

# Bhutan

## Policies, Interventions and Actions



### National Nutrition Strategy and Action Plan 2021-2025

The Strategy and Action Plan includes a target of no increase in the prevalence of childhood overweight and obesity by 2025.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2021-2025
Target age group:	Adults and children
Organisation:	Department of Public Health, Ministry of Health, Royal Government of Bhutan
Linked document:	<a href="#">Download linked document</a>

### Nutrition Dietary Guidelines for School Children in Bhutan

The Bhutan Food and Dietary Guidelines for School-Aged Children provides clear, simple advice on the amount and kinds of foods school aged children need each day to achieve good health and nutrition. Different ages, gender, size, and physical activity all affect how much each child will need to meet their requirements. The amount of food needed for different age groups is set out in the servings and the type of food is set out in the food group. These guidelines are adapted from the Ministry of Health Adult guidelines from 2011.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2021 (ongoing)
Target age group:	Children
Organisation:	Royal Government of Bhutan, Ministry of Education
Linked document:	<a href="#">Download linked document</a>
References:	Nutrition dietary guidelines for school children in Bhutan. Ministry of Education 2021

## 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.

## THE MULTISECTORAL NATIONAL ACTION PLAN FOR THE PREVENTION AND CONTROL OF NONCOMMUNICABLE DISEASES

An overview of the national actions implemented to control and prevent non communicable diseases.

Categories:	Evidence of NCD strategy
Year(s):	2015-2020
Target age group:	Adults and children
Organisation:	Royal Government of Bhutan
Find out more:	<a href="https://extranet.who.int">extranet.who.int</a>
References:	Anon (n.d.) Royal Government of Bhutan THE MULTISECTORAL NATIONAL ACTION PLAN FOR THE PREVENTION AND CONTROL OF NONCOMMUNICABLE DISEASES. [Online]. Available from: <a href="https://extranet.who.int/nutrition/gina/sites/default/files/BTN%202015%20NCD%20Action%20Plan_1.pdf">https://extranet.who.int/nutrition/gina/sites/default/files/BTN%202015%20NCD%20Action%20Plan_1.pdf</a> [Accessed: 13 July 2020bh]. 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Food and Nutrition Security Policy of the Kingdom of Bhutan, 2014

A document outlining the nutritional goals and policies in Bhutan.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Government of Bhutan
Find out more:	<a href="http://www.gov.bm">www.gov.bm</a>
Linked document:	<a href="#">Download linked document</a>
References:	Anon (n.d.) Food and Nutrition Security Policy of the Kingdom of Bhutan, 2014 i. [Online]. Available from: <a href="https://extranet.who.int/nutrition/gina/sites/default/files/BTN_FNS_Policy_2014.pdf">https://extranet.who.int/nutrition/gina/sites/default/files/BTN_FNS_Policy_2014.pdf</a> [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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## National adolescent Health Strategic Plan 2013-2018

Aims to guide implementation of health and other social support services for adolescents and youths in the country

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of NCD strategy
Year(s):	2013-2018
Target age group:	Children
Organisation:	Adolescent Health Programme_x000D__x000D_ Department of Public Health_x000D__x000D_ Ministry of Health
Find out more:	<a href="http://www.health.gov.bt">www.health.gov.bt</a>
Linked document:	<a href="#">Download linked document</a>
References:	Adolescent Health Programme, Department of Public Health, Ministry of Health. National Adolescent_x000D__x000D_ Health Strategic Plan 2013-2018. Available from: <a href="http://www.health.gov.bt/wp-content/uploads/ftps/iec/National%20Adolescent%20Health%20Strategic%20Plan%202013-2018.pdf">http://www.health.gov.bt/wp-content/uploads/ftps/iec/National%20Adolescent%20Health%20Strategic%20Plan%202013-2018.pdf</a> [Accessed February 2019].

## Bhutan Physical Activity Guideline

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>

## National Youth Policy

Guidelines for improving national health of youth in an attempt to give them a better future.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	Department of Youth and Sports Ministry of Education Royal Government of Bhutan
Find out more:	<a href="http://www.education.gov.bt">www.education.gov.bt</a>
Linked document:	<a href="#">Download linked document</a>
References:	Anon (n.d.) NATIONAL YOUTH POLICY Department of Youth and Sports Ministry of Education Royal Government of Bhutan 2011. [Online]. Available from: <a href="http://www.education.gov.bt/wp-content/downloads/publications/publication/youth-policy-1.pdf">http://www.education.gov.bt/wp-content/downloads/publications/publication/youth-policy-1.pdf</a> [Accessed: 13 July 2020ag].

## National Policy and Strategic Frame-Work on Prevention and Control of Non Communicable Diseases

Strategies to improve nutrition of the population and promote healthy eating to prevent NCDs, multiple strategies that include food supply, food access and choice, will be employed. Implemented will be through a broad population-based approach and targeted interventions to reach individuals and communities with high risk dietary habits. Strategies that aim to educate the general population and those already experiencing abnormal blood pressure, abnormal sugar and lipid level and unhealthy weight gains to prevent and manage these problems through active health sector and community based activities.

Categories:	Evidence of NCD strategy
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	Government of Bhutan
Find out more:	<a href="https://extranet.who.int">extranet.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	Anon (n.d.) Policy - National Policy and Strategic Frame-Work on Prevention and Control of Non Communicable Diseases   Global database on the Implementation of Nutrition Action (GINA). [Online]. <a href="https://extranet.who.int">extranet.who.int</a> . Available from: <a href="https://extranet.who.int/nutrition/gina/en/node/26364">https://extranet.who.int/nutrition/gina/en/node/26364</a> . 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## 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:	<a href="https://extranet.who.int">extranet.who.int</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">https://extranet.who.int/nutrition/gina/en</a> 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>