

GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q15) - Reformulation of foods and/or beverages to reduce salt/sodium content - All population groups

Programme: GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q15)

Programme Data

Programme Description

These programmes and actions were reported by countries for the 2nd WHO Global Nutrition Policy Review 2016-2017 module on actions related to healthy diets, overweight and diet-related NCDs. More actions and programmes reported can be accessed through the country page.

Program type

National

References

WHO (2018) Global Nutrition Policy Review. Country progress in creating enabling policy environments for promoting healthy diets and nutrition http://www.who.int/nutrition/publications/policies/global_nut_policyrevi...

The Global Nutrition Policy Review 2016–2017 is the report of the second comprehensive analysis of nutrition-related policy environment, coordination mechanisms, available capacities and actions being taken in 176 Member States (91%) and one area which responded to the survey carried out between July 2016 and December 2017.

Implementing organisations

Action data

Start date

Country(ies): Costa Rica

Topic: Reformulation of foods and/or beverages to reduce salt/sodium content

Target group: All population groups

Implementation details : Reformulation to reduce salt/sodium content is voluntary. The National Plan to Reduce Public Consumption of Salt 2011–2021 was established in Costa Rica in 2011. The aim of the Plan was to reduce population-wide salt consumption to 5g per person per day. Implementation of the Plan began in 2012, and included voluntary agreements with the food industry to reduce salt content in processed foods.

Typical problems **Solutions**

Links to policies in GINA

[Plan Nacional para la Reducción del Consumo de Sal / Sodio en la población de Costa Rica 2011 - 2021](#)

eLENA Link

[Reducing sodium intake to control blood pressure in children](#)

[Reducing sodium intake to reduce blood pressure and risk of cardiovascular diseases in adults](#)