

Eswatini



Policies, Interventions and Actions

Eswatini National Acceleration Plan to Stop Obesity 2025-2030

This is the national strategy to stop obesity in Eswatini, aiming to build a healthier Eswatini where all people have access to nutritious food, active lifestyles, and health-supporting environments. The plan aims to increase consumption of healthy foods and drinks, increase physical activity, and introduce policies including a tax on sugar-sweetened beverages. Measures include interventions at multiple levels: individual, community and policy. It includes specific targets to reduce the prevalence of overweight by 2030. These include a reduction among adults from 35.3% to 30.8% by 2030; among children, from 7.6% to 5.9%; and among adolescents, from 20.6% to 17.9%.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Obesity Target
Year(s):	2025-2030
Target age group:	Adults and children
Organisation:	Kingdom of Eswatini, Ministry of Health
Find out more:	www.afro.who.int
Linked document:	Download linked document

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SADC Strategy and Implementation Plan on the Prevention of Overweight and Obesity

This document lays out SADC’s strategic intent to support Member States in the prevention of overweight and obesity. Objectives include being able to: • Engage and secure commitment from SADC Member States for the successful implementation of the strategy. • Strengthen policy and regulatory frameworks to foster an enabling environment for the prevention and control of obesity. • Enhance the capacity and knowledge of leaders, decision-makers, and institutions to actively promote interventions for and investment in obesity prevention. • Develop and implement effective roadmaps across all SADC Member States for the prevention and control obesity. • Establish and maintain an efficient regional surveillance system to facilitate evidence-based decision making.

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Year(s):	2024-2030
Target age group:	Adults and children
Organisation:	Southern African Development Community (SADC)
Linked document:	Download linked document
References:	SADC Strategy on the Prevention of Overweight and Obesity and Implementation Plan 2024-2030, Gaborone, Botswana, 2024

Shukuma Swaziland

A programme that is encouraging the nation to exercise and is targeted at people of all ages.

Categories:	Evidence of Physical Activity Guidelines/Policy
Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Eswatini Sport and Recreation Council
Find out more:	sportscouncil.org.sz

Swaziland National Nutrition Council

National Multisectoral stakeholder mechanism in place (such as Coalition, Taskforce, Committee) for Obesity or Nutrition (including obesity)

Categories:	Evidence of a multi-sectoral national coordination mechanism for obesity or nutrition (including obesity)
Year(s):	1945 (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/27134 (last accessed 04.08.22) 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/

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 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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