

Status of implementation of selected policies in the Caribbean

Meeting on NCDs & Law with the Caribbean Public Health Law Forum

Bridgetown, Barbados

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INDEX

- NCD
- SCHOOLS
- SODIUM REDUCTION
- ELIMINATION OF INDUSTRIALLY PRODUCED TRANS FAT

Regional Trends



Consumption of high calorie processed foods rich in fats, salts and sugars, including sugar-sweetened beverages



Consumption of fruits, vegetables, nuts, seeds and omega-3 rich foods



Physical activity

All forms of malnutrition

Undernutrition (wasting, stunting, underweight),

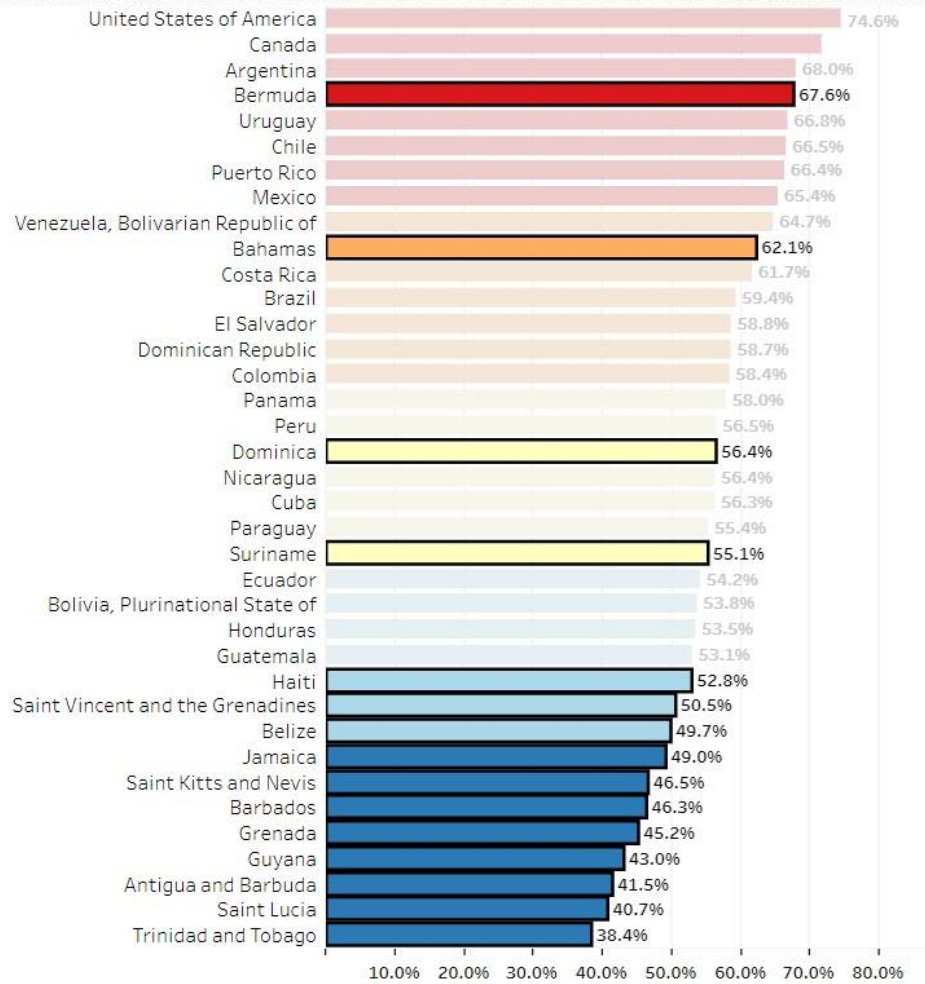
Inadequate vitamins or minerals,

Overweight, obesity

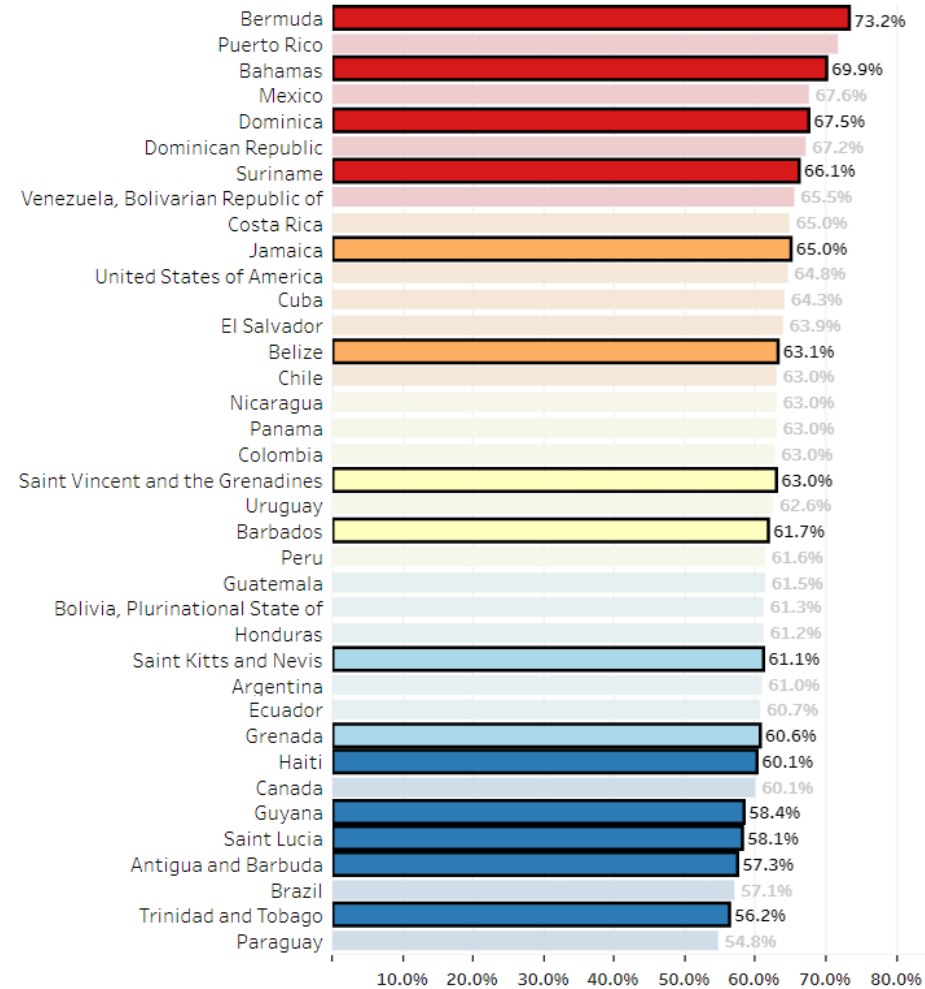
Diet-related noncommunicable diseases

Prevalence of Overweight and Obesity (BMI ≥ 25 kg/m²), age-standardized estimate among adults (%)

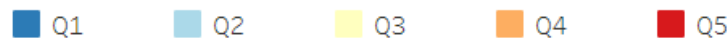
Men



Women

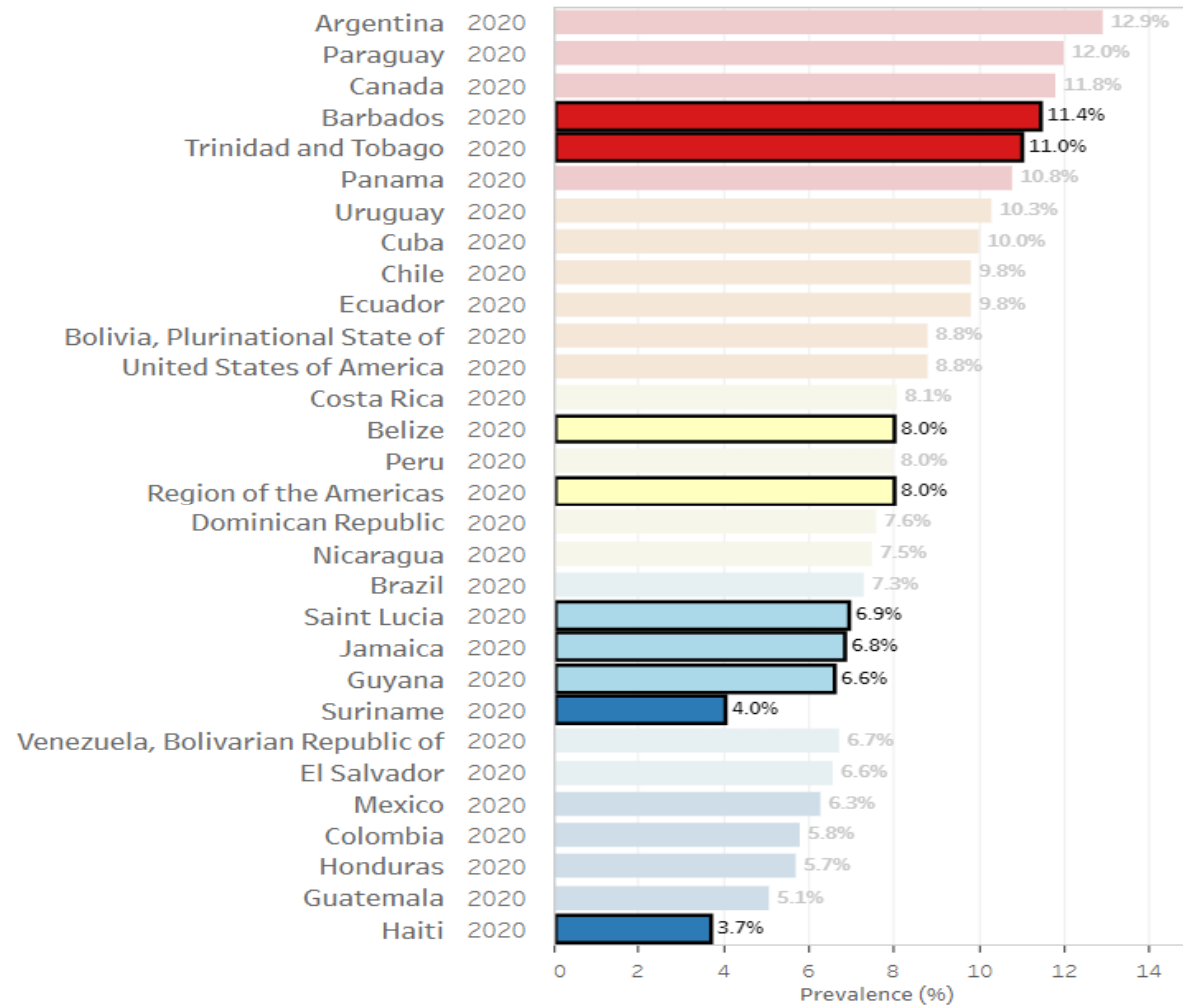


Percentage of popul: Quintiles



Percentage of population

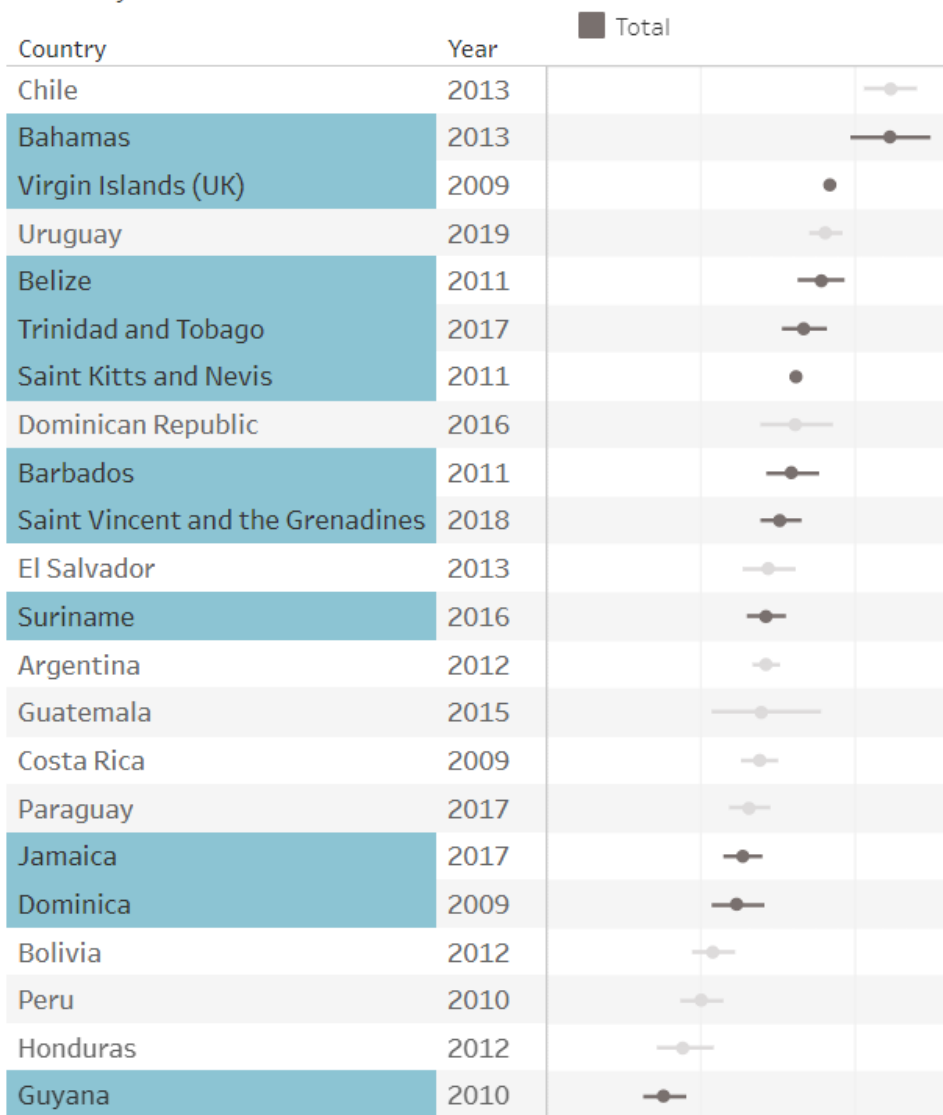
Prevalence of Overweight in Children under 5 years of age (%, weight-for-height > 2SD)



■ Q1 ■ Q2 ■ Q3 ■ Q4 ■ Q5

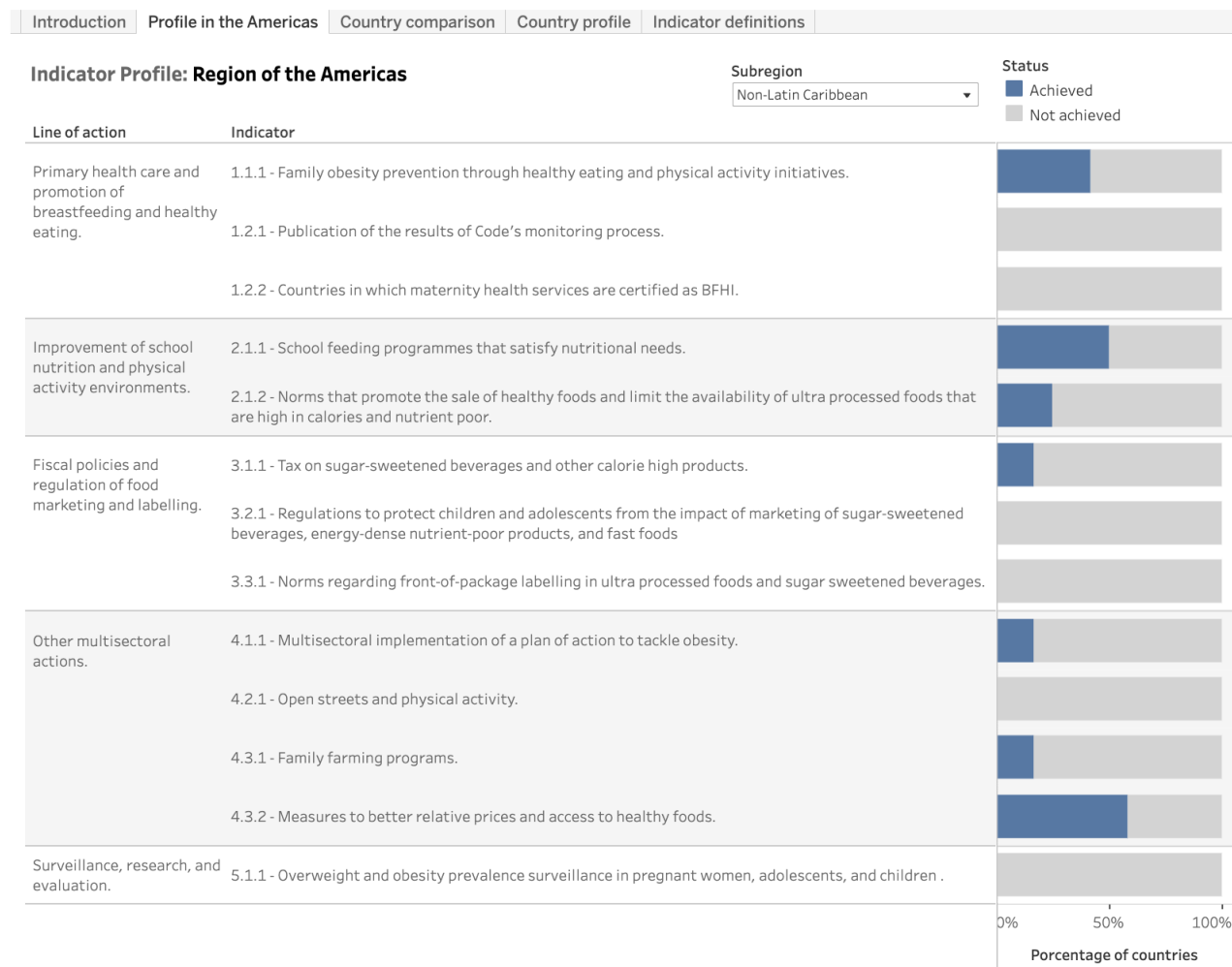
Prevalence of Overweight in Students 13-15 years old (BMI for age and sex > +1 SD from median)

Country rank



Country	Year	Both sexes	Male	Female
Bahamas	2013	44.7	42	47
Virgin Islands (UK)	2009	36.9	35.8	37.8
Belize	2011	35.8	32.3	39.1
Trinidad & Tobago	2017	33.5	32.9	34.1
Saint Kitts & Nevis	2011	32.5	32.6	32.5
Barbados	2011	31.9	32	31.8
Saint Vincent and the Grenadines	2018	30.4	27.7	32.9
Suriname	2016	28.6	28	29.1
Jamaica	2017	25.6	22.8	28.2
Dominica	2009	24.8	24	25.9
Guyana	2010	15.3	14.6	5.7

Monitoring of the Plan of action for the prevention of obesity in children and adolescents



Note: The presented information has been collected up to December 31st, 2020.

School Nutrition Policies in Caribbean Countries

Approved

- Bahamas
- Barbados
- Belize
- Dominica
- Grenada
- Guyana

Draft/Partial implementation

- Jamaica
- St Lucia
- Trinidad and Tobago

In development

- St Vincent

Breastfeeding Situation – Caribbean Countries



increase the rate of exclusive breastfeeding in the first 6 months up to at least 50%

Breastfeeding Rates

Approved National Infant Feeding/Breastfeeding Policies

- Antigua and Barbuda
- Barbados
- Grenada
- Jamaica
- Trinidad

Country	Early initiation of breastfeeding: children breastfed within first hour of life (%)	Exclusive breastfeeding before 6 months of age: infants 0-5 months old fed exclusively with breast milk (%)
Barbados	40	20
Belize	68	33
Guyana	49	21
Haiti	47	40
Jamaica	65	24
Saint Lucia	50	3
Suriname	52	9
Trinidad & Tobago	46	21

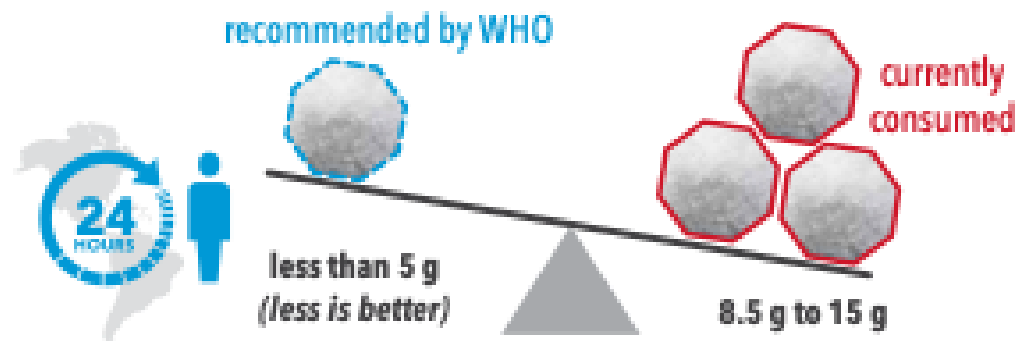
Source: United Nations Children’s Fund, The State of the World’s Children 2023: For every child, vaccination, UNICEF Innocenti – Global Office of Research and Foresight, Florence, April 2023

Sodium reduction

Salt: a major contributor to high blood pressure, cardiovascular diseases, and other NCDs



Population-based daily intake of salt per adult in the Region:

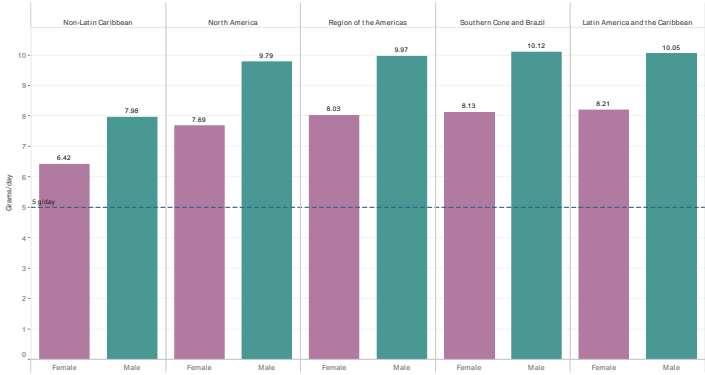
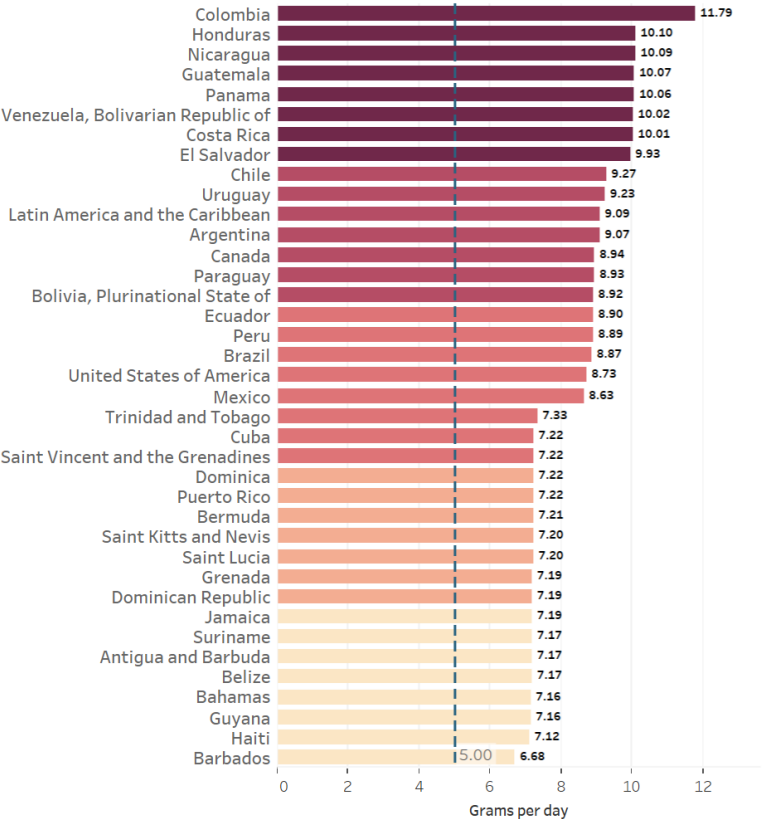


Salt consumption

Salt consumption: level across countries

Mean population salt intake, adults aged 25+ (grams per day) across countries of the Americas, Both sexes, 2019.

Age 25+ years	Sex Both sexes	Year 2019	Data classification			Hint: Hover the mouse over the map and bar chart for detailed data and temporal trends.	
			Quintile 1	Quintile 2	Quintile 3	Quintile 4	Quintile 5



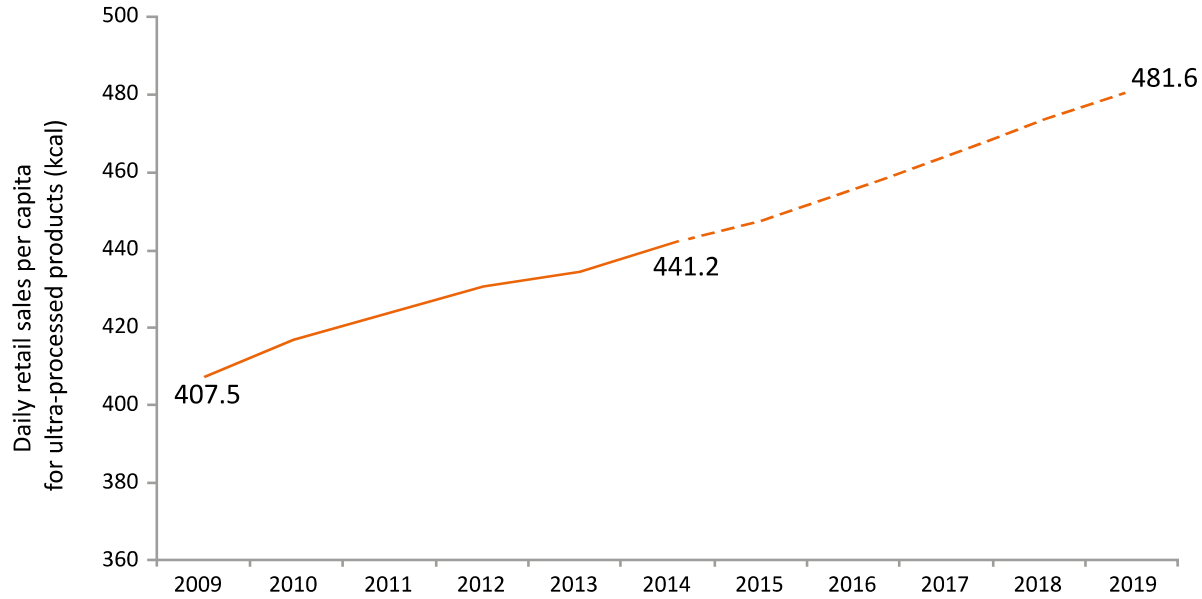
Note: Vertical dashed line in the bar chart represents the World Health Organization recommendation of mean population salt intake per day of less than 5g/day.
 Source: Global Burden of Disease Collaborative Network. GBD Study 2019 Dietary Risk Exposure Estimates 1990-2019. Institute for Health Metrics and Evaluation (IHME) and World Health Organization (WHO). <https://ghdx.healthdata.org/gbd-reports>.

WHO Guideline: sodium intake for adults and children

- WHO recommends a reduction in sodium intake to reduce blood pressure and risk of cardiovascular disease, stroke and coronary heart disease in adults (strong recommendation¹).
- WHO recommends a reduction to <2 g/day sodium (5 g/day salt) in adults (strong recommendation).
- WHO recommends a reduction in sodium intake to control² blood pressure in children (strong recommendation). The recommended maximum level of intake of 2 g/day sodium in adults should be adjusted downward based on the energy requirements of children relative to those of adults.

Figure 1

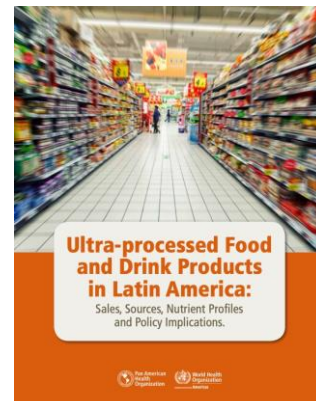
Average daily retail sales per capita of ultra-processed products in seven Latin American countries, 2009-2014, and projections for 2015 to 2019 (measured in kcal)



Data are presented as kilocalories per capita.

70-80% of dietary salt intake comes from processed and ultraprocessed foods

HIGH IN SODIUM
Ministry of Health



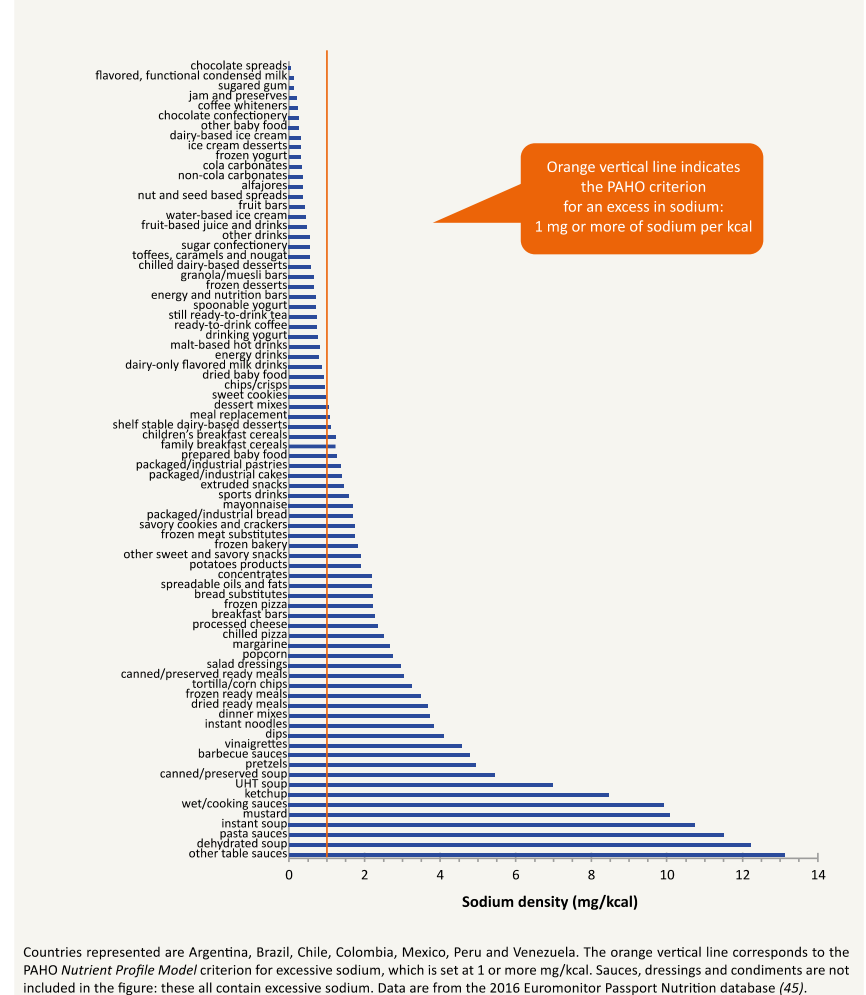
https://iris.paho.org/bitstream/handle/10665.2/51094/9789275120323_eng.pdf?sequence=5&isAllowed=y

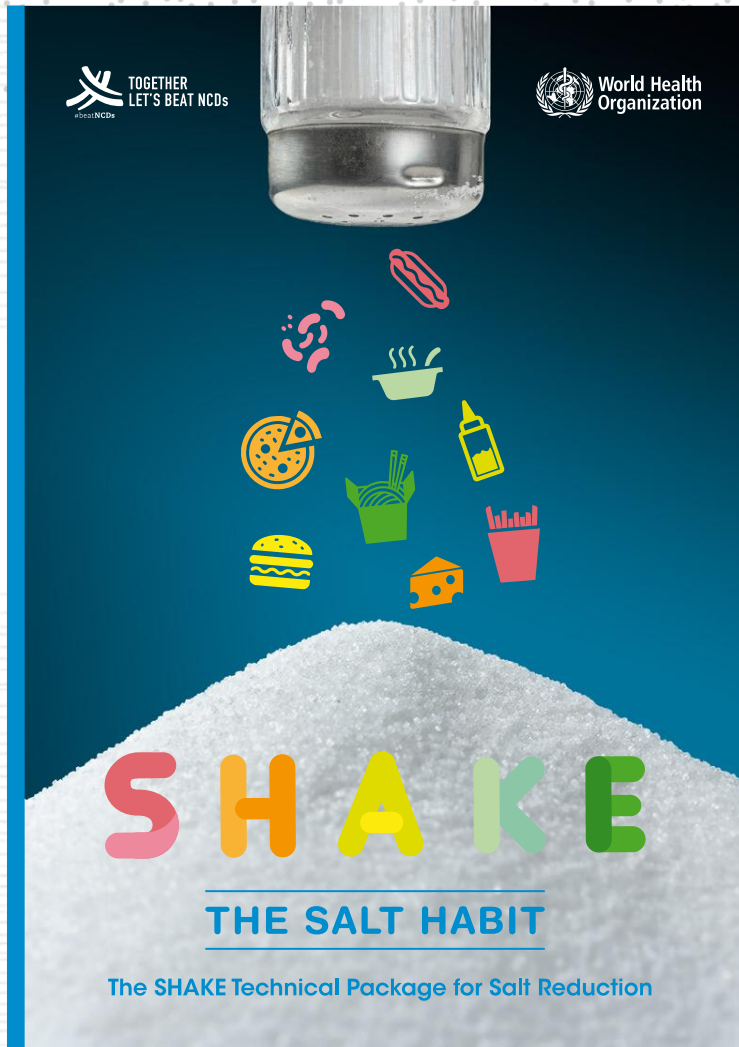
Sodium in ultraprocessed products in the Americas

- The figure shows sodium density in products sold in seven Latin American countries
- 63% of products had excessive sodium content
- Two thirds (66%) of the sodium in products sold in 2014 came from sauces and dressings, cookies and industrial bread

Figure 10

Sodium density in ultra-processed products sold in seven Latin American countries in 2014





S

SURVEILLANCE
MEASURE AND MONITOR SALT USE

H

HARNESS INDUSTRY
PROMOTE THE REFORMULATION OF FOODS
AND MEALS TO CONTAIN LESS SALT

A

**ADOPT STANDARDS FOR LABELLING
AND MARKETING**
IMPLEMENT STANDARDS FOR EFFECTIVE
AND ACCURATE LABELLING AND MARKETING
OF FOOD

K

KNOWLEDGE
EDUCATE AND COMMUNICATE TO EMPOWER
INDIVIDUALS TO EAT LESS SALT

E

ENVIRONMENT
SUPPORT SETTINGS TO PROMOTE HEALTHY EATING

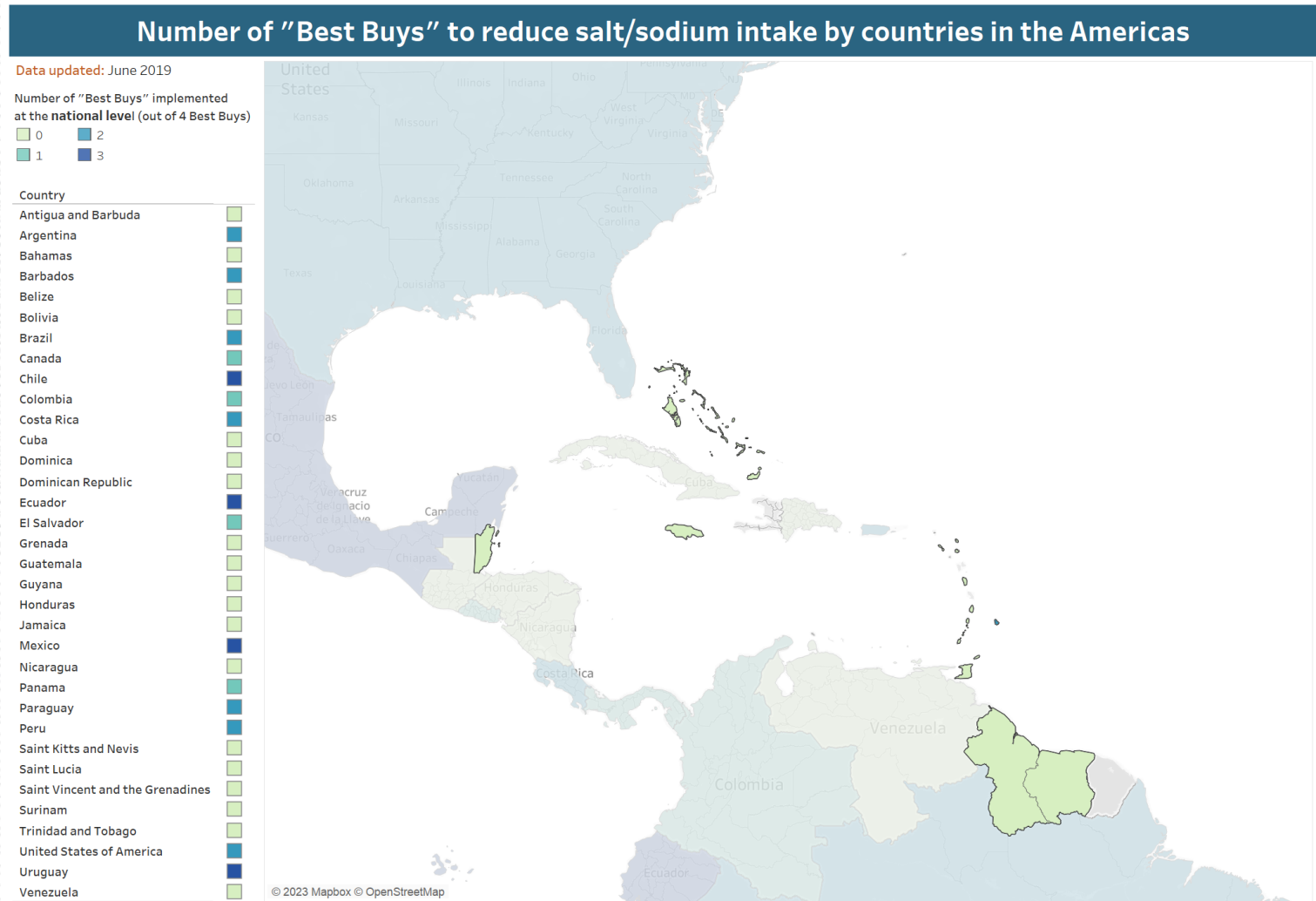
Publication: Mapping dietary Salt/Sodium Reduction Policies and Initiatives in the Region of the Americas



Mapping and interactive tool of national strategies for salt intake reduction

WHO Best buys for sodium reduction:

- 1.Reduce salt intake through the **reformulation of food products** to contain less salt and the setting of target levels for the amount of salt in foods and meals.
- 2.Reduce salt intake through the **establishment of a supportive environment in public institutions** such as hospitals, schools, workplaces, and nursing homes, to enable lower sodium options to be provided.
- 3.Reduce salt intake through a **behavior change communication and mass media campaign.**
- 4.Reduce salt intake through the implementation of **front-of-pack labeling.**



Mapping and interactive tool of national strategies for salt intake reduction

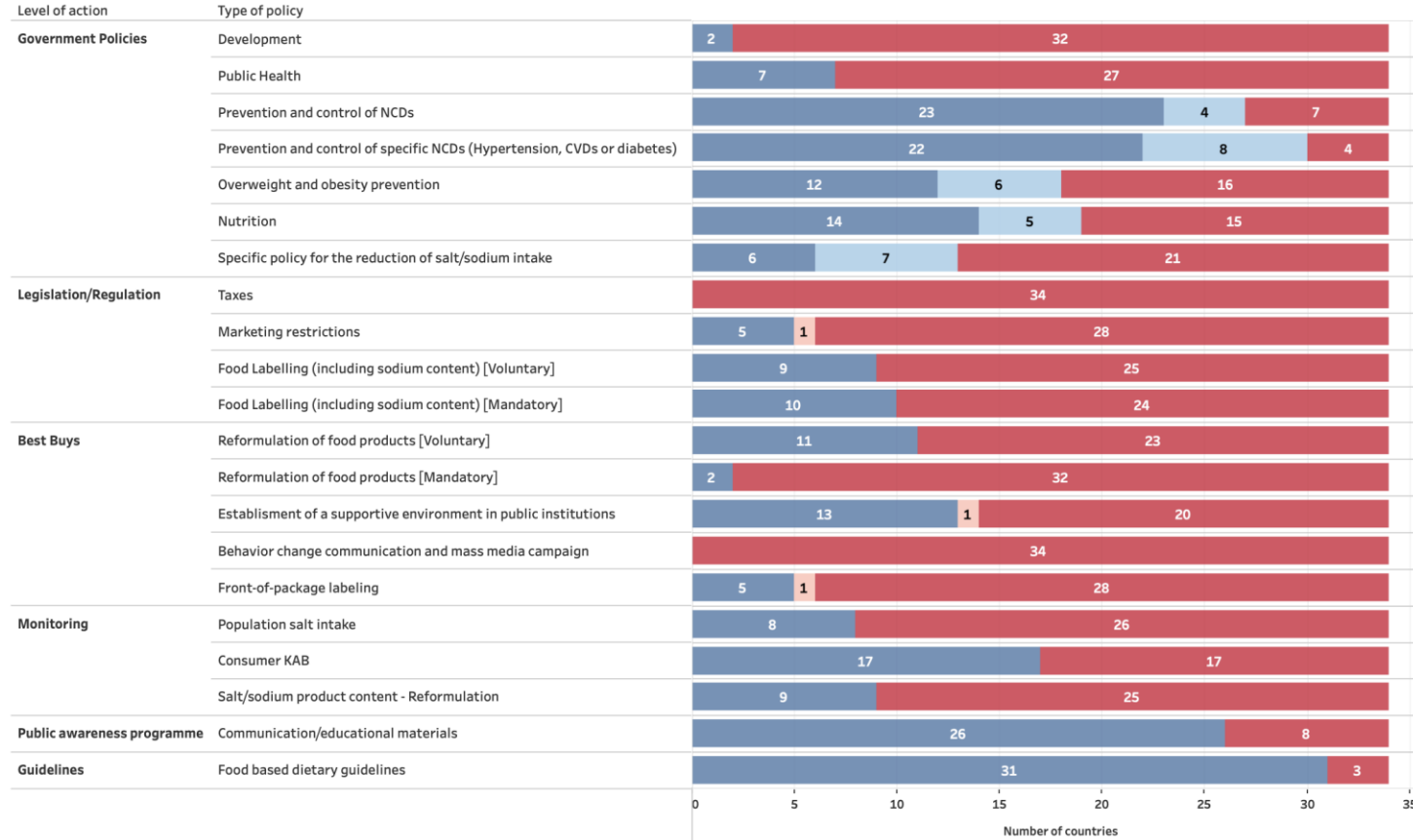
Best Buys | Perspective across policies | Scorecard | National profile | Policy across countries

Number of countries by policy to reduce salt/sodium intake in the population in the Americas

This are policies that include recommendations to reduce salt/sodium intake

Data updated: June 2019

Policy status: ■ National level ■ Subregional level ■ In progress ■ No policy



← Undo → Redo ↶ Revert 🔄 Refresh ⏸ Pause

📄 Download

Mapping and interactive tool of national strategies for salt intake reduction

Country profile and access to supporting documents

Sodium Reduction Policies in the Region of the Americas			
Barbados		Select the country Barbados	
Government policies			
Type of policy	Document Title	Year	
NCDs policies	Barbados Strategic Plan for the Prevention and Control of Non-Communicable Diseases 2015-2019	2014	✓
	Battling the hidden enemy. National Commission for Chronic Non-Communicable Disease	2014	✓
	Managing Diabetes in Primary Care in the Caribbean	2006	✓
	Managing Hypertension in Primary Care in the Caribbean	2007	✓
	National Action Plan for the Prevention and Control of Non-communicable Diseases (NCDs) 2015-2019 - Ministry of Health Barbados	2014	✓
	Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015	2011	✓
Specific policy for the reduction of salt/sodium intake	---	---	✗
Overweight and obesity prevention policy	Barbados - National plan of action for childhood obesity prevention and control (2015-2018)	2015	✓
Legislation / Regulation			
Taxes to high salt/sodium foods	---	---	✗
Restriction on marketing of foods high in sodium to children	Barbados - National plan of action for childhood obesity prevention and control (2015-2018)	2015	✓
Nutritional labelling (sodium content on nutritional panel)	Barbados Strategic Plan for the Prevention and Control of Non-Communicable Diseases 2015-2019	2014	✓
WHO "Best buys" Interventions and Monitoring			
Type of policy	Monitoring area	Document Title	Year
1. Reformulation of food products (voluntary/man...)	---	Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for Countries of the Caribbean 2011-2015	2011
	---	Barbados - National plan of action for childhood obesity prevention and control (2015-2018)	2015
2. Establishment of a supportive environment in public institutions	---	Barbados Strategic Plan for the Prevention and Control of Non-Communicable Diseases 2015-2019	2014
	---	Nutritious & Healthy Foods in Schools - Nutritional & Practical Guidelines for Barbados	2015
3. Behavior change communication and mass media campaign (educational materials also included)	---	Caribbean Salt-Smart Coalition - Social marketing workshop	2015
	---	Food based dietary guidelines for Barbados	2009
	---	Healthy Eating: small changes, big difference - National Nutrition Centre Ministry of Health - Pamphlet Nutrition Series	2017
	---	Protect your heart: Make Wise Food Choices - National Nutrition Centre Ministry of Health - Pamphlet Nutrition Series	2017
	---	Salt awareness week 2019 - Ministry of Health & Wellness, Barbados	---
4. Implementation of front-of-pack labelling	---	---	---
	---	---	---
5. Monitoring	Consumer knowledge, attit...	The Barbados Health of the Nation Survey: Core findings (2015)	2015
	Population salt/sodium intake	The Barbados National Salt Study: Findings from a Health of the Nation sub-study, MoH and Chronic Disease Research Centre	2015
	Salt/sodium content in foods -	---	---

Status of mandatory sodium reformulation in the Caribbean

Status of a selected policy to reduce salt/sodium intake in the population by country in the Americas

This are policies that include recommendations to reduce salt/sodium intake

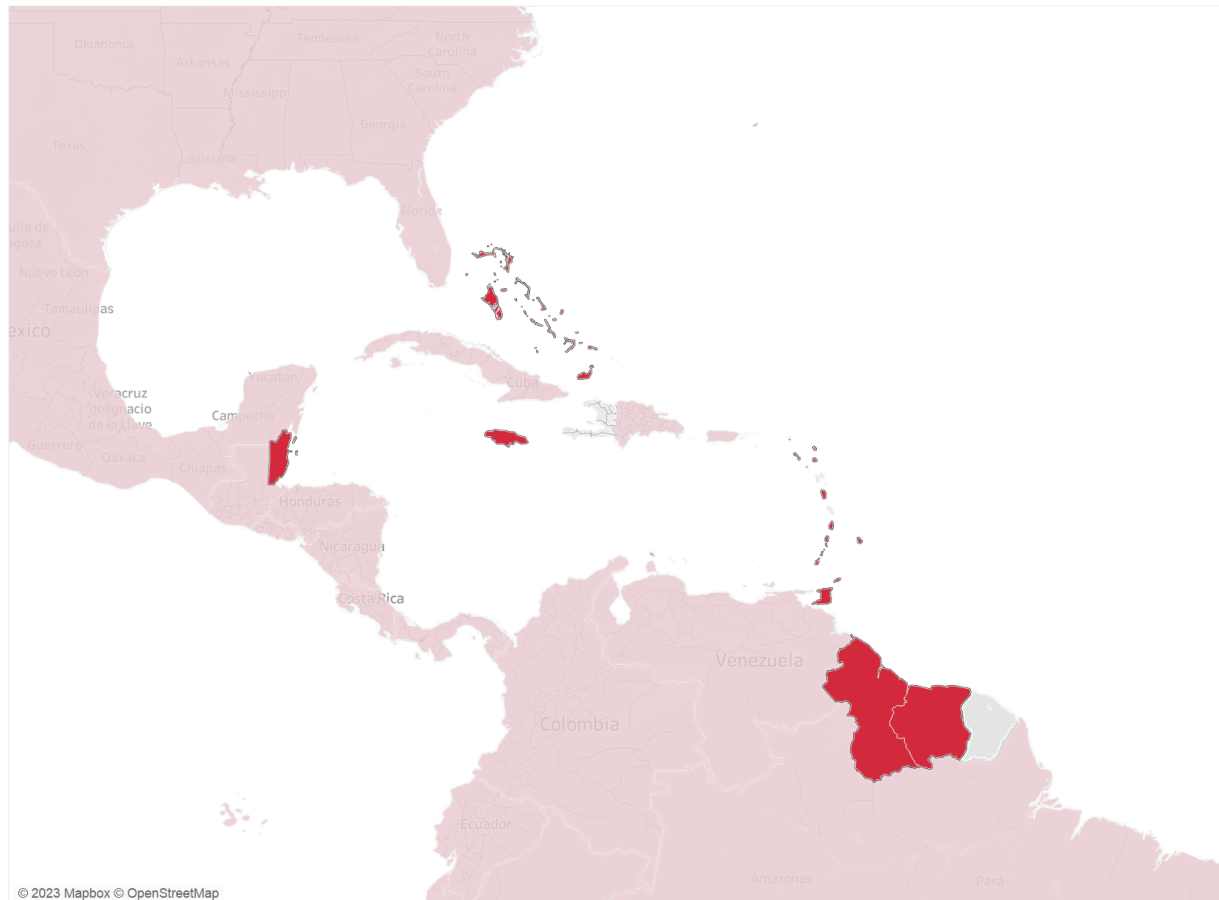
Data updated: June 2019

Select the indicator to show
3.1.2- Best Buys - Reformulation of food..

Policy status
■ National level
■ No policy

- Country
- Antigua and Barbuda ●
 - Argentina ●
 - Bahamas ●
 - Barbados ●
 - Belize ●
 - Bolivia ●
 - Brazil ●
 - Canada ●
 - Chile ●
 - Colombia ●
 - Costa Rica ●
 - Cuba ●
 - Dominica ●
 - Dominican Republic ●
 - Ecuador ●
 - El Salvador ●
 - Grenada ●
 - Guatemala ●
 - Guyana ●
 - Honduras ●
 - Jamaica ●
 - Mexico ●
 - Nicaragua ●
 - Panama ●
 - Paraguay ●
 - Peru ●
 - Saint Kitts and Nevis ●
 - Saint Lucia ●
 - Saint Vincent and the Grenadines ●
 - Surinam ●
 - Trinidad and Tobago ●
 - United States of America ●
 - Uruguay ●
 - Venezuela ●

Policy: 3.1.2- Best Buys - Reformulation of food products [Mandatory]



Updated PAHO Regional Sodium Reduction Targets

EXCESO SODIO MSP

HIGH IN SODIUM

PAHO Pan American Health Organization World Health Organization

Link: [English](#)

Updated PAHO Regional Sodium Reduction Targets

A Tool to Tackle the Burden of Diet-related Noncommunicable Diseases

EXCESO SODIO MSP

HIGH IN SODIUM

Food Item	Target (mg/100g)	Current (mg/100g)
10. Pasta and cereals	100	150
11. Meat and meat products	100	150
12. Bread and bakery products	100	150
13. Sugar-sweetened beverages	100	150
14. High-sodium condiments	100	150
15. Other	100	150

PAHO Pan American Health Organization World Health Organization



Link: [English](#)



Elimination of Industrially Produced Trans Fat

What, Why, When

- Industrially produced -Trans fat
- Atherogenic effect X times of Saturated fat
- IP-Trans Fat is a toxic, not an ingredient
- Universal Risk
- Mandatory Regulation
- PAHO Plan 2020-2025
- WHO - 2023

5 ECs inflammation

4 ECs and VSMCs secrete PCSK9

3 Modified LDL and PCSK9 activate VSMCs and ECs

Gov of C

List of co substance

18 Partially a fat or iodine v

6 ECs release cytokines and chemokines

ating

Current Status of the Caribbean Region

There is Political Commitment from:

Antigua and Barbuda

Bahamas*

Barbados

Belize

Dominica*

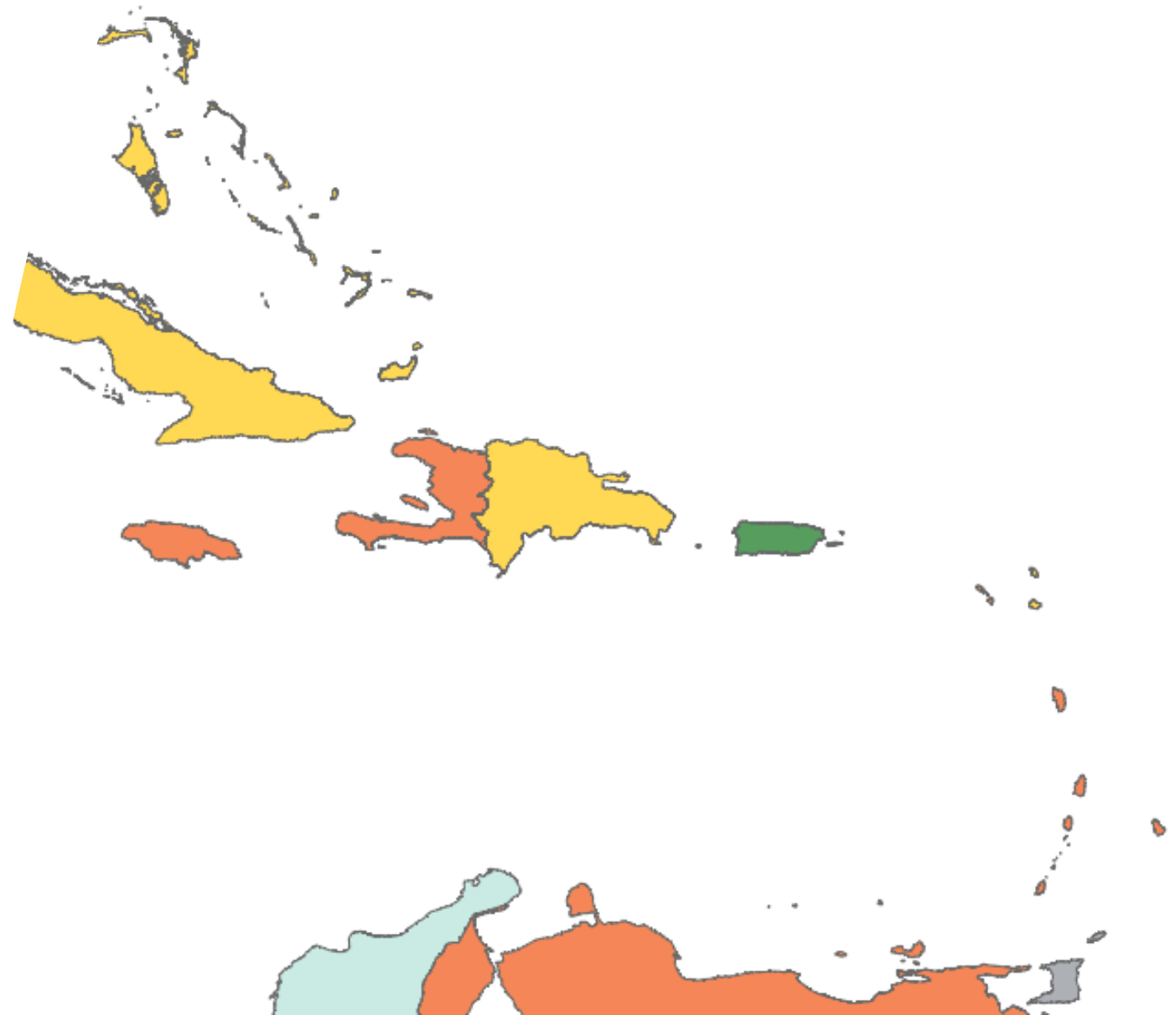
Guyana

Jamaica

St. Kitts and Nevis

Suriname

* Other complementary measures



Where is Trans Fat? – Food Supply

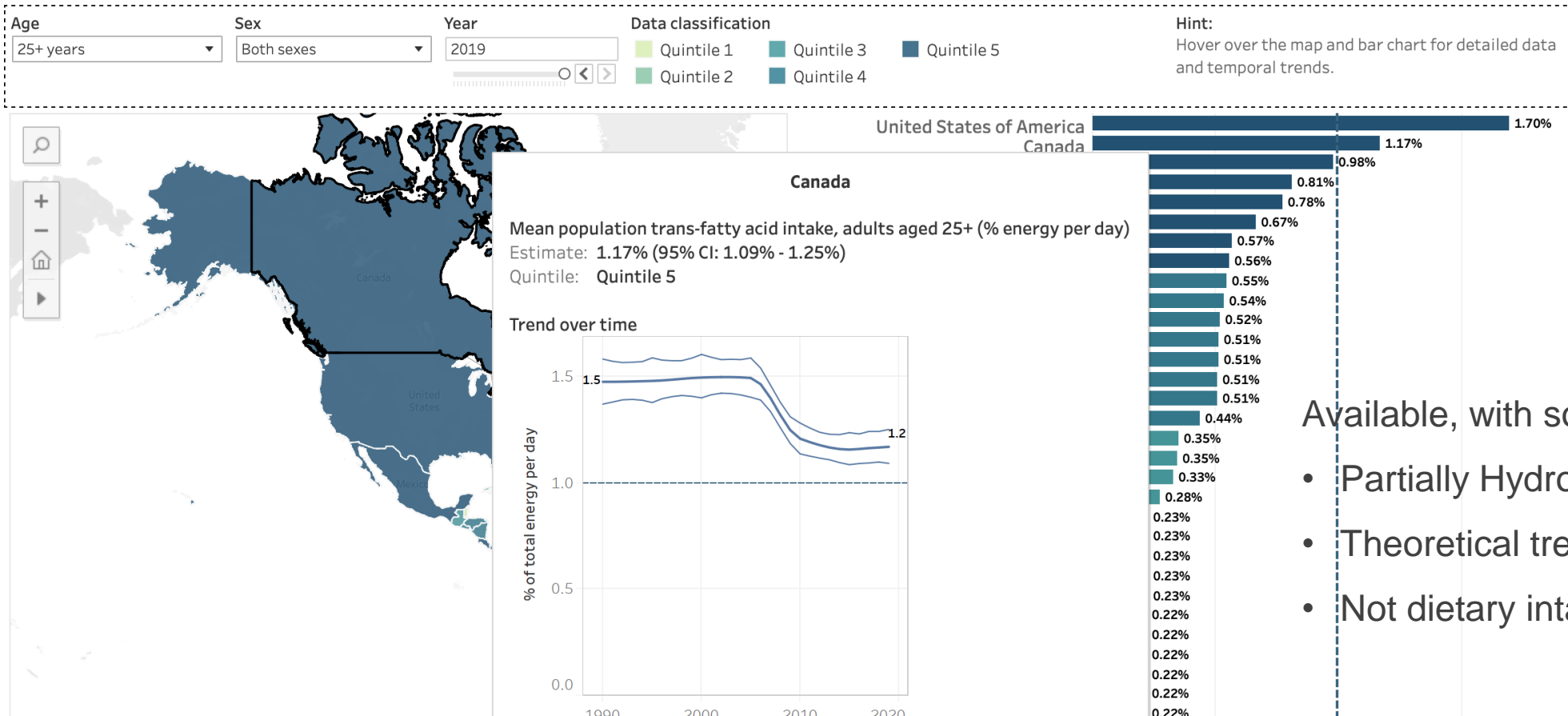
- Raw Materials
- Cows – but do not blame them!
- Prepackaged foods
- Thermic processing of fats and oils



Estimated TFA intake trends in the Caribbean Region

Trans-Fatty Acids intake: level across countries

Mean population trans-fatty acid intake, adults aged 25+ (% energy per day) across countries of the Americas, Both sexes, 2019.



Available, with some limitations:

- Partially Hydrogenated Oils sales
- Theoretical trends
- Not dietary intake data

Mapping and interactive tools for national policies to eliminate IP-TFA



INDUSTRIAL PRODUCED TRANS-FATTY ACIDS 2020-2025

Reporting year:
 Baseline and target:

- Baseline (2018)
- Target (2025)

 Assessment:

- No progress
- Progressing
- Target reached

 Update date: June 20, 2022

Strategic line of action	Objective ID	Objective description	Indicator ID	Indicator Name	Year	Number of countries
1.- Approval of regulatory policies to eliminate partially hydrogenated oils (PHO) from foods and/or limit IP-TFA content to 2% of total fats in all food products	1.1	Adoption of policies to eliminate IP-TFA in foods	1.1.1	Number of countries mandating the use of standard quantitative statements of TFA content	2022	16
			1.1.2	Number of countries mandating the use of standard quantitative statements of TFA content	2022	16
			1.1.3	Number of countries mandating the use of standard quantitative statements of TFA content	2022	16
1.2 Adoption of labelling policies to support enforcement of IP-TFA reduction	1.2	Adoption of labelling policies to support enforcement of IP-TFA reduction	1.2.1	Number of countries mandating the use of standard quantitative statements of TFA content	2022	16
			1.2.2	Number of countries and territories that mandate standard quantitative statement of TFA content	2022	16

Objective:
Indicator:

1.2 Adoption of labelling policies to support enforcement of IP-TFA reduction
1.2.2 Number of countries and territories that mandate standard quantitative statement of TFA content

Evaluation year:
Number of countries:
Countries:

2022
16
Antigua and Barbuda, Argentina, Bolivia, Brazil, Canada, Chile, Colombia, Dominican Republic, Ecuador, Mexico, Nicaragua, Paraguay, Peru, United States, Uruguay, Venezuela

Best Practice Policies: how to achieve elimination?

- To ban partially hydrogenated oils (PHO).
- To limit the content of industrially produced trans fat to 2%.

The Caribbean Situation

- No local producers of PHO.
- Main supply channel is import of food products / thermic processing foods



Government
of Canada

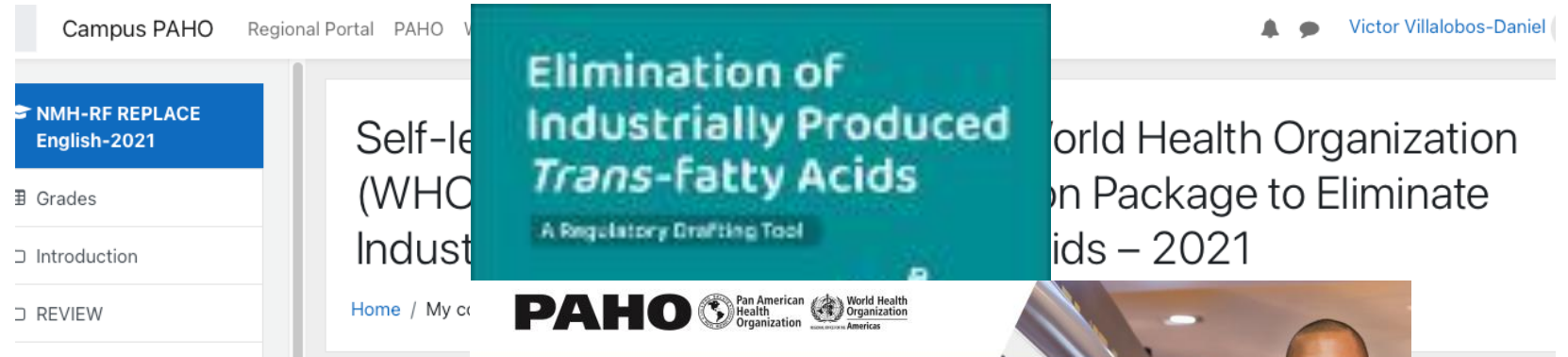
Gouvernement
du Canada

List of contaminants and other adulterating



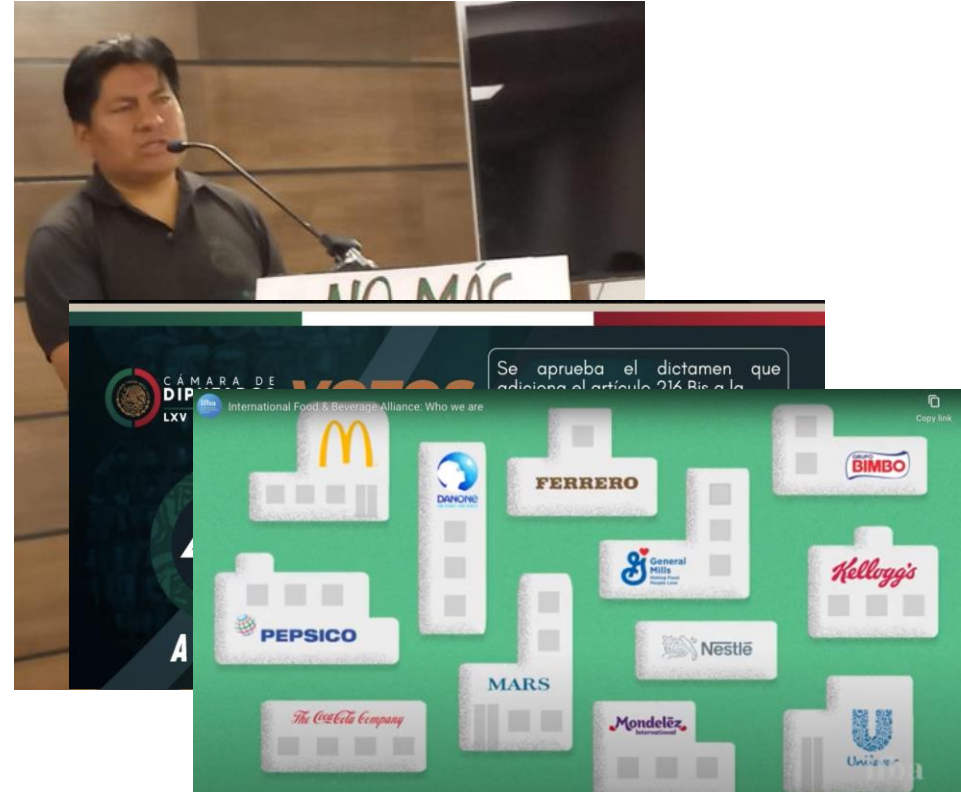
Technical support from PAHO

- Guidelines
- Online courses for training
- Drafting tools
- Health Impact assessment of TFA elimination.
- Samples of other regulations



What to expect if your country goes forward?

- UN Agencies support you.
- Food companies committed to eliminate TFA.
- Bolivia. August 2023. Draft made in 2 months
- Mexico. Feb 2023. TFA elimination bill passed w/full approval, little to null lobbying from the food industry



THANK YOU

