

Brazil



Policies, Interventions and Actions

Ban on products that contribute to childhood obesity in schools (including ultra-processed products) in schools in Niterói

In January 2023, Niterói in Brazil have passed legislation prohibiting the sale, marketing and distribution of products that contribute to childhood obesity in schools, including all ultra-processed products. Niterói's law provides a legally codified definition of ultra-processed foods for the first time in the country. The definition includes qualifying ingredients, additives, production processes and specific examples of products that should be prohibited (such as biscuits and cakes).

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| Categories: | Evidence of School Food Regulations |
| Year(s): | 2023 (ongoing) |
| Target age group: | Children |
| Organisation: | Municipal of Niterói |
| Linked document: | Download linked document |
| References: | https://www.advocacyincubator.org/featured-stories/2023-08-09-breaking-the-cycle-of-unhealthy-eating-rio-de-janeiro-newest-brazilian-city-to-ban-ultra-processed-products-in-schools |

Ban on ultra-processed products in schools in Rio de Janeiro

In July 2023, Rio de Janeiro passed municipal law No. 7987/2023 that prohibits the sale and offer of ultra-processed products in all preschool and elementary public and private schools. Schools were give 180 days to adapt to the law.

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| Categories: | Evidence of School Food Regulations |
| Year(s): | 2023 (ongoing) |
| Target age group: | Children |
| Organisation: | Rio de Janeiro City Council |
| Find out more: | ibee.com.br |
| Linked document: | Download linked document |
| References: | https://desiderata.org.br/rio-de-janeiro-on-the-road-to-healthier-schools/ |

Front-of-pack labelling

After a consultation process that started in 2014, the National Agency of Sanitary Surveillance (ANVISA) published new regulations on nutrition labeling of packaged food products in October 2020. Under the new regulation, the nutritional labeling must be placed on the front panel of packaged foods using simple and clear icons to emphasize high contents of saturated fat, added sugar, and sodium.

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|-------------------|---|
| Categories: | Labelling Regulation/Guidelines |
| Year(s): | 2022 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | The Brazilian Health Regulatory Agency |
| Find out more: | portal.apexbrasil.com.br |

Trans-fat policy

In December 2019, a best-practice policy was passed in Brazil which came into effect in July 2021. Brazil's National Agency of Sanitary Surveillance (ANVISA) adopted regulations setting a 2% limit for industrially produced TFA in all oils and foods (effective July 2021), and banning all PHO (effective January 2023).

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| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2021 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | National Health Surveillance Agency |
| Find out more: | extranet.who.int |
| Linked document: | Download linked document |
| References: | Countdown to 2023: WHO report on global trans-fat elimination 2020. Geneva: World Health Organization; 2020. Licence: CC BY-NC-SA 3.0 IGO |

Clinical protocol and therapeutic guidelines for overweight and obesity in adults in Brazil

The document brings together information on the diagnosis and monitoring of obesity, in addition to providing guidance on changes in eating habits, physical exercise practices and other measures to reduce weight and monitor these patients

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| Categories: | Evidence of Management/treatment guidelines |
| Year(s): | 2020 (ongoing) |
| Target age group: | Adults |
| Find out more: | www.gov.br |
| References: | <ul style="list-style-type: none"> Ministério da Saúde Pública. Protocolo clínico e diretrizes terapêuticas (PCDT) para sobrepeso e obesidade em adultos [Clinical protocol and therapeutic guidelines for overweight and obesity in adults]. 2020. Ordinance SCTIE/MS No. 53 of November 11th 2020. |

How is physical activity during the coronavirus pandemic

A roadmap on how to include movements in your routine in Covid-19 times

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|-------------------|---|
| Categories: | Evidence of Physical Activity Guidelines/Policy |
| Year(s): | 2020 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | ministry of health |
| Find out more: | saudebrasil.saude.gov.br |
| Linked document: | Download linked document |
| References: | <p>Admin, S.B. (n.d.) Como fica a prática de atividade física durante a pandemia de Coronavírus? [Online]. saudebrasil.saude.gov.br. Available from: https://saudebrasil.saude.gov.br/eu-quer-me-exercitar-mais/como-fica-a-pratica-de-atividade-fisica-durante-a-pandemia-de-coronavirus [Accessed: 14 July 2020]. []</p> |

Learning from Brazil's Food and Nutrition Security Policies

This paper has been compiled by an inter-disciplinary team based in the UK and Brazil, coordinated by the Institute of Development Studies and funded by the Food Foundation, an independent think-tank which develops evidence-based policy solutions to address the challenges of the UK food system, putting low-income consumers first.

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|-------------------|---|
| Categories: | Health Effectiveness Reviews (obesity related) |
| Year(s): | 2018 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Institute of Development Studies |
| Find out more: | foodfoundation.org.uk |
| Linked document: | Download linked document |
| References: | Santarelli, M., Vieira, L. & Constantine (2018) Learning from Brazil's Food and Nutrition Security Policies. [Online]. Available from: https://foodfoundation.org.uk/wp-content/uploads/2018/02/Learning-from-Brazilian-Food-and-Nutrition-Security-Policies_final_clean_rev_FF.pdf [Accessed: 14 July 2020]. [] |

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)

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|-------------------|--|
| 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. |

BRAZIL'S FOOD AND NUTRITIONAL GOVERNANCE PLAN

This briefing pack provides a snapshot of Brazil's national framework for food and nutritional security policy, and showcases a number of specific programmes aimed at improving nutritional outcomes, including school meals, breastfeeding, community restaurants and nutritional surveillance systems. These documents are available online from the Food Foundation and Institute of Development Studies.

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|-------------------|---|
| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of NCD strategy |
| Year(s): | 2016 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Food foundation |
| Find out more: | foodfoundation.org.uk |
| Linked document: | Download linked document |
| References: | Brazil (2017) INTERNATIONAL LEARNING SERIES 4 / BRAZIL'S FOOD AND NUTRITIONAL GOVERNANCE PLAN INTERNATIONAL LEARNING SERIES / 4 PUBLISHED. [Online]. Available from: https://foodfoundation.org.uk/wp-content/uploads/2017/07/4-Briefing-Brazil_vF.pdf [Accessed: 14 July 2020]. [] |

Brazilian Obesity Guidelines - 2016

Brazilian Obesity Guidelines - 2016

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|-------------------|---|
| Categories: | Evidence of Management/treatment guidelines |
| Year(s): | 2016 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Associação Brasileira para o Estudo da Obesidade e Síndrome Metabólica |
| Find out more: | abeso.org.br |
| Linked document: | Download linked document |
| References: | Associação Brasileira para o Estudo da Obesidade e da Síndrome Metabólica Diretrizes brasileiras de obesidade 2016 / ABESO - Associação Brasileira para o Estudo da Obesidade e da Síndrome Metabólica. – 4.ed. - São Paulo, SP |

National plan for food and nutritional security

Document outlining the plan to implement access to healthier food throughout the nation.

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|-----------------------|--|
| Categories (partial): | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2016-2019 |
| Target age group: | Adults and children |
| Organisation: | INTERMINISTERIAL CHAMBER OF FOOD AND NUTRITIONAL SECURITY - CAISAN |
| Find out more: | extranet.who.int |
| Linked document: | Download linked document |
| References: | Anon (n.d.) Policy - Plano Nacional de Segurança Alimentar E Nutricional (PLANSAN 2016-2019) Global database on the Implementation of Nutrition Action (GINA). [Online]. extranet.who.int . Available from: https://extranet.who.int/nutrition/gina/en/node/24695 . [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/ |

Procurement guidelines for food purchases in the Ministry of Health

In July 2016, the Brazilian Ministry of Health implemented procurement guidelines for any food served or sold within the Ministry's facilities and in its entities (Ordinance No 1.274 of 7 July 2016). The guidelines also apply to independent companies contracted to provide food services on the premises of the Ministry and its entities. The Ordinance aims to address overweight, obesity and non-communicable diseases, and is based on the right to adequate food. The guidelines are based on the Food Guide for the Brazilian Population, and state that only unprocessed and minimally processed food may be procured.

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| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2016 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Ministry of Health |
| References: | https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=6#step3=338 |

Smart commitments: United Nations (UN) Decade of Action on Nutrition 2016–2025

Stop the growth in the adult obesity rate (which currently stands at 20.8%) Reduce by at least 30% consumption of sugar-sweetened beverages among adults Increase by at least 17.8% the proportion of adults who regularly eat fruit and vegetables

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| Categories (partial): | Evidence of National Obesity Strategy/Policy or Action plan |
| Year(s): | 2016-2025 |
| Target age group: | Adults and children |
| Organisation: | Ministry of Health |
| Find out more: | www.who.int |
| Linked document: | Download linked document |
| References: | Anon (n.d.) WHO Brazil first country to make specific commitments in UN Decade of Action on Nutrition. [Online]. WHO. Available from: https://www.who.int/nutrition/decade-of-action/brazil-commitment-22may2017/en/ [Accessed: 14 July 2020ci]. [] |

Ultra-processed food and drink products in Latin America: Trends, impact on obesity, policy implications

A report on the sales of ultra-processed food and drink products and the connection between the surge in market share and the epidemic of obesity in Latin America.

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| Categories: | Health Effectiveness Reviews (obesity related) |
| Year(s): | 2015 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Pan American Health Organization (PAHO) |
| Find out more: | www.paho.org |
| Linked document: | Download linked document |
| References: | Ultra-processed food and drink products in Latin America: Trends, impact on obesity, policy implications. Washington, D.C: PAHO, 2015. |

CONANDA Resolution 163: Ban on advertising directed at children under 12 years of age

Brazil bans all advertising directed at children (under 12 years of age) in its constitution through the Child and Adolescent Statute and the National Council for the Rights of Children and Adolescent (CONANDA) Resolution 163 (2014). This resolution can be applied to food publicity, where "abusive publicity" includes any form of market communication (including TV, radio, internet, apps) intended to persuade children and adolescents to consume a product or service. The Conanda resolution is enforced by the Consumer Defense Code (Law 8078/1990) and the Child and Adolescent Statute (Law 8069/1990) but it is widely reported that the the ban is not properly enforced.

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| Categories: | Evidence of Marketing Guidelines/Policy |
| Year(s): | 2014 (ongoing) |
| Target age group: | Children |
| Organisation: | National Council for the Rights of Children and Adolescent |
| Linked document: | Download linked document |
| References: | http://graphics.eiu.com/upload/pp/EIU-Alana-Report-WEB-FINAL.pdf |

Dietary Guidelines for the Brazilian Population

These Dietary Guidelines for the Brazilian Population are designed to support and encourage healthy eating practices personally and collectively and also to support policies, programmes, and actions whose purpose is to encourage, protect, and promote the good health and the food and nutrition security of the whole Brazilian population.

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| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2014 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Ministry of Health for Brazil: Secretariat of Health Care, Primary Health Care Department |
| Find out more: | www.paho.org |
| Linked document: | Download linked document |
| References: | Cayon, A. & https://www.facebook.com/pahowho (2016) PAHO/WHO Dietary Guidelines for the Brazilian population. [Online]. 14 January 2016. Pan American Health Organization / World Health Organization. Available from: https://www.paho.org/hq/index.php?option=com_content&view=article&id=11564:dietary-guidelines-brazilian-population&Itemid=4256&lang=en.[] |

Intersectoral Strategy for Prevention and Control of Obesity: “guiding on ways of life and adequate and healthy food for the Brazilian population

To guide and encourage, through intersectoral strategies, actions for the prevention and control of obesity in the Brazilian population, promoting adequate and healthy food and the usual practice of physical activity.

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| Categories: | Evidence of Physical Activity Guidelines/Policy Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of National Obesity Strategy/Policy or Action plan |
| Year(s): | 2014 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Health ministry |
| Find out more: | extranet.who.int |
| Linked document: | Download linked document |
| References: | Anon (n.d.) Policy - Estratégia Intersetorial de Prevenção e Controle da Obesidade: “orientando sobre modos de vida e alimentação adequada e saudável para a população brasileira Global database on the Implementation of Nutrition Action (GINA). [Online]. extranet.who.int. Available from: https://extranet.who.int/nutrition/gina/en/node/39352 [Accessed: 15 July 2020az]. 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 Food and Nutrition Policy

This policy is an updated edition of the National Food and Nutrition Policy (PNAN) to improve food, nutrition and health conditions and to guarantee food and nutritional safety for the Brazilian population. On 25 August 2010, Brazil adopted a Policy on Food Security and Nutrition of Brazil (Decree 7.272) that firmly establishes the right to food in Brazil's food and nutrition efforts. The Policy is part of the efforts undertaken in view of the implementation of the Food and Nutrition Security Law (LOSAN) of 2006. It establishes the framework and principles for the development of a National Food and Nutrition Security Plan. The right to food is firmly anchored in the Policy. The National Food and Nutrition Policy (PNAN) aims to improve the conditions of food, nutrition and health of the Brazilian population, by promoting adequate and healthy eating practices, food and nutritional surveillance, prevention and comprehensive care of diseases related to food and nutrition.

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|-------------------|---|
| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2013 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Ministry of Health of Brazil |
| Find out more: | extranet.who.int |
| Linked document: | Download linked document |
| References: | Anon (n.d.) Policy - Política Nacional de Alimentação e Nutrição 2012 Global database on the Implementation of Nutrition Action (GINA). [Online]. extranet.who.int. Available from: https://extranet.who.int/nutrition/gina/en/node/23237 . ☐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/ |

Regulations of Food labelling

Guidelines outlining how food labelling should be conducted.

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| Categories: | Labelling Regulation/Guidelines |
| Year(s): | 2012 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | National Health Surveillance Agency |
| Find out more: | portal.anvisa.gov.br |
| Linked document: | Download linked document |
| References: | Anon (n.d.) Policy - Regularização de produtos - Alimentos (Rotulagem de alimentos) Global database on the Implementation of Nutrition Action (GINA). [Online]. extranet.who.int . Available from: https://extranet.who.int/nutrition/gina/en/node/25365 [Accessed: 15 July 2020bp]. [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 Non-communicable disease strategy

National Non-communicable disease strategy 2011-2022

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| Categories: | Evidence of NCD strategy |
| Year(s): | 2011-2022 |
| Target age group: | Adults and children |
| Organisation: | Ministry of Health |
| Linked document: | Download linked document |

Step by Step: health programme

Health and education policies aimed at children, adolescents, youth and adults in Brazilian public education are coming together to promote the full development of this audience.

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| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy |
| Year(s): | 2011 (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 - Passo a passo - Programa Saúde na Escola Global database on the Implementation of Nutrition Action (GINA). [Online]. extranet.who.int. Available from: https://extranet.who.int/nutrition/gina/en/node/39351 [Accessed: 15 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/ |

National Health Promotion Policy

The National Policy of Health Promotion (PNPS, in Portuguese) has been giving priority to several actions concerning healthy diet, physical activity, and prevention against tobacco and alcohol abuse.

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| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2010 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Ministry of Health |
| Linked document: | Download linked document |

Brazil Public Commitment on Food and Beverage Advertising to Children (Brazil Pledge)

In August 2009, the Food and Drink Association of Brazil (ABIA) and the Association of Brazilian Advertisers (ABA) published a "public commitment on food and beverage advertising to children." The basic principles of the voluntary pledge follow those of the EU Pledge. The pledge was expanded and strengthened in 2016 Brazil Pledge Nutrition Criteria

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| Categories: | Evidence of Marketing Guidelines/Policy |
| Year(s): | 2009 (ongoing) |
| Target age group: | Children |
| Organisation: | Food and Drink Association of Brazil (ABIA) and the Association of Brazilian Advertisers (ABA) |
| Find out more: | pledges.uconnruddcenter.org |
| Linked document: | Download linked document |
| References: | Anon (n.d.) Rudd Center for Food Policy & Obesity — Marketing Pledges - Pledge Detail. [Online]. pledges.uconnruddcenter.org . Available from: http://pledges.uconnruddcenter.org/pledge.aspx?id=5 [Accessed: 14 July 2020cb]. |

National School Meal Programme

The Brazilian Ministry of Education sets food- and nutrition-based standards for the food available in the national school meal programme (Law 11.947/2009 – Regulamento del Programa Nacional de Alimentação Escolar). Resolution No. 6 of 2020 updated guidelines related to the National School Meals Program.

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| Categories: | Evidence of School Food Regulations |
| Categories (partial): | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2009 (ongoing) |
| Target age group: | Children |
| Organisation: | Brazilian Government |
| Find out more: | legislacao.presidencia.gov.br |

Health at School Programme

The Health at School Program (PSE) aims at the permanent integration and articulation of education and health, providing improving the quality of life of the Brazilian population.

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| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2007 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Presidencia da República |
| Find out more: | extranet.who.int |
| Linked document: | Download linked document |
| References: | Anon (n.d.) Programa Saúde nas Escolas. [Online]. Available from: https://extranet.who.int/nutrition/gina/sites/default/files/BRA%202007%20_ProgramaSaudeEscolas.pdf [Accessed: 15 July 2020cf]. []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/ |

Interministerial Chamber for Food and Nutricional Security

The Interministerial Chamber coordinates all the intersectoral food and nutrition security policies of the Federal Government.

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| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2007 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Government |
| Find out more: | www.mds.gov.br |

Nutrition education in public elementary schools of São Paulo, Brazil: the Reducing Risks of Illness and Death in Adulthood project

CONCLUSION: Even with a positive attitude regarding the development of this proposal, there was a lack of support from the studied schools. Future studies and a greater involvement by the Health and Education sectors could overcome such barriers, improving the results of school-based programs to prevent obesity.

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|-------------------|---|
| Categories: | Health Effectiveness Reviews (obesity related) |
| Year(s): | 2005 (ongoing) |
| Target age group: | Children |
| Organisation: | Nutrition Department, University of Sao Paulo |
| Find out more: | www.scielo.br |
| Linked document: | Download linked document |
| References: | Gaglianone, C.P., Taddei, J.A. de A.C., Colugnati, F.A.B., Magalhães, C.G., et al. (2006) Nutrition education in public elementary schools of São Paulo, Brazil: the Reducing Risks of Illness and Death in Adulthood project. Revista de Nutrição. [Online] 19 (3), 309–320. Available from: doi:10.1590/S1415-52732006000300002. [] |

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)

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| 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/ |

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