

Honduras



Policies, Interventions and Actions

Plan de Acción por la Nutrición de Honduras

The objective of the Nutrition Action Plan, unveiled as part of the National Food and Nutrition Security Policy and Strategy-PyENSAN 2030, is to end all forms of malnutrition and address lifelong nutritional needs. The plan has a particular focus on undernourishment, chronic malnutrition, growth retardation, wasting, underweight and overweight children under the age of 5, and anaemia in women and children, among other micronutrient deficiencies, as well as halting the upward trend of excessive weight and obesity and reducing the burden of diet-related non-communicable diseases across all age groups.

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|-------------------|---|
| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2020-2030 |
| Target age group: | Adults and children |
| Organisation: | Government |
| Linked document: | Download linked document |

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)

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| 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. |

Acuerdo NO. 0989-SE-2016 Reglamento de venta de alimentos en centros educativos gubernamentales y no gubernamentales [Regulation on the sale of foods in governmental and non-governmental schools]

National mandatory standards for food available in schools. Article 33.- In the food services of school cafeterias, foods that promote a healthy diet must be marketed, in all school cafeterias there must be a daily offer of fresh fruits and vegetables, as a basic component of the food diet offered. All prepackaged foods used as raw material in the preparation of food and those that are marketed in school cafeterias, must have the Sanitary Registry of the Secretary of State in the Office of Health. Article 34.- Food preparation. - For the preparation of food that is marketed in the school cafeterias of governmental and non-governmental educational centers, the following criteria should be used: a) In the preparation of food the use of fats, sugars and sodium should be taken care of moderate use. b) Whenever possible, replace frying with cooking, roasting, grilling, grilling or comal. c) The raw materials to be used must be fresh. (Available only in Spanish language)

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|-------------------|---|
| Categories: | Evidence of School Food Regulations |
| Year(s): | 2016 (ongoing) |
| Target age group: | Children |
| Organisation: | Secretary of State in the Office 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/66504 (last accessed 11.08.22) |

DECRETO EJECUTIVO NÚMERO PCM-030-2015

National Physical Activity Policy. (Available only in Spanish language)

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| Categories: | Evidence of Physical Activity Guidelines/Policy |
| Year(s): | 2015 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | The Constitutional President of the Republic |
| References: | https://extranet.who.int/ncdccc/Data/HND_B12_24-06-15%20HONDURAS%20ACTIVATE.pdf |

Plan estrategico nacional para la prevencion del sobrepeso y obesidad en Honduras

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

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| Categories: | Evidence of National Obesity Strategy/Policy or Action plan |
| Year(s): | 2015-2025 |
| Target age group: | Adults and children |
| Organisation: | Organización Panamericana de la Salud/Organización Mundial de la Salud |
| Linked document: | Download linked document |

Food-based dietary guidelines - Honduras

The revised version of these guidelines was published in 2013 and include tips for healthy living.

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| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2013 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Ministry of Health |
| Find out more: | www.salud.gob.hn |
| Linked document: | Download linked document |
| References: | Food and Agriculture Organization of the United Nations. http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/honduras/en/ (last accessed 1 March 2016) |

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)

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| 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) |

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)

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| 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 |

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.

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| 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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