

Tajikistan



Policies, Interventions and Actions

Commercial Determinants of Noncommunicable Diseases in the WHO European Region

This report highlights the substantial impact of commercial determinants on noncommunicable diseases (NCDs) in the WHO European Region. Nearly 7500 deaths per day in the Region are attributed to commercial determinants, such as tobacco, alcohol, processed food, fossil fuels and occupational practices. These commercial products and practices contribute to 25% of all deaths in the Region. The report’s chapters systematically explore various facets of how commercial interests exacerbate NCDs and key strategies used by commercial actors to negatively influence NCD-related policies at the national and international level. The report also provides selected case studies from the Region to illustrate key strategies and outcomes of industry influence on health policies. The report then calls for urgent and coordinated action to address the commercial determinants of NCDs. It advocates for building coalitions based on the values of equity, sustainability, and resilience. Public health actors are urged to develop competencies in economic and legal frameworks, enforce transparency, and manage conflicts of interest effectively. The report underscores the need for robust financial reforms and strict regulation to curb industry power and protect public health. By implementing these strategies, the Region can accelerate progress towards global NCD targets and Sustainable Development Goals by 2030.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2024 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation (WHO)
Linked document:	Download linked document
References:	World Health Organization. Regional Office for Europe. (2024) Commercial Determinants of Noncommunicable Diseases in the WHO European Region. World Health Organization. Regional Office for Europe. https://iris.who.int/handle/10665/376957 . License: CC BY-NC-SA 3.0 IGO

European practical and patient-centred guidelines for adult obesity management in primary care

This article aims to provide obesity management guidelines specifically tailored to GPs, favouring a practical patient-centred approach. The focus is on GP communication and motivational interviewing as well as on therapeutic patient education. The new guidelines highlight the importance of avoiding stigmatization, something frequently seen in different health care settings. In addition, managing the psychological aspects of the disease, such as improving self-esteem, body image and quality of life must not be neglected.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Linked document:	Download linked document
References:	Dominique Durrer Schutz, Luca Busetto, Dror Dicker, Nathalie Farpour-Lambert, Rachel Pryke, Hermann Toplak, Daniel Widmer, Volkan Yumuk, Yves Schutz; European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care. <i>Obes Facts</i> 15 March 2019; 12 (1): 40–66. https://doi.org/10.1159/000496183

Excise tax on select beverages

Mandatory excise tax on select beverages including carbonated drinks was introduced in 2018. Juices and milk-based drinks are exempt. (Available only in Tajikistan language)

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Government of the Republic of Tajikistan
Linked document:	Download linked document

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.

Physical activity strategy for the WHO European Region 2016-2025

The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2016-2025
Target age group:	Adults and children
Organisation:	WHO Regional Office for Europe
Find out more:	www.who.int
Linked document:	Download linked document

Mandatory national labelling guidelines for pre-packaged food

Mandatory national labelling guidelines for pre-packaged food approved by the Government of Tajikistan and adopted from January 2014. (Available in Tajikistan language)

Categories:	Labelling Regulation/Guidelines
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Government of Tajikistan
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/node/41519 (last accessed 01.07.22) 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/

NUTRITION AND PHYSICAL ACTIVITY STRATEGY FOR REPUBLIC OF TAJIKISTAN 2015-2024

«Nutrition and Physical Activity Strategy for Republic of Tajikistan 2015-2024» summarizes the country's long-term goals in the field of nutrition and physical activity and is in line with the WHO Global Targets on Nutrition and on NCDs. The strategy reflects the views and perspectives of central government authorities, local executive government authorities and bodies, as well as public opinion (including non-governmental) entities whose activities are connected with food and nutrition and NCD prevention in Tajikistan. The strategy covers all groups of the population, but preference is given to vulnerable groups (children and women), focusing on improving their diet, their nutritional status and improving physical activity levels. Particular attention is paid to social determinants, such as gender, socio-economic status, ethnicity, strengthening organizational and human capacity as well as PHC training.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Government of the Republic of Tajikistan
Linked document:	Download linked document

Nutrition and Food Safety Strategy for Tajikistan 2013-2020

In Tajikistan, the Minister of Health issued order 598 from 24.10.2011, and set up an Intersectoral Working Group for the development of the " Nutrition and Food Safety Strategy for Republic of Tajikistan with action plan for the period of 2013-2020"

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2013-2020
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	Link currently unavailable. If you aware of the location of this document please email obesity@worldobesity.org
References:	Food and Agriculture Organisation of the United Nations (FAO)

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

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