

Guatemala



Policies, Interventions and Actions

National Council for Sport, Physical Education, and Recreation Strategic Plan

This document outlines Guatemala's national strategy for promoting physical activity, sport, and recreation as essential components of health, education, and social development. It establishes a coordinated, inter-institutional framework (CONADER) to ensure inclusive access, infrastructure development, and policy alignment across sectors. Grounded in national law, it positions physical culture as a public right and a tool to improve quality of life and prevent non-communicable diseases. (Available only in Spanish).

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2020-2024
Target age group:	Adults and children
Organisation:	National Council of Sport, Physical Education, and Recreation
Find out more:	sistemas.segeplan.gob.gt
Linked document:	Download linked document

Acuerdo Gubernativo Número 183-2018 Reglamento de la ley de alimentación escolar [Government Agreement Number 183-2018 Regulation of the school meal law]

National mandatory standards for food available in schools. The specific objectives of this regulation are: Operationalize the School Feeding Law in the public and private spheres; Establish guidelines to provide adequate school feeding in quantity and quality, complying with the nutritional requirements of schoolchildren, at the pre-primary and primary levels of public and private educational centers during the school year; Establish procedures to implement pedagogical glue gardens as a tool for food and nutrition education, with teaching of good agricultural practices, as long as there is the availability of Infrastructure and resources to implement them; Establish the processes of permanent training aimed at the Organizations of Parents of Family -OPF- of public educational centers in matters of administration, health, food and nutrition; and Designate the dependencies and mechanisms for the formulation of a list of healthy and nutritious foods for the School Feeding Program. (Available only in Spanish language)

Categories:	Evidence of School Food Regulations
Year(s):	2018 (ongoing)
Target age group:	Children
Organisation:	Ministry of Education
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/66503 (last accessed 11.08.22) 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/

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.

Estrategia para la prevencion del sobrepeso y obesidad en la ninez y adolescencia de Centroamerica y Republica Dominicana

National obesity strategy integrating components of physical activity and nutrition with overweight / obesity-specific focus. (Available only in Spanish language)

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2014-2025
Target age group:	Children
Organisation:	COMISCA
Linked document:	Download linked document

Pan American Health Organization (PAHO) - Plan of Action for the Prevention of Obesity in Children and Adolescents

This 5-year action plan was signed by PAHO member countries, aiming to halt the rise in obesity among children and adolescents. It calls for a number of policies, including taxes on unhealthy food and drink, labelling and marketing regulation, health promotion, school nutrition improvement, and breastfeeding promotion.

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Year(s):	2014-2019
Target age group:	Children
Organisation:	Pan American Health Organisation (PAHO), WHO for the Americas
Find out more:	iris.paho.org
Linked document:	Download linked document
References:	PAHO. Plan of Action for the Prevention of Obesity in Children and Adolescents. WHO; 2014.

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:	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/22906 (last accessed 10.08.22) 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/

Guías alimentarias para Guatemala. Recomendaciones para una alimentación saludable

The Ministry of Public Health and Social Assistance led the revision of the dietary guidelines through the National Dietary Guidelines Committee (comprised of representatives from ministries, the Secretariat of Food and Nutritional Security, universities, consumer groups, the national nutrition association, non-governmental organizations and the food industry). The country received support and technical assistance from the FAO, the Institute of Nutrition of Central America and Panama, the Pan American Health Organization, UNICEF and the US Agency for International Development. The guidelines are endorsed by the Ministry of Public Health and Social Assistance. (Available only in Spanish language)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2003 (ongoing)
Target age group:	Adults and children
Organisation:	National Dietary Guidelines Committee
Linked document:	Download linked document
References:	https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/guatemala/en/

Decreto Numero 09-2002. Ley del Impuesto Específico sobre la Distribución de Bebidas Gaseosas, Bebidas Isotónicas o Deportivas, Jugos y Néctares, Yogures, Preparaciones Concentradas o en Polvo para la elaboración de Bebidas y Agua Natural Envasada

Mandatory volume or weight based specific excise tax on unhealthy food or drink products. (Available only in Spanish language)

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2002 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Public Finance
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/82200 (last accessed 11.08.22) 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/

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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