

Pakistan



Policies, Interventions and Actions

Sweetened and Sugary Beverage Tax

The 2023 Supplementary Finance Bill, effective March 1, 2023, increased the existing excise tax on carbonated beverages from 13% to 20% and established a new 10% tax on fruit juices, syrups and squashes.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2023 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Linked document:	Download linked document

Non-Communicable Diseases & Mental Health National Action Framework 2021-30

The NCD & MH NAF is underpinned by the following goal: 'Reduce by one-third premature mortality from non-communicable diseases (NCD) by 2030, through prevention and treatment, and promote mental health and well-being'.

Categories (partial):	Evidence of NCD strategy
Year(s):	2021-2030
Target age group:	Adults and children
Organisation:	Ministry of National Health Services, Regulations & Coordination
Linked document:	Download linked document

Pakistan dietary guidelines for better nutrition

The country-specific guidelines were developed by the Ministry of Planning, development and reforms & Food and Agriculture Organization of United Nations to meet the nutritional requirement of the population by taking into account local cooking methods, dietary practices and health situation of the country.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Planning, Development and Reforms
Linked document:	Download linked document

Pakistan Multi-sectoral Nutrition Strategy 2018-2025

The goal of the strategy to help significantly and sustainably reduce the burden of malnutrition in the country with focus on most marginalized and disadvantage segments of the populations.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2018-2025
Target age group:	Adults and children
Organisation:	Government of Pakistan - Ministry of Planning, Development & Reform
Linked document:	Download linked document
References:	Ministry of Planning, Development & Reform and World Food Programme (2018). Pakistan Multi-sectoral nutrition strategy (PMNS 2018-25) - Pakistan, Islamabad, 2018

Prevention of Overweight and Obesity among School Children in Sri Lanka

The document includes guidance for the prevention of overweight and obesity among school children. Chapters include ones on recommended strategies for the management of obesity and ideal canteen based on recommended guidelines.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2018 (ongoing)
Target age group:	Children
Organisation:	Ministry of Health
Linked document:	Download linked document

Pakistan Infant and Young Child Feeding Strategy, 2016- 2020

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016-2020
Target age group:	Children
Linked document:	Download linked document

Pakistan Diabetes Prevention Program (PDPP)

This Karachi-based intervention consists of culturally adjusted preventive strategies focusing on diet and physical activity in real-life settings.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	Aga Khan University
References:	International Diabetes Federation. https://www.idf.org/sites/default/files/attachments/2014_2_Ahmed.pdf (last accessed 2 March 2016)

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/