

# South Africa



## 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:	<a href="#">Download linked document</a>
References:	SADC Strategy on the Prevention of Overweight and Obesity and Implementation Plan 2024-2030, Gaborone, Botswana, 2024

## The Strategy for the Prevention and Management of Obesity in South Africa 2023-2028

The purpose of this strategy is to disrupt the obesogenic environment in South Africa which is compounded by poor socio-economic conditions and restricted choices to adopt a healthy lifestyle. The goal of this strategy is to: “Reduce the prevalence of obesity and diet-related non communicable disease in the South African population”.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2023-2028
Target age group:	Adults and children
Organisation:	National Department of Health
Linked document:	<a href="#">Download linked document</a>
References:	National Department of Health (NDoH). 2023. Strategy for the Prevention and Management of Obesity in South Africa, 2023 – 2028. Pretoria, South Africa.

## National Strategic Plan for the Prevention and Control of Non-Communicable Diseases, 2022 – 2027

The plan aims to move South Africa closer to Sustainable Development Goal (SDG) 3.4: To reduce, by one-third, premature mortality from NCDs+ through prevention and treatment and promote mental health and well-being by 2030 through the progressive improvement of wellness and reduction of premature morbidity, disability and mortality from NCDs. Within the plan, there is a deliverable to undertake regular screening and awareness campaigns on obesity among children and adults.

Categories:	Evidence of NCD strategy
Year(s):	2022-2027
Target age group:	Adults and children
Organisation:	Department of Health
Linked document:	<a href="#">Download linked document</a>

## National Nutrition week and Obesity week

National Nutrition Week and National Obesity Week (NNOW) are celebrated every year from 9 – 15 October and 15 – 19 October respectively to create awareness among consumers about obesity and the importance of eating healthy.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Health of South Africa
Find out more:	<a href="http://www.health.gov.za">www.health.gov.za</a>
Linked document:	<a href="#">Download linked document</a>

## Health promotion levy on sugary beverages

The Health Promotion Levy (HPL) on sugary beverages is a levy that aims to decrease diabetes, obesity and other related diseases in South Africa. The levy applies to beverages with >4g sugar per 100ml.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	South African Revenue Service
Find out more:	<a href="http://www.sars.gov.za">www.sars.gov.za</a>
Linked document:	<a href="#">Download linked document</a>
References:	South African Revenue Service (2018). Health Promotion Levy on sugary beverages. Available from: <a href="http://www.sars.gov.za/ClientSegments/Customs-Excise/Excise/Pages/Health%20Promotion%20Levy%20on%20Sugary%20Beverages.aspx">http://www.sars.gov.za/ClientSegments/Customs-Excise/Excise/Pages/Health%20Promotion%20Levy%20on%20Sugary%20Beverages.aspx</a> . [Accessed 14 December 2018].

## 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.

## ACTION - African Centre for Obesity Prevention

The ACTION centre was launched in 2015 to strengthen obesity research in South Africa. It aims to prevent and manage obesity in Africa through evidence-based actions.

Categories:	Non-national obesity strategies
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	University of Witwatersrand.
Find out more:	<a href="http://www.wits.ac.za">www.wits.ac.za</a>

## National Food and Nutrition Security task team

Inter-departmental task team working on food and nutrition security issues.

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

## National Health Promotion Policy and Strategy

This National Health Promotion Policy reaffirms the commitment of the Department of Health to promote the health of all South Africans

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015-2019
Target age group:	Adults and children
Organisation:	Department of Health
Linked document:	<a href="#">Download linked document</a>

## The Prevention and Control of Obesity in South Africa Strategy, 2015-2020

The main emphasis of the strategy includes; communication, education and mobilization around the growing rates of obesity in South Africa. As well as a focus on childhood obesity. There are six broad goals of the strategy including; Create an institutional framework to support inter-sectoral engagement; Create an environment supporting availability & accessibility to healthy food in various settings, Increase the percentage of the population engaging in physical activity, Support obesity prevention in early childhood, Communicate with, educate and mobilise communities and establish a surveillance system and strengthen monitoring, evaluation and research.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2015-2020
Target age group:	Adults and children
Organisation:	Department of Health Republic of South Africa
Find out more:	<a href="http://www.health-e.org.za">www.health-e.org.za</a>
Linked document:	<a href="#">Download linked document</a>
References:	Department of Health Republic of South Africa. Strategy for the Prevention and Control of Obesity in South Africa 2015-2020. Available from: <a href="https://www.health-e.org.za/wp-content/uploads/2015/12/National-Strategy-for-prevention-and-Control-of-Obesity-4-August-latest.pdf">https://www.health-e.org.za/wp-content/uploads/2015/12/National-Strategy-for-prevention-and-Control-of-Obesity-4-August-latest.pdf</a> (Accessed 3 April 2019).

## National Policy on Food and Nutrition Security for South Africa

National Policy on how to improve Food and Nutrition Security in South Africa.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://www.gov.za/documents/national-policy-food-and-nutrition-security-south-africa#">https://www.gov.za/documents/national-policy-food-and-nutrition-security-south-africa#</a>

## Food Based Dietary Guidelines

Food-based dietary guidelines (FBDGs) are brief, positive dietary recommendation messages that are used to inform consumers how to choose food and beverage combinations that will lead to a diet that is adequate, that meets nutrient need and that is, at the same time, prudent, for example, which lowers the risk of noncommunicable diseases (NCDs)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Nutrition Society of South Africa, Department of Health of South Africa,
Linked document:	<a href="#">Download linked document</a>
References:	Vorster HH, Badham JB, Venter CS. An introduction to the revised food-based dietary guidelines for South Africa. S Afr J Clin Nutr 2013;26(3):S1-S164

## Foodstuffs, Cosmetics and Disinfectants Act (54/1972): Regulations relating to the reduction of sodium in certain foodstuffs and related matters.

In 2013, the South African Department of Health adopted targets for salt reduction in 13 food categories by means of regulation. There was a stepped approach, with food manufacturers given until June 2016 to meet one set of category-based targets and another three years, until June 2019, to meet the next.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Health
Find out more:	<a href="http://extranet.who.int">extranet.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://extranet.who.int/nutrition/gina/en/node/38490">https://extranet.who.int/nutrition/gina/en/node/38490</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>

## Strategic Plan for the Prevention and Control of Non-Communicable Diseases 2013-17

The South African Declaration for Prevention and Control of Non-communicable diseases commits to a set of 10 goals and targets to be achieved by 2020. The plan covers tobacco, physical activity, blood pressure, STI and more.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of NCD strategy
Year(s):	2013-2017
Target age group:	Adults and children
Organisation:	Government
Linked document:	<a href="#">Download linked document</a>

## The Foodstuffs, Cosmetics and Disinfectants Act: Regulations relating to the labelling and advertising of foodstuff

The Foodstuffs, Cosmetics and Disinfectants Act mandates nutritional information requirements when a claim is made. General nutritional information when no claim is made is voluntary.

Categories:	Labelling Regulation/Guidelines
Year(s):	2012 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://extranet.who.int/nutrition/gina/en/node/25397">https://extranet.who.int/nutrition/gina/en/node/25397</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>

## Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act no. 54 of 1972): Regulations Relating to Trans-fat in Foodstuffs

The South African Foodstuffs, Cosmetics, and Disinfectants Act prohibits the sale, manufacturing and importation of any oils or fats, alone or as part of processed food, that exceed 2g per 100g of oil or fat.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Health
Find out more:	<a href="http://extranet.who.int">extranet.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	Countdown to 2023: WHO report on global trans-fat elimination 2020. Geneva: World Health Organization; 2020. Licence: CC BY-NC-SA 3.0 IGO

## South Africa Pledge on Marketing to Children

Companies participating in the South African Marketing to Children Pledge publicly commit to restrictions on marketing communications to children twelve years old and under with a view to promoting healthy dietary choices and healthy lifestyles.

Categories:	Industry/Government regulations - voluntary /pledges
Categories (partial):	Evidence of Marketing Guidelines/Policy
Year(s):	2009 (ongoing)
Target age group:	Children
Find out more:	<a href="http://ifballiance.org">ifballiance.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://ifballiance.org/wp-content/uploads/2020/10/South_african_marketing_to_children_pledge.pdf">https://ifballiance.org/wp-content/uploads/2020/10/South_african_marketing_to_children_pledge.pdf</a>

## Guidelines for treatment of Obesity in Adults 2005

Guidelines for Obesity treatment in adults in South Africa.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2005 (ongoing)
Target age group:	Adults
Organisation:	Snow, V, Barry, P, Fitterman, N, Qaseem, A. and Weiss, K.
Find out more:	<a href="http://www.safpj.co.za">www.safpj.co.za</a>
Linked document:	<a href="#">Download linked document</a>
References:	Snow, V, Barry, P, Fitterman, N, Qaseem, A. and Weiss, K. 2005. Guidelines for treatment of obesity in adults. South African Family practice. 47(6). <a href="http://www.safpj.co.za/index.php/safpj/article/view/245">http://www.safpj.co.za/index.php/safpj/article/view/245</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>

PDF created on May 1, 2025