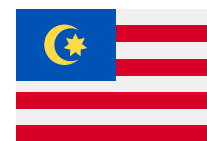


Malaysia



Policies, Interventions and Actions

Malaysia Sugar Tax

Excise duty of RM0.40/litre (about US\$0.095) was applied to all manufactured beverages, including carbonated drinks containing added sugar/other sweeteners and other non-alcoholic beverages, containing sugar exceeding 5g/100ml; and all fruit and vegetable juices regardless of whether the juices contain added sugar/other sweeteners which contain sugar exceeding 12g/100ml

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	Customs Department Malaysia
Find out more:	www.customs.gov.my
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework https://www.wcrf.org/int/policy/nourishing-database

Healthier Choice Logo

On 20 April 2017, the Minister of Health of Malaysia launched the Healthier Choice Logo in collaboration with food and beverages industries in Malaysia. The objectives of the Healthier Choice Logo are to: help consumers quickly identify healthier products within the same food category; assist consumers in making informed food choices through authentication of the logo displayed on the food products; educate the public on the use of approved products within a healthy and balanced eating pattern; and encourage and promote good practices among food industries in producing “healthier choice” products. Implementation of the Healthier Choice Logo is voluntary. Products bearing the logo indicate they meet a set of nutrient criteria, which exist for 42 sub-categories of foods and beverages. As of 15 May 2017, 48 products from various food and beverage companies have the Healthier Choice Logo.

Categories:	Labelling Regulation/Guidelines
Year(s):	2017 (ongoing)
Target age group:	Adults and children
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=0#step3=309

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.

Recommended Nutrient Intakes for Malaysia. A report of the technical working group

Malaysia faces the double burden of malnutrition. The burden of NCDs continue to rise in Malaysia and unhealthy diet is one of the major risk factors for NCD. Malaysian nowadays are living in an obesogenic environment that leads to sedentary lifestyle and unhealthy eating habits. The report has been created to assist Malaysians in achieving, sustaining and maintaining a certain level of health status as the RNI's as they form the basis in setting up or establishing nutrition requirement in any nutritional guidelines.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	Download linked document

National Plan of Action for Nutrition of Malaysia III 2016-2025

Updated plan of action to enhance nutritional status of population and prevent or reduce NCD's

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016-2025
Target age group:	Adults and children
Organisation:	National Coordinating Committee on Food and Nutrition (NCCFN), MINISTRY OF HEALTH MALAYSIA
Find out more:	nutrition.moh.gov.my
Linked document:	Download linked document
References:	Ministry of Health Malaysia, 2016. National Plan Of Action For Nutrition Of Malaysia III 2016-2025. National Coordinating Committee on Food and Nutrition (NCCFN).

National Strategic Plan for Non-Communicable Disease Medium term Strategic Plan to further strengthen the NCD Prevention and Control program in Malaysia (2016-2025)

Categories:	Evidence of NCD strategy
Year(s):	2016-2025
Target age group:	Adults and children
Organisation:	Department of Public Health, Ministry of Health, Malaysia
Linked document:	Download linked document

Malaysian Dietary Guidelines for Children and Adolescents

The Malaysian Dietary Guidelines for Children and Adolescents comprise 15 key messages and 67 key recommendations for healthy children and adolescents from birth to 18 years of age

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Organisation:	NATIONAL COORDINATING COMMITTEE ON FOOD AND NUTRITION (NCCFN)
Linked document:	Download linked document
References:	MALAYSIAN DIETARY GUIDELINES FOR CHILDREN AND ADOLESCENTS. National Coordinating Committee on Food and Nutrition Ministry of Health Malaysia 2013

Malaysian Food and Beverage Industry's "Responsible Advertising to Children" Initiative

Voluntary self-regulatory pledge on responsible marketing of food and drink to children.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2013 (ongoing)
Target age group:	Children
Organisation:	Malaysian Food and Beverage Industry
Find out more:	ifballiance.org
Linked document:	Download linked document
References:	Information provided with kind permission of The International Food & Beverage Alliance: www.ifballiance.org

The Guide for Healthy School Canteen Management

The Guide for Healthy School Canteen Management (2012), developed by the Ministry of Education and mandatory for public schools, categorises food items into those which may be sold, those which are not encouraged to be sold and those whose sale is prohibited in school canteens. Prohibited food includes sweets, preserved food, extruded snacks containing artificial flavours and colourings (which are snacks mainly based on corn flour or a combination of flours undergoing extrusion and then coating with a combination of vegetable oil and seasoning), and food and beverages containing alcohol. The list of prohibited food is under review (2016), in particular with respect to carbonated drinks.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2012 (ongoing)
Target age group:	Children
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=1#step3=337

Malaysia Dietary Guidelines 2010

The guidelines are aimed at health care providers to assist them in educating the public on improving their health through sound dietary practices. It is also intended to act as a tool for promoting healthy eating and achieving the National Plan of Action for Nutrition of Malaysia.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2010 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health Malaysia
Find out more:	www.moh.gov.my
Linked document:	Download linked document
References:	National Coordinating Committee on Food and Nutrition, Ministry of Health 2010.

National Plan of Action for Nutrition Malaysia (2006-2015) - NPANM

NPANM aims to enhance the nutritional status of the population and prevent and control diet-related non-communicable diseases.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2006-2015
Target age group:	Adults and children
Organisation:	Ministry of Health

Strategy for the Prevention of Obesity - Malaysia

This strategy contains recommendations to help prevent normal weight individuals from becoming overweight or obese.

Categories:	Non-national obesity strategies
Year(s):	2005 (ongoing)
Target age group:	Adults and children
Organisation:	Malaysian Association for the Study of Obesity (MASO) in collaboration with the Ministry of Health Malaysia
Find out more:	www.maso.org.my
References:	Malaysian Association for the Study of Obesity (MASO). http://www.maso.org.my/ (last accessed 29 Feb 2016)

Clinical Practice Guidelines on the management of Obesity 2004

Guidelines for obesity management, prevention and treatment for use by health professionals.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2004 (ongoing)
Target age group:	Adults and children
Organisation:	Academy of Medicine of Malaysia
Find out more:	www.acadmed.org.my
Linked document:	Download linked document
References:	Academy of Medicine of Malaysia. 2004. Clinical Practice Guidelines on management of Obesity 2004. Available from: http://www.acadmed.org.my/index.cfm?menuid=67 . [Accessed 7th January 2019].

National Food Safety and Nutrition Council

Highest advisory body to the government on issues related to food and nutrition in the country.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2001 (ongoing)
Target age group:	Adults and children
Organisation:	Minsitry of Health
Find out more:	nutrition.moh.gov.my
References:	https://extranet.who.int/nutrition/gina/en/node/27045

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

NASPAL 2016-2025

National Strategic Action Plan for Active Living 2016-2025

Categories:	Evidence of Physical Activity Guidelines/Policy
Target age group:	Adults and children
Linked document:	Download linked document

Policy Options to Combat Obesity in Malaysia

Malaysian obesity policy action plan in line with National Plan of Action for Nutrition of Malaysia.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Target age group:	Children
Linked document:	Download linked document

The Malaysian Guide to Nutrition Labelling and Claims

In Malaysia, a nutrient list detailing energy, protein, carbohydrates and fat per 100g/100ml and per serving must be provided on select categories of packaged food, including bread, confectionery, dairy products, canned food, fruit juices, salad dressings and mayonnaise; ready-to-drink beverages must also include total sugars. A nutrient list is also mandatory for any product bearing a nutrition claim, products with added vitamins and minerals, and special purpose food for infants and young children. Details are provided in the Malaysian Guide to Nutrition Labelling and Claims (2010), which reflects labelling legislation from 2003 (as incorporated into the Food Act of 1983 and Food Regulations of 1985) and subsequent amendments.

Categories:	Labelling Regulation/Guidelines
Target age group:	Adults and children
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=0#step3=327

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