

# Costa Rica



## Policies, Interventions and Actions

### Actualización de los Impuestos Específicos Sobre las Bebidas Envasadas sin Contenido Alcohólico, Excepto la Leche y Sobre los Jabones de Tocador

Mandatory volume or weight based specific excise tax on unhealthy food or drink products.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	The First Vice-President in Office of the Presidency of the Republic and the Minister of Finance
Linked document:	<a href="#">Download linked document</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/node/82196">https://extranet.who.int/nutrition/gina/en/node/82196</a> (last accessed 11.08.22)

### 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.

## Plan for the Comprehensive Approach to Overweight and Obesity in Children and Adolescents

The Plan for the Comprehensive Approach to Overweight and Obesity in Children and Adolescents in Costa Rica is based on the approaches proposed by the Determinants of Obesity Model, the Life Course Model of obesity and risk of other non-communicable diseases and the Global Environmental Assessment Model for early childhood development.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2017 (ongoing)
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.ministeriodesalud.go.cr">www.ministeriodesalud.go.cr</a>
Linked document:	<a href="#">Download linked document</a>

## National Non-communicable disease and obesity strategy 2013-2021

National Non-communicable disease and obesity strategy 2013-2021

Categories:	Evidence of NCD strategy
Year(s):	2013-2021
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>

## Executive Decree No. 36910-MEP-S: Costa Rica's School Child and Adolescent Food and Nutrition Programme

WCRF: The Ministries of Health and Education sets restrictions on products sold to students in elementary and high schools, including foods with high levels of fats sugars and salt such as chips, cookies, candy and carbonated sodas. Schools are only permitted to sell foods and drinks that meet specific nutritional criteria.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2012 (ongoing)
Target age group:	Children
Organisation:	Ministries of Health and Education
Find out more:	<a href="http://www.securenutrition.org">www.securenutrition.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework <a href="http://www.wcrf.org/NOURISHING">www.wcrf.org/NOURISHING</a>

## National Plan for Physical Activity and Health 2011 - 2021

This policy aims to promote physical activity in all its forms to contribute to the health of the population to social peace and the prevention and reduction of chronic non-communicable diseases, drug abuse and social violence.

Categories:	Evidence of NCD strategy
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011-2021
Target age group:	Adults and children
Organisation:	Ministry of Health and Ministry of Sport and Recreation.
Find out more:	<a href="http://www.ministeriodesalud.go.cr">www.ministeriodesalud.go.cr</a>
Linked document:	<a href="#">Download linked document</a>
References:	WHO MiNDbank - Plan nacional de actividad física y salud 2011-2021 (National Plan for Physical Activity and Health 2011-2021) [Internet]. <a href="http://www.mindbank.info">www.mindbank.info</a> . [cited 2020ap Jul 23]. Available from: <a href="https://www.mindbank.info/item/1096">https://www.mindbank.info/item/1096</a>

## National policy on food and nutrition security 2011-2021

This policy was created in order to advance the social protection status of the population and ensure the right to food and adequate nutrition. One of the areas of intervention is overweight and obesity.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011-2020
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.ministeriodesalud.go.cr">www.ministeriodesalud.go.cr</a>
Linked document:	<a href="#">Download linked document</a>

## Reglamento Técnico Centroamericano RTCA 67.01.60:10 Etiquetado nutricional de productos alimenticios preenvasados para consumo humano para la población a partir de 3 años de edad

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:	Council of Ministers of Central American Economic Integration (COMIECO)
Linked document:	<a href="#">Download linked document</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/node/22906">https://extranet.who.int/nutrition/gina/en/node/22906</a> (last accessed 10.08.22)

## Dietary guidelines for Costa Rica (Guías alimentarias para Costa Rica)

The Intersectoral Commission on Dietary Guidelines (composed of various government ministries, the national nutrition institute, universities, and the Institute of Nutrition of Central America and Panama) led the development of the dietary guidelines. They are endorsed by the Ministry of Health. (Available only in Spanish language)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	Commission on Dietary Guidelines
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/costa-rica/en/">https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/costa-rica/en/</a>

## 5 A Day Campaign Costa Rica

A campaign to promote the consumption of fresh fruits and vegetables. On 23 March 2003, the 5-a-day campaign was launched by the government to encourage people to increase their consumption of fruit and vegetables to at least five portions. Health benefits such as reducing the risk of cardiac diseases, cancers and diabetes were clearly linked to the campaign.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	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:	<a href="http://www.ministeriodesalud.go.cr">www.ministeriodesalud.go.cr</a>
Linked document:	<a href="#">Download linked document</a>
References:	Members [Internet]. AIAM5. [cited 2020 Jul 23]. Available from: <a href="http://ifava.org/members/">http://ifava.org/members/</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>

## Marketing of Breast-Milk Substitutes: National Implementation of the International Code Status Report 2016 (Promotion of Breastfeeding)

The 2016 report provides information on the status of implementing the International Code of Marketing of Breast-milk Substitutes and subsequent relevant World Health Assembly resolutions ("the Code") in and by countries. The report also identifies in which countries they actively promote the benefits of breastfeeding.

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	WHO UNICEF IBFAN
References:	WHO. UNICEF. IBFAN. Marketing of Breast-milk Substitutes: National Implementation of the International Code. Status Report 2016. Geneva: World Health Organization; 2016

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