermuda Government applied an increase the duty rate on sugary soft drinks (namely sodas, energy drinks, non-100% fruit juices, drink powders and dilutables), on candies and on pure sugar imports.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Bermuda Government
Find out more:	www.gov.bm
Linked document:	Download linked document

Healthy Living Guide

Provision of tips for healthy livings: healthy diets, physical activity and serving sizes

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Government of Bermuda
Find out more:	www.gov.bm
Linked document:	Download linked document
References:	khaliah.nisbett (2016) Healthy living. [Online]. 2 March 2016. www.gov.bm. Available from: https://www.gov.bm/healthy-living [Accessed: 13 July 2020].

PROPOSED NATIONAL PLAN TO HALT THE RISE IN OBESITY AND DIABETES

A national plan providing guidelines and goals dedicated to restricting the rise in obesity and diabetes

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):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Government of Bermuda
Find out more:	www.gov.bm
Linked document:	Download linked document
References:	PROPOSED NATIONAL PLAN TO HALT THE RISE IN OBESITY AND DIABETES. [Online]. Available from: https://www.gov.bm/sites/default/files/Proposed%20DOH%20Obesity%20%26%20Diabetes%20Prevention%20Plan%2019Oct2017.pdf [Accessed: 13 July 2020].

Bermuda Health Strategy

The 2014 – 2019 health strategy mission is “to provide affordable and sustainable healthcare for all Bermuda residents”, in order to achieve the vision: “Healthy people in healthy communities”.

Categories (partial):	Evidence of NCD strategy
Year(s):	2014-2019
Target age group:	Adults and children
Organisation:	Government
Find out more:	www.gov.bm
Linked document:	Download linked document
References:	devray.denwiddie (2016) Bermuda Health Strategy. [Online]. 2 September 2016. www.gov.bm. Available from: https://www.gov.bm/bermuda-health-strategy-2014-2019#:~:text=The%20Bermuda%20Health%20Strategy%202014 [Accessed: 13 July 2020].

Nutrition policy 2012

Policy defining the nutritional content in food provided to children at school

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2012 (ongoing)
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	www.gov.bm
Linked document:	Download linked document
References:	Anon (n.d.) The policy states. [Online]. Available from: https://www.gov.bm/sites/default/files/nutritionpolicy2012.pdf [Accessed: 13 July 2020].

Healthy Schools: Vending Machines and Cafeteria Policy

Policy which bans sodas and snacks from vending machines on school premises. Instead, vending machines and cafeterias on the school premises will provide plain, unsweetened water, milk, and/or 100% juice; and healthy foods and snacks.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2006 (ongoing)
Target age group:	Children
Organisation:	Ministry of Education & Department of Health Partnership
Linked document:	Download linked document

Healthy Schools Nutrition Policy

In 1997, Bermuda implemented the mandatory Healthy Schools Nutrition Policy which contains school food standards including the provision of fruit and vegetables in food service/cafeteria menus and all school events that provide food, limits on the use of food high in salt and sugar, provision of low-fat dairy products, leaner meats, whole grains, fruit and vegetables, the use of lower-fat cooking methods, the consumption of whole fruit and vegetables as preferable to the sole consumption of fruit and vegetable juices and school lunches are required to be consistent with the recommendations of Bermuda's Daily Dietary Guidelines EatWell Plate.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	1997 (ongoing)
Target age group:	Children
Organisation:	Government of Bermuda
Find out more:	www.wcrf.org
Linked document:	Download linked document
References:	Anon (n.d.) NOURISHING framework Offer healthy food and set standards in public institutions and other specific settings. [Online]. Available from: https://www.wcrf.org/sites/default/files/Offer-healthy-food.pdf [Accessed: 13 July 2020].

Bermuda's Daily Dietary Guidelines

Evidence based dietary guidelines. (Available only in English language)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Adults
Organisation:	The Department of Health, the Bermuda Hospitals Board, and the Bermuda Dietitians Association
Find out more:	www.gov.bm
Linked document:	Download linked document

Eat well Plate

A recommendation for each meal based on your plate size.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Adults and children
Organisation:	Government of Bermuda
Find out more:	www.gov.bm
Linked document:	Download linked document
References:	Anon (n.d.) EatWell PLATE. [Online]. Available from: https://www.gov.bm/sites/default/files/EatWell_Plate_%28revised%20july%202017%29_0.pdf [Accessed: 13 July 2020].

Happy meal times with your 1-5 Year old.

Advice on the provision of nutritional foods at meals to children between 1-5 year olds.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Children
Organisation:	Government of Bermuda
Find out more:	www.gov.bm
Linked document:	Download linked document
References:	"khaliah.nisbett (2016) Healthy living. [Online]. 2 March 2016. www.gov.bm. Available from: https://www.gov.bm/healthy-living [Accessed: 13 July 2020]."

OBESITY & DIABETES IN BERMUDA Framework for a National Plan of Action

Framework outlining the national prevalence of diabetes and obesity in Bermuda and the interventions in place to tackle them.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of NCD strategy
Target age group:	Adults and children
Organisation:	Government of Bermuda
Find out more:	www.gov.bm
Linked document:	Download linked document
References:	Chang, J. (n.d.) OBESITY & DIABETES IN BERMUDA Framework for a National Plan of Action. [Online]. Available from: https://www.gov.bm/sites/default/files/15Jan2018%20-%20DIABETES%20%26%20OBESITY%20FRAMEWORK%20PLAN.pdf [Accessed: 13 July 2020].

Preparing Healthy Lunch tips for toddlers and preschoolers

Advice on the provision of nutritional foods at lunch to toddlers and preschoolers

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Community Interventions/Campaign
Target age group:	Children
Organisation:	Government of Bermuda
Find out more:	www.gov.bm
Linked document:	Download linked document
References:	"khaliah.nisbett (2016) Healthy living. [Online]. 2 March 2016. www.gov.bm. Available from: https://www.gov.bm/healthy-living [Accessed: 13 July 2020]."

SCHOOL HEALTH POLICY MANUAL

School health programs may provide screening, preventive and some treatment services to children who do not receive adequate health care. The School Health Program emphasizes health education, health promotion, disease prevention and identification of health problems with psychological etiologies. Within each school there must be at least one health professional who is clearly identified by students, parents and school personnel as representing the school health program. The school nurse is the ideal person to fill this role.

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Children
Organisation:	Government of Bermuda
Find out more:	www.moed.bm
Linked document:	Download linked document
References:	Anon (n.d.) HEALTHY SCHOOLS SCHOOL HEALTH POLICY MANUAL Second Edition 10-COMPONENT MODEL REPRESENTING WHAT A HEALTHY SCHOOL LOOKS LIKE! [Online]. Available from: https://www.moed.bm/view/2894.pdf [Accessed: 13 July 2020].

Your Personal Eating Plan

Meals at regular intervals with recommendations for nutritional input

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Community Interventions/Campaign
Target age group:	Adults and children
Organisation:	Government of Bermuda
Find out more:	www.gov.bm
Linked document:	Download linked document
References:	Anon (n.d.) . Eat at Regular Intervals. [Online]. Available from: https://www.gov.bm/sites/default/files/personal-eating-plan.pdf [Accessed: 13 July 2020].