

# Jamaica



## Policies, Interventions and Actions

### National School Nutrition Standards

These Standards define the types of foods and beverages restricted in the Jamaican school environment. The Standards apply to all food and drink items available to children within the school environment whether prepared on or offsite. In addition, these Standards apply to the compound and immediate vicinity (within 200 m from the perimeter) of all public infant, primary and secondary institutions in Jamaica and are also applicable to school fundraisers, recreational activities, sporting events and competitions at those schools. Prohibitions on marketing in the school environment, such as promotion, sponsorship and philanthropic activities linked to brands associated with products which are high in salt, fat or sugar are recommended in these Standards

Categories:	Evidence of School Food Regulations
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2021 (ongoing)
Target age group:	Children
Organisation:	Ministry of Health & Wellness
Linked document:	<a href="#">Download linked document</a>

### Physical Activity Daily Guide for Medical Practitioners

The Physical Activity Daily Guide is a practical resource for Jamaican medical practitioners. The guide sets out Jamaican physical activity targets and outlines WHO-aligned physical activity recommendations across all age groups. It provides guidance, tools, and strategies to help individuals incorporate more movement into their daily lives.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health & Wellness
Linked document:	<a href="#">Download linked document</a>
References:	Ministry of Health & Wellness, Jamaica. (2020). Physical Activity Daily Guide. Ministry of Health & Wellness. <a href="https://www.moh.gov.jm/wp-content/uploads/2020/11/Physical-Activity-Daily-Guide-2.pdf">https://www.moh.gov.jm/wp-content/uploads/2020/11/Physical-Activity-Daily-Guide-2.pdf</a>

## Nationwide ban on sugary drinks in schools

Nationwide ban on sugary drinks in schools, which was effective as of January 2019

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2019 (ongoing)
Target age group:	Children
Organisation:	Government
References:	Currently a web link to this code is unavailable. If you are aware of the location of this document/intervention, please contact us at <a href="mailto:obesity@worldobesity.org">obesity@worldobesity.org</a>

## Jamaica Moves campaign

Jamaica moves campaign aims to encourage the population to obtain at least 30 mins of physical activity, every day to reduce the risk of developing non-communicable diseases

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.jamaicamoves.com">www.jamaicamoves.com</a>
Linked document:	<a href="#">Download linked document</a>
References:	Ministry of Health. Jamaica moves. Available from: <a href="https://www.jamaicamoves.com/">https://www.jamaicamoves.com/</a> (Accessed 6 March 2019).

## Too Much Junk

In May 2018, the HCC launched the CSO Regional Action Team for Childhood Obesity Prevention including key members of civil society in eight countries: Antigua and Barbuda, Barbados, the Bahamas, Belize, Grenada, Jamaica, St Lucia, and St Kitts Nevis. Together, these organisations have shared materials and best practices in an effort to increase the public awareness around Childhood Obesity and its prevention and to garner thousands of signatures of support for the policies proposed in the HCC's Call to Action at [www.toomuchjunk.org](http://www.toomuchjunk.org).

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Community Interventions/Campaign
Year(s):	2018
Target age group:	Children
Organisation:	Health Caribbean Coalition
Find out more:	<a href="http://www.healthycaribbean.org">www.healthycaribbean.org</a>

## 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.

## PAHO Plan of Action for the Prevention of Obesity in Children and Adolescents

The plan calls for the implementation of fiscal policies, regulation of food marketing and labelling, improvement of school nutrition and physical activity environments, and promotion of breastfeeding and healthy eating. Each Member State is encouraged to implement policies and regulations proposed in this Plan of Action according to its national needs and objectives.

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Categories (partial):	Non-national obesity strategies
Year(s):	2016-2020
Target age group:	Children
Organisation:	PAHO
Find out more:	<a href="http://www.paho.org">www.paho.org</a>
Linked document:	<a href="#">Download linked document</a>

## Food Based Dietary Guidelines for Jamaicans

The National Food Based Dietary Guidelines were launched in March 2015 to help prevent the onset of chronic non-communicable diseases (NCDs) such as hypertension, diabetes, cardiovascular diseases and strokes. The eight (8) Food Based Dietary Guidelines are aimed at promoting healthy behaviours and practices that will help the population aged 2 years and older to make healthy food choices and be physically active.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://moh.gov.jm">moh.gov.jm</a>

## 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:	<a href="https://iris.paho.org">iris.paho.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	PAHO. Plan of Action for the Prevention of Obesity in Children and Adolescents. WHO; 2014.

## Food and Nutrition Security Policy

Comprehensive Nutrition strategy including overweight/ obesity. (Available only in English language)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Cabinet and Parliament
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en/node/23540">https://extranet.who.int/nutrition/gina/en/node/23540</a> (last accessed 15.08.22) 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## National Strategic and Action Plan for the Prevention and Control of NCD's in Jamaica

A strategy to address the impact of NCD's in Jamaica. The document contains a series of actions which focus on unhealthy eating and physical activity.

Categories:	Evidence of NCD strategy
Year(s):	2013-2018
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>

## CARICOM Regional Standard: Specification for labelling of pre-packaged foods (CRS 5: 2010)

Voluntary national labelling guidelines for packaged foods and drinks in place but mandatory when there is a health or nutrition claim. (Available only in English language)

Categories:	Labelling Regulation/Guidelines
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	CARICOM Regional Organisation for Standards and Quality
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en/node/25355">https://extranet.who.int/nutrition/gina/en/node/25355</a> (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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## 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:	<a href="https://extranet.who.int">extranet.who.int</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en">https://extranet.who.int/nutrition/gina/en</a> 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

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