

Vietnam



Policies, Interventions and Actions

Mandatory nutritional labelling

On December 30, 2023, Vietnam's Ministry of Health released Circular 29/2023, which provides guidelines for mandatory nutritional labeling on food products. As of January 1, 2026, pre-packaged foods must adhere to the updated nutritional labeling requirements outlined in MOH's Circular 29/2023. These requirements encompass the labelling of nutritional ingredients and reference values for energy, protein, carbohydrates, fat, sodium, and sugar, specific to various categories of pre-packaged foods. This will replace the voluntary labelling system currently in place.

Categories:	Labelling Regulation/Guidelines
Year(s):	2026 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	vanban.chinhphu.vn

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.

Obesity treatment guidelines

Categories:	Evidence of Management/treatment guidelines
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	Download linked document
References:	https://extranet.who.int/ncdccs/documents/Db

10 tips on proper nutrition for period 2013–2020

Food-based dietary guidelines for Vietnam. The current version is due to be revised in 2020/1.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013-2020
Target age group:	Adults and children
Organisation:	National Institute of Nutrition
Linked document:	Download linked document
References:	Food and Agriculture Organization of the United Nations. http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/vietnam/en/ (last accessed 10 July 2020)

National Nutrition Strategy for 2011-2020, With a vision toward 2030

One of the key objectives of this strategy is to effectively control overweight, obesity and risk factors of nutrition related to non-communicable chronic diseases in adults.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011-2020
Target age group:	Adults and children
Organisation:	Government
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/

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

National Steering Committee for Nutrition

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Adults and children
Find out more:	extranet.who.int