

# Tanzania



## 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

### Tax on beverages

Excise tax on all non-alcoholic beverages whether or not containing added sugar or other sweeteners

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
Linked document:	<a href="#">Download linked document</a>

## 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.

## National Multisectoral Nutrition Action Plan (NMNAP)

National Multisectoral Nutrition Action Plan (NMNAP) reflects Tanzania's commitment to addressing the unacceptably high levels of malnutrition and translates into a single comprehensive national plan the nutrition relevant national, regional and international commitments that Tanzania has made

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of NCD strategy
Year(s):	2016-2021
Target age group:	Adults and children
Organisation:	United Republic of Tanzania Prime Minister Office
Linked document:	<a href="#">Download linked document</a>
References:	United Republic of Tanzania (2016): National Multisectoral Nutrition Action Plan (NMNAP) for the period July 2016 – June 2021

## National Nutrition Strategy

The aim of this Strategy is for all Tanzanians attain adequate nutritional status, which is an essential requirement for a healthy and productive nation.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011-2016
Target age group:	Adults and children
Organisation:	Ministry of Health and Social Welfare
Find out more:	<a href="#">Link currently unavailable. If you aware of the location of this document please email <a href="mailto:obesity@worldobesity.org">obesity@worldobesity.org</a></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>

## Technical Working Group, Nutrition (TWG-N)

National Multisectoral stakeholder mechanism in place (such as Coalition, Taskforce, Committee) for Obesity or Nutrition (including obesity)

Categories:	Evidence of a multi-sectoral national coordination mechanism for obesity or nutrition (including obesity)
Year(s):	2011 (ongoing)
Target age group:	Adults and children
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/node/27155">https://extranet.who.int/nutrition/gina/en/node/27155</a> (last accessed 04.08.22) 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Tanzania Food, Drugs and Cosmetics Act (Food Labelling)

Mandatory national labelling guidelines for pre-packaged food approved by the Minister of Health and Social Welfare and adopted from July 2006. (Available only in English language)

Categories:	Labelling Regulation/Guidelines
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	Minister of Health and Social Welfare
Linked document:	<a href="#">Download linked document</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/node/36032">https://extranet.who.int/nutrition/gina/en/node/36032</a> (last accessed 03.08.22) 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: <a href="https://gifna.who.int/">https://gifna.who.int/</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>

## 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 1, 2025*