

Chile



Policies, Interventions and Actions

Guías Alimentarias para Chile (Dietary Guidelines for Chile)

A new dietary guideline with a focus on sustainability and the use of fresh unprocessed foods. The guideline is currently only available in Spanish

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2022 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.minsal.cl
Linked document:	Download linked document
References:	Ministerio de Salud (2022). Guías Alimentarias para Chile. Ministerio de Salud, Santiago

Obesity in adults: Clinical practice guideline adapted for Chile

The Chilean Society of Bariatric and Metabolic Surgery, together with other scientific societies, led a process for adapting the Canadian clinical practice guideline for obesity in adults for Chile. The aim of the Canadian guideline, among its main objectives, was to propose changes in obesity management using a chronic disease framework and focusing on improving patient-centered health outcomes, rather than focusing on weight loss alone.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2022 (ongoing)
Target age group:	Adults
Find out more:	www.medwave.cl
References:	Preiss Contreras Y, Ramos Salas X, Ávila Oliver C, Saquimux Contreras MA, Muñoz Claro R, Canales Ferrada C. Obesity in adults: Clinical practice guideline adapted for Chile. Medwave 2022;22(10):e2649 doi: 10.5867/medwave.2022.10.2649

The Law Food Advertising (Ley 20.869)

This law prohibits any kind of television or movie advertising between 06:00 am and 10:00 pm for foods or beverages that exceed cut-off points energy, sugar, saturated fats and sodium determined by the Minister of Health. The law also bans any kind of advertising of breast milk substitutes.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.bcn.cl

National Food and Nutrition Policy

The Food and Nutrition Policy establishes two guiding principles: » People's right to food as an unavoidable ethical principle when developing programmes, initiatives and regulations. » Food and nutrition are socially determined, and the conditions in which people's lives unfold shape food consumption decisions.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	Download linked document

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.

Using evidence-informed policies to tackle overweight and obesity in Chile

Overweight and obesity are a global epidemic with rates having risen to alarming levels in both developed and developing countries. Chile has been no exemption, with sharp increases in obesity prevalence, especially among school-age children. This paper describes the policy actions and strategies implemented to tackle this major public health concern in Chile over the last 10 years, and highlights the main challenges and nuances of the process. Chile has taken policy action that includes front-of-package labelling, advertising regulations, and school-food restrictions. New policies focus on the social determinants of health as they relate to food environments and people's behavior. These actions are not only suitable to the current context in Chile, but are also supported by the best available scientific evidence. Moreover, the implementation of these policies has produced a broad debate involving public institutions and the food industry, with discussions issues ranging from property rights to trade barriers. Despite some differences among stakeholders, a valuable political consensus has been achieved, and several international organizations are eager to evaluate the impact of these pioneer initiatives in Latin America.

Categories:	Health Effectiveness Reviews (obesity related)
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	Rodríguez Osiac L, Cofré C, Pizarro T, Mansilla C, Herrera CA, Burrows J, et al. Using evidence-informed policies to tackle overweight and obesity in Chile. <i>Revista Panamericana de Salud Pública</i> [Internet]. 2017 Dec 19 [cited 2020 Jul 22];41. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6645201/
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Rodríguez Osiac L, Cofré C, Pizarro T, Mansilla C, Herrera CA, Burrows J, et al. Using evidence-informed policies to tackle overweight and obesity in Chile. <i>Revista Panamericana de Salud Pública</i> [Internet]. 2017 Dec 19 [cited 2020 Jul 22];41. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6645201/

The Law on Nutritional Composition of Food and its Advertising (Ley 20.606)

The Law on Nutritional Composition of Food and its Advertising (Ley 20.606) mandated Chile's front of pack warning labels and prohibited the marketing of “high in” foods and beverages directed at children and the sales of these products in schools. Law N° 20.606 came into force in 2016. The regulations require labels to highlight food and beverage products with high energy, sugars, saturated fat, or sodium content using a black octagon. This regulation only applies to foods and beverages with added sodium, sugars, or saturated fats.

Categories:	Labelling Regulation/Guidelines Evidence of Marketing Guidelines/Policy Evidence of School Food Regulations
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.bcn.cl
Linked document:	Download linked document

Taxes on sugar-sweetened beverages: Ley sobre impuesto a las ventas y servicios (Tax law for sales and services)

Law document No.825 updated on September 29th, 2014. Natural or artificial beverages, energized or hypertonic beverages, with syrups or any product replacing it, or that is used to prepare similar beverages, mineral water or water with added artificial colour, flavour or sweetener will have a 10% tax. If the beverage has more than 15g per 240 millilitres or an equivalent portion the tax is 18%.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Biblioteca Nacional del Congreso Nacional de Chile
Find out more:	www.leychile.cl
Linked document:	Download linked document
References:	In Chile, Electronic Tickets Will Be Required Beginning in September [Internet]. Edicomgroup. Available from: https://www.edicomgroup.com/en_ES/news/14208-in-chile-electronic-tickets-will-be-required-beginning-in-september.html

Choose to Live Healthily" (Elige Vivir Sano)

This is an initiative of the Chilean First Lady in collaboration with government ministries. It promotes healthy eating, physical activity and healthy living. "Hoy empiezo a vivir sano" (Today I will start to live healthily) is the slogan of the 2020 communications campaign launched today by the Social and Family Development Minister, Sebastián Sichel, and the Executive Secretary of Elige Vivir Sano (Choose to live healthily), Daniela Godoy. The campaign will be aired on mainstream media and social networks. It seeks to motivate people to make small changes in their routines to adopt healthier habits and combat excess weight and obesity, conditions that currently affect seven out of ten people over 15 years old in Chile. The actions being promoted include cooking as a family, prioritizing fruits as a snack, going for a walk, playing with children. These actions are easy to carry out and can have a significant impact on the quality of family life.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Government of Chile
Find out more:	www.gob.cl
Linked document:	Download linked document
References:	https://magnet.cl . Gob.cl [Internet]. Gobierno de Chile. Available from: https://www.gob.cl/

Dietary guidelines for the Chilean population

The aim of these guidelines is to help people to maintain a healthy weight, eat healthily and be physically active every day.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Institute of Nutrition and Food Technology (INTA) of the University of Chile
Find out more:	www.fao.org
Linked document:	Download linked document
References:	Chile [Internet]. Food and Agriculture Organization of the United Nations. Available from: http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/Chile/en#:~:text=Eat%20fresh%20vegetables%20and%20fruits

Sistema Elige Vivir Sano en comunidad

Objectives of Choose to Live Healthy in Community: - Make available to the communities a set of coordinated initiatives at the national, regional and local levels that contribute to improving the quality of life of people, assuming the State a responsibility to provide access to services that reduce gaps and barriers to healthy quality of life, through health actions, education, recreation and outdoor activities, among others. - Contribute to the generation of regulatory frameworks that raise standards in food matters and in environmental conditions that improve quality of life (tobacco, alcohol, physical activity, pollution, green areas, etc.). - Build indicators that allow monitoring and evaluating healthy communities, in order to identify the areas that present the greatest challenge to be addressed, reorienting the programmatic offer.

Categories:	Evidence of a multi-sectoral national coordination mechanism for obesity or nutrition (including obesity)
Year(s):	2013 (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/26919 (last accessed 10.08.22)

Law of Nutritional Composition of Food and Advertising

Framework legislation to help regulate food marketing to children. An evaluation of Chile's Law of Food Labeling and Advertising on sugar-sweetened beverage purchases from 2015 to 2017: A before-and-after study

Categories (partial):	Evidence of Marketing Guidelines/Policy Labelling Regulation/Guidelines
Year(s):	2012 (ongoing)
Target age group:	Children
Organisation:	Government
Find out more:	journals.plos.org
Linked document:	Download linked document
References:	Taillie LS, Reyes M, Colchero MA, Popkin B, Corvalán C. An evaluation of Chile's Law of Food Labeling and Advertising on sugar-sweetened beverage purchases from 2015 to 2017: A before-and-after study. Basu S, editor. PLOS Medicine. 2020 Feb 11;17(2):e1003015. DOI

Mandatory national limit on trans fats

Since 2011, Chile has had a best-practice limit for industrially produced TFA of 2% in oils and fats in all foods.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.bcn.cl

Reglamento Sanitario de los Alimentos DTO. N° 14/11 (declaración de nutrientes)

Mandatory national labelling guidelines for packaged foods and drinks in place. (Available only in Spanish language)

Categories:	Labelling Regulation/Guidelines
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	President of the Republic
Linked document:	Download linked document

EGO-Chile (Estrategia Global Contra La Obesidad)

EGO-Chile is a national nutrition policy document which aims to promote new actions and strategies to help control overweight and obesity. It involves both the public and private sectors.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	extranet.who.int
Linked document:	Download linked document
References:	¶ "ESTRATEGIA GLOBAL CONTRA LA OBESIDAD: EGO CHILE" [Internet]. Available from http://pam-chile.cl/evento/evento03/pre02d.pdf ¶

Mandatory nutrition labelling: Food and health regulations

The Chilean Food and Health Regulations of 1996 mandated a list of the nutrient content of pre-packaged food products, The regulations also included definitions for nutrient content.

Categories:	Labelling Regulation/Guidelines
Year(s):	1996 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.bcn.cl
Linked document:	Download linked document

"Healthy Life" programme

The Healthy Life programme of the Ministry of Health is a comprehensive and free treatment that seeks to reduce the risk factors of developing Type 2 Diabetes and Arterial Hypertension in people, through an intervention in eating habits and physical condition. The target population is children, adolescents, adults and postpartum women. A nutritional diagnosis of overweight or obesity makes you eligible.

Categories:	Evidence of Multidisciplinary Intervention Non-national obesity strategies
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	ssms.cl

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