Small Island Developing States (SIDS) share a high burden of chronic non-communicable diseases. A ‘nutrition transition’ has occurred in SIDS where locally-grown foods have been replaced by calorie-dense, processed, imported foods. We know little about what is being done in SIDS to improve nutritional of their populations. Thus, a rapid scoping review was conducted to document the features of nutritional interventions conducted in SIDS between 2000 and 2019.

A rapid scoping review was done of studies that reported interventions, conducted in 2000-2019, in 58 SIDS that aimed to improve nutrition. MEDLINE and Web of Science databases were searched. To complement, The World Health Organization’s NCD Progress Monitor 2020 was used to assess achievement of nutritional policies in SIDS. Interventions were categorised by the NOURISHING framework for analysis.

The lack of nutrition interventions in SIDS is likely due to their social, economic and environmental vulnerabilities. Interventions must expand beyond simple education to encompass multiple components of the NOURISHING framework, and promote multi-sectoral inclusion and stronger stakeholder buy-in during this process.