



Policies, Interventions and Actions

Food and health guidelines for Fiji

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2018 (ongoing)
Target age group:	0-14 years, 15-64 years, 65+ years
Organisation:	Ministry of Health
Find out more:	www.fao.org
References:	https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/fiji/en/

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:	0-14 years, 15-64 years, 65+ years
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

NCD Strategic Plan

Fiji's NCD strategy, including the target of halting the rise in obesity prevalence in adults and children.

Categories:	Evidence of NCD strategy
Year(s):	2015-2019
Target age group:	□□□□□□□□□□
Organisation:	Ministry of Health
Linked document:	Download linked document

Perspectives of Fijian Policymakers on the Obesity Prevention Policy Landscape

Facilitators include policy entrepreneurs and policy brokers who were active when a window of opportunity opened and who strengthened intersectoral collaboration. Fiji's policy landscape can become more conducive to obesity policies if power inequalities are reduced. In Fiji and other Pacific Island countries, this may be achievable through increased food self-sufficiency, strengthened intersectoral collaboration, and the establishment of an explicit functional focal unit within government to monitor and forecast the health impact of policy changes in non-health sectors.

Categories:	Health Effectiveness Reviews (obesity related)
Year(s):	2015 (ongoing)
Target age group:	□□□□□□□□□□
Find out more:	www.ncbi.nlm.nih.gov
References:	"Hendriks, A.-M., Delai, M.Y., Thow, A.-M., Gubbels, J.S., et al. (2015) Perspectives of Fijian Policymakers on the Obesity Prevention Policy Landscape. BioMed Research International. [Online] 2015. Available from: doi:10.1155/2015/926159 [Accessed: 28 July 2020]."

Healthy Youth Healthy Communities (HYHC)

This project was based in secondary schools and faith-based organisations to promote healthy eating and regular physical activity, and to prevent unhealthy weight gain in adolescents aged 13-18 years.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2006-2008
Target age group:	000000
Organisation:	Fiji School of Medicine
Find out more:	pubmed.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Waqa, G., Moodie, M., Schultz, J. & Swinburn, B. (2013) Process evaluation of a community-based intervention program: Healthy Youth Healthy Communities, an adolescent obesity prevention project in Fiji. Global Health Promotion. [Online] 20 (4), 23–34. Available from: doi:10.1177/1757975913501909 [Accessed: 27 February 2020].

School Canteen Guidelines

Fiji's School Canteen Guidelines were developed in 2005 and revised in 2013. The guidelines outline how to prepare and provide healthy "everyday" food with recipes and nutrition guidelines and are enforced by the Ministry of Education.

Year(s):	2005 (ongoing)
Target age group:	000000
Organisation:	National Food and Nutrition Centre
Linked document:	Download linked document

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:	□□□□□□□□
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/

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:	□□□□□□□□
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

PDF created on July 16, 2025