

# Seychelles

## Policies, Interventions and Actions



### National Health Strategic Plan 2022-2026

This National Health Strategic Plan aims to Declare obesity as a public health emergency and introduce population-based and multi-level approaches to gain participation from multiple actors Develop national framework to prevent and manage obesity

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2022-2026
Find out more:	<a href="http://www.health.gov.sc">www.health.gov.sc</a>

### Food Based Dietary Guideline

Preface: The new Food-Based Dietary Guidelines (FBDGs) for Seychelles translate the most up-to-date scientific evidence into layman/everyday terms for the target population. It takes into account Seychellois culture and specifies the recommended dietary intake across the life course. It seeks to promote greater awareness and knowledge that encourage healthy food choices as part of a healthier lifestyle and as a means of reducing the risk of diet-related diseases.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.health.gov.sc">www.health.gov.sc</a>
References:	SEYCHELLES Food-Based DietAry GUIDELINES: 2020. Minisry of Health, FAO

## Food Act (Labelling of Pre-Packaged Foods) Regulations, 2019

Mandatory national labelling guidelines for pre-packaged food approved by the Minister Of Family Affairs and adopted from March 2019. (Available only in English language)

Categories:	Labelling Regulation/Guidelines
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	Minister Of Family Affairs
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/41882">https://extranet.who.int/nutrition/gina/en/node/41882</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 (last accessed 03.08.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work.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>

## Tax on beverages

Since 1st April 2019, an excise tax applies to drinks with a sugar content exceeding 5 grams per 100ml, including flavoured milk.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	Seychelles Revenue Commission
Find out more:	<a href="http://src.gov.sc">src.gov.sc</a>
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.

## Seychelles Strategy for the Prevention and Control of Noncommunicable Diseases, 2016-2025

Categories:	Evidence of NCD strategy
Year(s):	2016-2025
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.health.gov.sc">www.health.gov.sc</a>

## Seychelles Strategy for the Prevention and Control of Non-Communicable Diseases 2016-2025

This Noncommunicable diseases strategy refers to four main noncommunicable diseases (cardiovascular disease, cancer, diabetes and obstructive pulmonary disease), which account for more than 65% of all deaths in Seychelles, and to four main underlying risk behaviours (tobacco use, unhealthy nutrition, physical inactivity and harmful use of alcohol)

Categories:	Evidence of NCD strategy
Year(s):	2016-2025
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.health.gov.sc">www.health.gov.sc</a>
Linked document:	<a href="#">Download linked document</a>

## Sports Strategic Plan 2014 2018

Comprehensive Physical Activity strategy/plan. (Available only in English language)

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2014-2018
Target age group:	Adults and children
Linked document:	<a href="#">Download linked document</a>

## National Food and Nutrition Security Policy (NFNSP)

Comprehensive Nutrition strategy (including overweight/obesity). (Available only in English language)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Adults and children
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/38227">https://extranet.who.int/nutrition/gina/en/node/38227</a> (last accessed 05.08.22) 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>

## The Seychelles Dietary Guidelines

The Seychelles dietary guidelines were developed by the Nutrition Unit of the Ministry of Health. They have been endorsed by the Government of Seychelles. (Available only in English language)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/seychelles/en/">https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/seychelles/en/</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>

PDF created on August 10, 2024