Cuba

Policies, Interventions and Actions

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.

Smart School Meals

School meals programmes that not only feed children but nourish them while promoting healthy eating habits represent a unique instrument to simultaneously promote human development and support health and education goals. When integrated in broader social protection systems and linked to other programmes, they maximize their potential and the return on investment of national budgets. The region's prominent effort in institutionalizing and scaling up universal, quality school meals programmes deserves dedicated attention to better understand nutrition-sensitive approaches and the opportunities that lie ahead of us all to best serve schoolchildren and vulnerable populations. Children who are well nourished and healthy can learn and thrive.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Target age group:	Children
Organisation:	World Food Programme
Find out more:	docs.wfp.org
Linked document:	Download linked document
References:	Smart School Meals Nutrition-Sensitive National Programmes in Latin America and the Caribbean A Review of 16 Countries [Internet]. 2017d. Available from: https://docs.wfp.org/api/documents/WFP-0000019946/download/?_ga=2.241320961.2085125925.1595691056-184791230.1593606330

Multisectoral programme to reduce overweight and obesity

Multisectoral programme to reduce overweight and obesity

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	Download linked document

Reglamento Tecnico Centroamericano. Etiquetado General de los Alimentos Previamente Envasados (Preenvasados) [Central American Technical Regulation. General Labeling of Prepackaged Foods (Prepackaged)]

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

Categories:	Labelling Regulation/Guidelines
Year(s):	2012 (ongoing)
Target age group:	Adults and children
Linked document:	Download linked document
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/86430 (last accessed 10.08.22)

Food-based dietary guidelines

Dietary guidelines for the Cuban population over two years of age (Spanish: Guías alimentarias para la población cubana mayor de dos años). Dietary guidelines for Cuban children younger than two years of age. Technical manual for health teams (Spanish: Guías alimentarias para niños y niñas cubanos hasta dos años de edad. Documento técnico para los equipos de salud).

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	Institute of Nutrition and Food Hygiene of Cuba
Find out more:	www.fao.org
Linked document:	Download linked document
References:	Cuba [Internet]. Food and Agriculture Organization of the United Nations. [cited 2020 Jul 25]. Available from: http://www.fao.org/nutrition/education/food-based-dietary-guidelines/regions/countries/cuba/es/

National plan for the control and prevention of obesity

National plan for the control and prevention of obesity

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2008 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	Download linked document

MINSAP

Coordinates health programs and nutrition actions

Categories:	Evidence of a multi-sectoral national coordination mechanism for obesity or nutrition (including obesity)
Year(s):	1994 (ongoing)
Target age group:	Adults and children

Food Security Policy

This program performs the systematic surveillance of food and chemical and biological contaminants that transmit diseases, it evaluates the diet that is offered in schools and workplace cafeterias and controls the monitoring of maternal and child nutrition. As a part of the system, monitoring sites are created in order to monitor food and nutrition in all provinces.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Adults and children
Organisation:	Food and nutrition security policy
Find out more:	plataformacelac.org
References:	Cuba: Food Security Policy [Internet]. plataformacelac.org. [cited 2020s Jul 25]. Available from: https://plataformacelac.org/en/politica/248#:~:text=In%20the%20Food%20Security%20Policy

GNPR 2016-17 (q7) Breastfeeeding 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 progam)
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

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