

Myanmar



Policies, Interventions and Actions

Minimum standards and guidelines on actions to protect children from the harmful impact of marketing of food and non-alcoholic beverages in the ASEAN region

This report outlines the minimum standards and guidelines for ASEAN Member States to protect children from the harmful impacts of food and non-alcoholic beverage marketing. It also includes a rationale for strengthening legislation, guidelines for developing, implementing, enforcing, and monitoring legislation, and an overview of existing unhealthy food marketing regulations in the region.

Categories:	Evidence of Marketing Guidelines/Policy Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Year(s):	2024 (ongoing)
Target age group:	Children
Organisation:	Association of Southeast Asian Nations (ASEAN)
Find out more:	asean.org
Linked document:	Download linked document
References:	ASEAN and UNICEF. 2024. Minimum standards and guidelines on actions to protect children from the harmful impact of marketing of food and non-alcoholic beverages in the ASEAN region. Jakarta; UNICEF.

Labeling Order for Prepackaged Foods

The order specifies what information prepackaged foods must have on their labels and that the labels must be in Myanmar language. This is due to come into force in January 2023. The USDA published an unofficial translation of the order.

Categories:	Labelling Regulation/Guidelines
Year(s):	2023 (ongoing)
Organisation:	USDA provide an unofficial translation
Find out more:	apps.fas.usda.gov

National Strategic Plan for Prevention and Control of NCDs

Categories:	Evidence of NCD strategy
Year(s):	2017-2021
Target age group:	Adults and children
Organisation:	Ministry of Health and Sports
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Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work.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/

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.

A Summary of the Myanmar Clinical Practice Guidelines for the Management of Obesity

Myanmar Clinical Practice Guideline for Obesity is to develop an evidence based guideline for healthcare providers and the public by using data relevant for Myanmar people.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	Myanmar Society of Endocrinology and Metabolism (MSEM)
Linked document:	Download linked document
References:	Latt, T. S. et al. "A Summary of the Myanmar Clinical Practice Guidelines for the Management of Obesity." Journal of the ASEAN Federation of Endocrine Societies 26 (2011): 105-105.

Alive & Thrive (Promoting Breastfeeding)

Alive and Thrive (A&T) is an initiative to save lives, prevent illness, and ensure healthy growth and development through optimal maternal nutrition, breastfeeding, and complementary feeding practices.

Categories:	Evidence of Breastfeeding promotion or related activity
Year(s):	2009 (ongoing)
Target age group:	Adults
Organisation:	Alive & Thrive
References:	https://www.aliveandthrive.org/en

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 November 13, 2025