

Mozambique



Policies, Interventions and Actions

SADC Strategy and Implementation Plan on the Prevention of Overweight and Obesity

This document lays out SADC’s strategic intent to support Member States in the prevention of overweight and obesity. Objectives include being able to: • Engage and secure commitment from SADC Member States for the successful implementation of the strategy. • Strengthen policy and regulatory frameworks to foster an enabling environment for the prevention and control of obesity. • Enhance the capacity and knowledge of leaders, decision-makers, and institutions to actively promote interventions for and investment in obesity prevention. • Develop and implement effective roadmaps across all SADC Member States for the prevention and control obesity. • Establish and maintain an efficient regional surveillance system to facilitate evidence-based decision making.

Categories:	Transnational Obesity Strategies/Policy or Action Plan
Year(s):	2024-2030
Target age group:	Adults and children
Organisation:	Southern African Development Community (SADC)
Linked document:	Download linked document
References:	SADC Strategy on the Prevention of Overweight and Obesity and Implementation Plan 2024-2030, Gaborone, Botswana, 2024

Estratégia de Alimentação Saudável, Actividade Física e Saúde 2019-2023

Comprehensive Nutrition and Physical Activity Strategy. (Available only in Brazilian language)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2019-2023
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	Download linked document

Estratégia de Alimentação Saudável, Actividade Física e Saúde 2019-2023

Comprehensive Nutrition and Physical Activity Strategy. (Available only in Brazilian language)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
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Target age group:	Adults and children
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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.

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 May 6, 2025