

Maldives



Policies, Interventions and Actions

Physical Activity for Healthier Living

The main objective of formulating the National Guidelines for Physical Activity is to promote an active lifestyle, which is a key intervention for controlling non-communicable diseases, and to raise awareness and familiarise the public with physical activity and exercise for a healthy lifestyle. The policy is based on four main principles which include working together with political figures and other relevant bodies to change people's attitudes towards exercise, raise awareness of physical activity and educate people about healthy living. The goal of physical activity policies and standards is to reduce the proportion of people who are not adequately physically active to 10% by organising opportunities for exercise in a safe environment. In addition, building and raising awareness of people in the field and working together with relevant sectors is also the main basis of the policy.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2022 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	Download linked document

Import tariff on energy and soft drinks

In March 2017, the Maldives implemented an additional import tariff of 33.64 MVR/litre on energy drinks and 4.60 MVR/litre on soft drinks.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Linked document:	Download linked document

National Food Based Dietary Guidelines in the Maldives

The year of publication is an estimate. It is unclear from the document what year this was published.

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
Find out more:	health.gov.mv
References:	National Food Based Dietary Guidelines in the Maldives. HEALTH PROTECTION AGENCY MINISTRY OF HEALTH

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.

Ban on energy drinks in and around schools

Energy drinks in and around school premises are banned (as are vending machines) in schools.

Categories (partial):	Evidence of School Food Regulations
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	Ministry of Education

Maldives Health Master Plan 2016-2025.

This Health Master Plan 2016-2025 outlines the principles and the national health goals, and provide strategic guidance and direction to the public and the partners in health. The Plan has a target to reduce the prevalence of obesity among adolescents (13–15 years) by 5 per cent in 2020 and 10 per cent in 2025.

Categories:	Evidence of Obesity Target Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016-2025
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	Download linked document

Multi-sectoral Action Plan For The Prevention And Control of Noncommunicable Diseases in Maldives (2016-2020)

Categories:	Evidence of NCD strategy
Year(s):	2016-2020
Organisation:	Ministry of Health
Linked document:	Download linked document

National Standard for Labelling Prepackaged Food

In the Maldives producers are required to provide a list of the nutrient content of pre-packaged food products It is understood that it is not well implemented as many foods are not registered with MFDA (Source: NATIONAL FOOD SAFETY POLICY(2017 - 2026)

[https://health.gov.mv/Uploads/Downloads//Informations/Informations\(69\).pdf](https://health.gov.mv/Uploads/Downloads//Informations/Informations(69).pdf)

Categories:	Labelling Regulation/Guidelines
Year(s):	2014 (ongoing)
Organisation:	MFDA
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 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/

Integrated National Nutrition Strategic Plan

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013-2017
Target age group:	Adults and children
Organisation:	Ministry of Health
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 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

PDF created on August 16, 2024