

Zambia

Policies, Interventions and Actions



Zambia Food Based Dietary Guidelines

The Zambian FBDGs have twelve recommendations for the general public and six recommendations for populations with special nutrition needs. The guidelines have taken into consideration cultural values, food diversity and food consumption patterns prevailing in the country, hence making them very practical and applicable to everyone in Zambian society, regardless of their cultural beliefs and location.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2021 (ongoing)
Target age group:	Adults and children
Organisation:	Zambia Ministry of Agriculture
Linked document:	Download linked document
References:	Ministry of Agriculture for Zambia and FAO. 2021. Zambia Food-Based Dietary Guidelines. Technical Recommendations 2021. Rome, Italy. Lusaka, Zambia.

Excise tax on all non-alcoholic beverages

In January 2019, Zambia introduced an excise tax on all non-alcoholic beverages except water. The tax rate is K0.30 (US\$ 0.02) per litre. This measure is intended to assist in reducing the prevalence of non-communicable diseases such as diabetes.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Linked document:	Download linked document
References:	https://extranet.who.int/nutrition/gina/en/node/38189

Zambian Strategic Plan 2013-2016 Non-Communicable diseases and their risk factors

Categories (partial):	Evidence of NCD strategy
Year(s):	2013-2016
Target age group:	Adults and children
Organisation:	Ministry of Health
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

National Food and Nutrition Strategic Plan for Zambia

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011-2015
Target age group:	Adults and children
Organisation:	National Food and Nutrition Commission of Zambia
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

Food and Drugs Act

Mandatory national labelling guidelines for pre-packaged food with a health claim approved by the Government of Zambia and adopted from 1972. (Available only in English language)

Categories:	Labelling Regulation/Guidelines
Year(s):	1972 (ongoing)
Target age group:	Adults and children
Organisation:	Government of Zambia
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/14820 (last accessed 03.08.22)

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

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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