Please note: This is a working document that describes the methods for populating and updating our NOURISHING policy database. It will be updated on an on-going basis as needed, and reviewed annually.
NOURISHING: methods for compiling and updating the database

Table of contents

1. Background .......................................................................................................................... 3
   1.1 Introduction ..................................................................................................................... 3
   1.2 About the NOURISHING framework and policy database ........................................... 3
   1.3 Summary of the current process for updating NOURISHING ........................................ 5
   1.4 Developing a methods document ................................................................................... 5

2. Protocol for the policy review .............................................................................................. 7
   2.1 Criteria for the inclusion of policies in the database ...................................................... 7
   2.2 Search strategy ............................................................................................................... 8
   2.3 Data extraction .............................................................................................................. 11
   2.4 Verification process ...................................................................................................... 11
   2.5 Updating existing policies ............................................................................................ 12
   2.6 Removing policies from the database .......................................................................... 12
   2.7 Evaluations ................................................................................................................... 12

3. Presentation of policies in the NOURISHING policy database ........................................... 13
   3.1 Structure of policy areas ............................................................................................... 13
   3.2 Information to include in the policy summaries ............................................................. 13
   3.3 Links/references .......................................................................................................... 14
   3.4 Summary tables for download by NOURISHING policy area ........................................ 14

Appendices ............................................................................................................................... 15
   Policy Advisory Group ........................................................................................................ 16
   NOURISHING methods sub-group .................................................................................... 17
   Screenshot of extraction sheet ............................................................................................ 18
   Screenshot of example PDF summary table of policy area “Use economic tools” ............ 19
   Communication strategy for NOURISHING updates .......................................................... 20
1. Background

1.1 Introduction

World Cancer Research Fund International is the world’s leading authority on cancer prevention research related to diet, nutrition, weight and physical activity. Our vision is to live in a world where no one develops a preventable cancer. Our Cancer Prevention Recommendations are based on our systematic analysis of global research on the link between diet, nutrition, weight, physical activity and cancer.

World Cancer Research Fund International leads and unifies a network of cancer charities with a global reach. These cancer charities are based in Europe, the Americas and Asia.

In 2009, World Cancer Research Fund International published a Policy Report\(^1\), which provided recommendations for key actor groups to create an enabling environment for populations and individuals to implement our Cancer Prevention Recommendations\(^2\). These policy recommendations were based on an analysis of systematic reviews of the evidence for impact of policies and actions on diet, nutrition, weight, physical activity and cancer worldwide. Building on our Policy Report, and in the context of the 2011 UN High-Level Meeting on Non-Communicable Diseases (NCDs), a Policy & Public Affairs Department was established in 2012.

Our Policy & Public Affairs strategy\(^3\) focuses on two main goals:

1. The wider implementation of more effective policies that enable people to follow our Cancer Prevention Recommendations
2. To move the prevention and control of cancer and other NCDs up on the international policy agenda.

Our Policy & Public Affairs work supports the development and implementation of effective policies to enable people to follow our Cancer Prevention Recommendations. It helps to achieve the objectives of the global architecture for NCDs and international nutrition strategies of the United Nations and its agencies.

In 2015, World Cancer Research Fund International created a high-level Policy Advisory Group (see Appendix I) to provide advice on how we can more effectively meet the evidence needs of the policymaking community in developing and implementing policy actions to prevent cancer and NCDs through diet, nutrition, weight and physical activity initiatives.

1.2 About the NOURISHING framework and policy database

We developed the NOURISHING framework\(^4\) (Figure 1) to encourage national and international policymakers to take comprehensive action to promote healthy diets and reduce obesity. In particular, the framework:

- Formalises a comprehensive package of policies to promote healthier eating and prevent obesity and NCDs that is applicable globally;
- Provides options that allow policymakers flexibility to shape a response suitable and relevant for their national, regional and local contexts and target populations;

\(^{1}\) http://www.wcrf.org/int/policy/evidence-policy/our-policy-report
\(^{2}\) http://www.wcrf.org/int/research-we-fund/our-cancer-prevention-recommendations
\(^{4}\) http://www.wcrf.org/NOURISHING

www.wcrf.org
• Establishes a mechanism for reporting, categorising and monitoring policy actions around the world, and through which the policy evidence can be systematically categorised, updated, interpreted and then communicated.

NOURISHING recognises that policy actions are needed within three domains: food environment, food system and behaviour change communication. Each domain is important in influencing what we eat. Across these domains, there are ten policy areas. To develop an effective response to unhealthy eating, governments should take a comprehensive approach and implement well-designed policy actions from all of the ten policy areas. Governments should implement an increasing number of complementary policy actions, building towards a comprehensive approach.

**Figure 1:** World Cancer Research Fund International’s NOURISHING policy framework

![NOURISHING Policy Framework](image)

<table>
<thead>
<tr>
<th>POLICY AREA</th>
<th>DETAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>Nutrition label standards and regulations on the use of claims and implied claims on food</td>
</tr>
<tr>
<td>O</td>
<td>Offer healthy food and set standards in public institutions and other specific settings</td>
</tr>
<tr>
<td>U</td>
<td>Use economic tools to address food affordability and purchase incentives</td>
</tr>
<tr>
<td>R</td>
<td>Restrict food advertising and other forms of commercial promotion</td>
</tr>
<tr>
<td>I</td>
<td>Improve nutritional quality of the whole food supply</td>
</tr>
<tr>
<td>S</td>
<td>Set incentives and rules to create a healthy retail and food service environment</td>
</tr>
<tr>
<td>H</td>
<td>Harness food supply chain and actions across sectors to ensure coherence with health</td>
</tr>
<tr>
<td>I</td>
<td>Inform people about food and nutrition through public awareness</td>
</tr>
<tr>
<td>N</td>
<td>Nutrition advice and counselling in health care settings</td>
</tr>
<tr>
<td>G</td>
<td>Give nutrition education and skills</td>
</tr>
</tbody>
</table>

It was a strategic decision to begin our policy work with a nutrition focus, recognising that it would be challenging to tackle nutrition, physical activity and alcohol simultaneously. Therefore, the NOURISHING framework was created to focus on promoting healthy diets and does not include policies related to physical activity or alcohol consumption, despite the fact these are areas of interest to World Cancer Research Fund International.
The NOURISHING framework is accompanied by a regularly updated database of implemented government policy actions from around the world to encourage learning between countries. Our aim is for the database to be comprehensive in scope, but due to the international scope of the database, it is not feasible to include an exhaustive list of policies.

The policy database includes descriptive information about implemented government policies, such as the name of the policy, regulation or law, date of implementation, and key components and coverage of the policy. The database also includes links to published evaluations (where available) about a policy’s impact or implementation process (see Section 2.7).

The NOURISHING framework and accompanying policy database (NOURISHING hereafter) is available free of charge online (www.wcrf.org/NOURISHING) and can be used by all interested stakeholders, including policymakers, civil society organisations and researchers.

Policymakers can use NOURISHING to:
- Identify where action is needed to promote healthy diets (e.g. different policy areas)
- Select and tailor options suitable for their populations and contexts, and assess if their approach is sufficiently comprehensive
- See what other countries are doing

Civil Society Organisations can use NOURISHING to:
- Monitor what governments are doing around the world
- Benchmark progress
- Hold governments to account
- Promote examples of successful initiatives
- Identify strategies that can be adapted to their local context
- Share progress

Researchers can use NOURISHING to:
- Identify the evidence available for different policies
- Identify research gaps
- Monitor and evaluate policies

### 1.3 Summary of the current process for updating NOURISHING

The NOURISHING policy database is updated in a two-stage process. The first stage is to source and review policy actions (“policy review”) that are intended to promote healthy diets and reduce obesity, using an appropriate structured approach. The second stage is to verify the details of the policy actions with in-country or regional experts to ensure the policy has actually been implemented, to what extent and to source any existing published evaluations of the policy’s impact.

### 1.4 Developing a methods document

The purpose for developing a NOURISHING methods document, based on our current process, is to:
- Improve transparency of how the database is populated and updated;
- Increase people’s confidence about the quality of the information in the database;
- Describe the structured process that is in place.

A subgroup of the Policy Advisory Group, comprising four of its members (see Appendix II), was established to advise on the development of a public document setting out the methods to keep the NOURISHING database up-to-date with implemented government policies.
Figure 2: NOURISHING policy database

- Nutrition label standards and regulations on the use of claims and implied claims on food
- Offer healthy food and set standards in public institutions and other specific settings
- Use economic tools to address food affordability and purchase incentives

Empirical estimates show that food prices influence, to a varying degree, how much food people buy. Targeted subsidies have been shown to help overcome affordability barriers to healthy food for people on low incomes. Incentives, like financial rewards or price discounts, have also been shown to encourage people to switch to healthier options.

Emerging evidence from implemented taxes, as well as modelling studies, indicate the potential for effectiveness to reduce consumption. Given food choices are influenced by a whole host of factors, especially in modern, complex food markets, taxes must be designed very carefully to maximise effectiveness.

Please note, $ refers to USD.

Download the table

Examples of policy actions

- Health-related food taxes
- Voluntary health-related food taxes
- Increasing import tariffs on specified "unhealthy" food

What the action involves and where implemented

These countries have all introduced import duties on either soft drinks or sugar; Nauru also taxes high-sugar food. These are either charged ad valorem (Cook Islands – 15% with a subsequent 2% rise per year, since 2013; Fiji – 32%, since 2011; Micronesia – 25%, since 2004; Nauru – 30%, since 2007) or on a certain volume or weight of goods (French Polynesia – around $0.68 per litre for imported drinks, since 2002; Samoa – around $0.17 per litre, since 2008).

Evaluation

Countries
Cook Islands | Fiji | French Polynesia | Micronesia | Nauru | Samoa

Topics
Sugary drinks tax | Sugary drinks | Sugar | Tax | Import duty
2. Protocol for the policy review

The policy review seeks to identify implemented government policies that are intended to reduce obesity and NCDs through promoting healthy diets and which relate to the ten policy areas defined within our NOURISHING framework (Figure 1).

2.1 Criteria for the inclusion of policies in the database

A policy action is defined as any form of government action, including, but not restricted to, legislation, regulation, decrees, standards, policies, programmes, fiscal measures and government sponsored or endorsed voluntary action and agreements. The policy can be at a national, regional, provincial/territorial or local level.

The following criteria exist for the inclusion of policies in the database:

Must be related to reducing obesity and/or nutrition-related NCDs by promoting healthy diets
- The aim of the policy must include an explicit public health aim (e.g. improving diets, reducing overweight & obesity, increasing availability of healthy food).
- In some cases, policies will be considered for inclusion in the database where a broader or more general consumer protection policy has been interpreted for health impact; inclusion of these policies is made on a case by case basis at the discretion of the Policy & Public Affairs team.
- Policies related only to physical activity and alcohol (i.e. not containing a food or nutrition component) are not included in the NOURISHING database.

Must be related to one of the ten policy areas outlined in the NOURISHING framework
- Policies must fit within the scope of the NOURISHING framework’s ten policy areas.
- Where a policy fits one of the ten NOURISHING policy areas but does not directly fit one of the existing sub-policy areas5 (Figure 2) in that policy area, sub-policy areas can be added or edited to appropriately reflect the policy actions.

Must be a government action, an action implemented in partnership with government, or an action that is supported, sponsored or endorsed by government
Programmes or interventions run by non-governmental actors, such as civil society organisations or companies, are not included unless these actions are supported in some way by government. Such government support has to be publicly communicated and may consist of financial sponsorship or an endorsement by government.

Must be implemented
- The policy action or law must be implemented (or partially implemented). For example, draft or model laws, policy proposals, election commitments and laws that have been passed but not come into effect are not included in the database.
- Policy implementation is a complex change process and therefore can involve several stages or levels of implementation. For the purpose of updating the database, we define implementation as the point in time when an adopted policy first comes into effect.
- A verification process is in place to ensure that included policies have in fact been implemented or partially implemented (see Section 2.4).

5 “Sub-policy area”: a sub-category of the overarching policy area, e.g. “Health-related food taxes” under policy area “Use economic tools”.

www.wcrf.org
When we are aware of policies that have ‘expired’, or been withdrawn or are no longer enforced, they remain in the database if they have been evaluated. Where possible, a brief explanation of the reason for the policy ‘expiring’ is included (e.g. a change of government).

2.2 Search strategy

The search strategy identifies relevant policies, specifying databases and other information sources to be searched.

Principles and rationale

It is essential for the policy review to consider all potentially relevant sources of information (e.g. government websites, news stories, civil society updates, national or non-governmental legislation databases) and to clearly document which sources provided information on the policies.

Developing the search strategy

- The search strategy for the policy review may differ depending on the policy area concerned (e.g. the sources of information checked for policies related to the food system vs. food marketing).
- The search strategy may also differ by policy area due to the availability and accessibility of relevant information.
- The aim of the database is to be comprehensive in scope, although a review to provide an exhaustive list of policies implemented in each policy area is not conducted.
- Sources of information:
  - Reports and websites of international agencies (e.g. NCD status reports from World Health Organization (WHO) Headquarters and relevant reports from WHO Regional Offices; policy reviews from the European Commission Joint Research Centre);
  - Civil society organisation news items circulated on twitter and through listservs (e.g. World Obesity Federation, NCD Alliance, Healthy Caribbean Coalition);
  - Academic publications – reviews of policies published in academic articles (generally sourced through papers circulated through social media or newsletters);
  - Existing policy databases that we reference on the “About NOURISHING” page (e.g. Rudd Center for Food Policy & Obesity legislation database for policies related to obesity and diet-related diseases, Robert Wood Johnson Foundation database on state laws for school snack foods and beverages, US Centers for Disease Control Chronic Disease State Policy Tracking System);
  - Conversations with policymakers and policy experts in person, at meetings or conferences, or by email/phone;
  - Ad hoc communications from stakeholders about actions to include in the database;
  - Personal communication – we reach out to key contacts, requesting information about any new relevant policy actions implemented or updates to policies currently included in NOURISHING (including experts from all WHO regions);
  - Emails sent to our policy mailbox (policy@wcrf.org) with examples of policy actions.
- In addition to the above sources, a more detailed search is conducted using a targeted search within academic electronic databases (e.g. EBSCOhost, Pubmed, Google Scholar):
  - If the NOURISHING update is going to be centred on a specific topic;
  - If the aim is to increase the number of actions in a given policy area;

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6 http://www.wcrf.org/int/policy/nourishing-framework/about-nourishing
8 http://foods.bridgingthegapresearch.org
10 http://www.who.int/about/regions/en/

www.wcrf.org
To source published evaluations of policies included in NOURISHING in which case government websites are also used as an additional resource.

Scope of the search
The aim of the database is to be comprehensive in scope, but not exhaustive. Therefore, policies are only included if they meet the inclusion criteria and if the policy selection procedure, explained in the following, provides sufficient available information on the policy to include it in the database. Finally, the verification process determines if the policy is ultimately included in the database.

Policy selection procedure and verification process
Figure 3 shows the sequential steps used to select and verify policies, followed by a detailed explanation of each step.

Retrieving additional information on policies
- Once a policy has been identified, more detailed information is needed to assess its appropriateness for inclusion in the database. Additional information is sought from the following sources:
  - Government websites (e.g. Ministries of Health)
  - Basic web search
  - Personal communication with expert(s) within the country or region of the policy
- Foreign language sources: as an international policy database, it is common for available information on specific policies to be in different languages. For example, often a news story reports on a new policy in English, but additional information about the policy is in a different language.
  - A web search is conducted to locate additional information about the policy, policy documentation in its original form is preferred.
  - In-country expert(s) are consulted for more information about the policy and to request an English translation of the policy (if available).
  - In-house foreign language capabilities are used where available.
  - Where necessary, Google Translate is used to interpret foreign language information sources on specific policies to assess their appropriateness for the database. This information may be reviewed by an in-country expert to ensure the essence of the policy is translated appropriately.

Policy selection procedure
In addition to meeting the preliminary inclusion criteria, sufficient information is required to consider including a policy action in the database. Section 3.2 outlines the specific information that is needed for the different policy areas. If additional information is not available, the policy will not move on to the verification stage (Figure 3).

Labelling of references
Information sources used to develop policy descriptions are saved on World Cancer Research Fund International’s internal fileserver. Each document is saved with a unique reference identifier and documented in an excel spreadsheet.

The unique reference identifier has the following structure: Country_Letter_Name of document (e.g. Chile_N1_Ley 20606), where “Letter” refers to the letter in the word ‘NOURISHING’, e.g. U = Use economic tools. Where letters exist twice, the letter is followed by a number, e.g. N1 = Nutrition label standards, N7 = Harness the whole food supply.

For sub-national policies, the reference identifier has the following structure: Country_Locality_Letter_Name of document (e.g. USA_Davis_S_Ordinance 2451)
Figure 3: Policy selection procedure and verification process

Policy action identified

Information sought to assess appropriateness for inclusion in database

Policy meets inclusion criteria

Additional policy area specific information sought

Sufficient information found

Yes

Regional/in-country policy expert emailed to verify specifics of policy action and date of implementation

Specifics of policy confirmed

Yes

Policy is implemented

Yes

Policy action is included in NOURISHING database

No

Policy action is not included in database
2.3 Data extraction

An excel spreadsheet, with separate columns for each of the below mentioned data requirements, is used to organise gathered data (see Appendix III for a draft extraction sheet):

- Policy identifier (similar to reference identifier, and labelled in the following way: Country_Letter_Policy name)
- Implementation year (if the policy is not yet implemented, the future implementation year if known, otherwise 000)
- Policy name
- Policy level (international, regional, national, state/territorial/provincial, local)
- Key policy characteristics (see Section 3.2 for specific information needed for the different policy areas)
- References (using the unique reference identifier)
- Source (URL to the websites used; title of publication if not available online; name of expert who provided unpublished information)
- Expert(s) who verified the policy action
- Level of implementation (full/partial/not)
- Evaluated (Y/N): if there is any information available about an evaluation of the policy (including evaluation of intermediary outcomes or process), mark “Y”
- Link to published evaluation (if applicable)
- Evaluation identifier (similar to reference identifier: Country_Letter_Policy name_Journal Year)
- Flagged for update (Y/N): if there is time sensitive information in the policy description, include the quarter and year in which the update is planned to ensure this policy is flagged for the next update, e.g. “Y (Q2 2017)”
- Reason for not including a policy in the database (if applicable)
- WHO Region

2.4 Verification process

Verification of policy with at least one regional or in-country policy expert
At least one in-country or regional policy expert is consulted during the verification process:

- To verify whether a policy has indeed been implemented in country, and to what extent (e.g. partial or full); and
- To verify specific information about the policy (for policy description) and ask about any published evaluations about the impact of the policy.

Assessment
Based on the information received from the regional or in-country policy expert(s), the Policy & Public Affairs team determines whether the policy is included in the database (Figure 3):

- If the policy has not been implemented, it will not be included in the database.
- If there is doubt about the level of implementation or enforcement of the policy, more information will be sought. The Policy & Public Affairs team will determine whether to include the policy on a case by case basis.
- If there is doubt on the specifics of the policy, more information will be sought before it is included in database.

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12 http://www.who.int/about/regions/en/
2.5 Updating existing policies

The scope of a policy already included in the NOURISHING database may change over time (e.g. adjustment of a tax rate). We usually hear about changes through:

- Our policy contacts to which we reach out to request information on any changes to national food policy;
- Conversations with policymakers and policy experts in person, at meetings or conferences, or by email/phone;
- *Ad hoc* communications from stakeholders about updates to include in the database;
- Emails sent to our policy mailbox (policy@wcrf.org);
- Through civil society organisation news items circulated on social media and through listservs.

If we become aware of changes, a similar process is applied as for newly included policies: more information on the policy is sought to understand all changes made since the inclusion of the policy in NOURISHING. The summary is then updated and verified with at least one in-country or regional policy expert to ensure the information is correct.

2.6 Removing policies from the database

Policies that have expired or been withdrawn, or are no longer enforced, are removed from the policy database unless they have been evaluated to show a public health impact (benefit or harm) or evaluated to show no effect. If this is the case, the policy description includes an end date for the policy and a brief description of the reasons for expiry (e.g. a change of government, change of evidence). Expired policies are also clearly identified with a bolded “Expired policy” below the policy summary text to differentiate them from ongoing policies.

Public awareness campaigns included in “I – Inform People” also remain in the policy database even if they are no longer running as they are often short in duration. The summary of the campaign includes the start and end date.

Expired policies are removed to coincide with the next update once we become aware of the policy’s expiry. We maintain a list of removed policies, including the date and reason for removal.

2.7 Evaluations

A phased approach is being taken to include evaluations in the database from October 2016 onwards. Evaluations have to fulfil the following requirements to be considered for inclusion:

- Process or impact evaluation of a policy contained in the NOURISHING database;
- Published in English;
- Available online (full text or abstract) – we will include both the reference and link to the evaluation;
- Conducted by independent academics, civil society organisations or governments;
- High quality (e.g. using validated questionnaires, sufficient number of respondents, a counter-factual, etc.).

A maximum of two evaluations per national policy action will be included. If more than two evaluations exist, the Policy & Public Affairs team will decide which evaluations to include, based on relevance to policymakers. Evaluations will be listed in descending order by publication year; if evaluations were published in the same year, they will be ordered alphabetically by the name of the first author.
3. Presentation of policies in the NOURISHING policy database

3.1 Structure of policy areas

A number of sub-policy areas organise the policies within the policy database across the NOURISHING framework’s ten policy areas (see Figure 2). Occasionally, new sub-policy areas need to be developed or existing ones edited to help appropriately classify policy actions.

3.2 Information to include in the policy summaries

Where possible, the description of a policy action includes:

- Name of policy (e.g. name of campaign, or title of an act)
- Date policy was adopted (if applicable) and date of implementation
- A reference and link to any published evaluation of the policy

Additionally, the following ‘specific information’ is included in the policy summary:

**N – Nutrition label standards & regulations on the use of claims and implied claims on food**
- Specific details about the policy action, including specified nutrient levels or limits
- Information about compliance, including date full compliance is required, and any consequences if not met (if available)

**O – Offer healthy food and set standards in public institutions and other specific settings**
- Standards clearly identified – including specified nutrient levels or limits
- Terms defined within policy action (e.g. low nutritional value)
- Coverage (type of institution, what is covered within the institution’s premises)

**U – Use economic tools to address food affordability and purchase incentives**
- Size and type (e.g. excise tax) of tax, tariff or subsidy, including conversion from local currency to value in US$. Where possible, include what percentage the tax makes up of the total price of a beverage or food item (e.g. a 10% tax)
- What products the fiscal measure is specifically applied to, including specific levels if applicable
- Whether a tax is earmarked for health

**R – Restrict food advertising and other forms of commercial promotion**
- Restricted marketing techniques and channels
- Foods that can be marketed and foods that cannot, including how these are defined (e.g. nutrient profile model)
- Definition of “marketing audience” (e.g. children’s programmes, or programmes with a minimum percentage of children watching)
- Definition of “child” (e.g. age of a child)

**I – Improve nutritional quality of the whole food supply**
- As appropriate, details of targets for reformulation (including food category-specific targets)
- Information about evaluation/monitoring of targets and penalties for non-compliance
- Coverage (e.g. if voluntary, how many companies have signed on?) and food categories covered

**S – Set incentives and rules to create a healthy retail and food service environment**
- Coverage of policy action (e.g. food outlets with a specific number of locations)
- Explanation of what incentive involves (e.g. exceptions to zoning restrictions)
H – Harness supply chain & actions across sectors to ensure coherence with health
- Coverage of policy action
- Explanation of what the policy action involves (e.g. nutrition standards for public procurement)
- Details of other sectors involved (e.g. Ministry of Agriculture, international agencies)

I – Inform people about food & nutrition through public awareness
- Where applicable, name of communication campaign
- Aim and objective(s) of campaign (if not obvious)
- Geographical coverage of campaign and target audience
- Key components of campaign, including types of media used e.g. TV, radio, social media, website, brochures
- Accessibility of public awareness activities (e.g. language)
- End date (if applicable)

N – Nutrition advice and counselling in health care settings
- Target population
- Explanation of what the policy action involves (e.g. requirement to provide counselling; eligibility to receive counselling; credentials needed for providers; coverage of costs)

G – Give nutrition education and skills
- Target population
- Explanation of what the policy action involves
- Who provides education (e.g. Ministry of Education)

3.3 Links/references

Links to original documentation of policy actions are not included in the policy database. To mitigate this, we include the specific name and reference number of the policy action to assist with a search of the original document (where possible).

3.4 Summary tables for download by NOURISHING policy area

In addition to making the policy actions available on our website (www.wcrf.org/NOURISHING), we provide PDF tables of the policy actions for each of NOURISHING’s ten policy areas for download (see example in Appendix IV).
Appendices
Appendix I

Policy Advisory Group

In 2015, World Cancer Research Fund International created a high-level Policy Advisory Group to provide advice on how we can more effectively meet the evidence needs of the policymaking community in developing and implementing policy actions to prevent cancer and NCDs through diet, nutrition, weight and physical activity initiatives.

This includes advising us on:
- The evidence needs of the policymaking community
- Processes to update, interpret and communicate the evidence for policy
- Outputs that are useful to the policy community
- How to overcome barriers to policy implementation
- How to stimulate wider implementation of more, and more effective policies
- Developing relationships and alliances to enhance our impact

The Policy Advisory Group comprises experts involved in policy from government, academia and civil society from Australia, Barbados, Canada, Malaysia, Mexico, Norway, South Africa, the United Kingdom and the United States. The group also includes observers from the World Health Organization and the Union for International Cancer Control. See below for a list of members and observers.

At their first meeting in April 2015, the Policy Advisory Group advised us to describe the current process for updating the NOURISHING policy database as a basis for developing a future method that is publicly available on our website.

The Policy Advisory Group recognises NOURISHING as having the potential to become an ‘instrument for change’ and a powerful resource for policymakers to learn from policy actions being implemented in countries around the world.

Current members

Ms Anita George – McCabe Centre for Law and Cancer; Cancer Council Victoria, Australia
Prof Sir Trevor Hassell – Healthy Caribbean Coalition, Barbados
Dr Hasan Hutchinson – Health Canada, Canada
Dr Knut-Inge Klepp – Norwegian Institute of Public Health, Norway
Dr Shiriki Kumanyika – University of Pennsylvania (Emeritus) and Drexel University Dornsife School of Public Health, USA
Dr Feisul Idzwan Mustapha – Ministry of Health, Malaysia
Dr Anna Peeters – Deakin University
Dr Mike Rayner – University of Oxford, British Heart Foundation Health Centre on Population Approaches for Non-Communicable Disease Prevention, UK
Dr Simón Barquera – National Institute of Public Health, Mexico
Ms Sandhya Singh – National Department of Health, South Africa

Current observers

Dr Francesco Branca – World Health Organization
Prof Fiona Bull – World Health Organization
Dr Heather Bryant – Union for International Cancer Control

The Policy Advisory Group is coordinated and managed by Bryony Sinclair, Senior Policy & Public Affairs Manager and supported by Louise Meincke, Head of Policy & Public Affairs, Dr Kate Allen, Executive Director, Science & Public Affairs and Professor Martin Wiseman, Medical & Scientific Adviser.

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Appendix II

NOURISHING methods sub-group

Dr Hasan Hutchinson – Health Canada, Canada
Dr Knut-Inge Klepp – Norwegian Institute of Public Health, Norway
Dr Shiriki Kumanyika – University of Pennsylvania (Emeritus) and Drexel University Dornsife School of Public Health, USA
Dr Mike Rayner – University of Oxford and British Heart Foundation Health Centre on Population Approaches for Non-Communicable Disease Prevention, UK

The NOURISHING methods sub-group was coordinated and managed by Bryony Sinclair, with input from Kate Allen, Martin Wiseman and Louise Meincke.

Bryony Sinclair was responsible for drafting the methods document and the sub-group reviewed drafts of the methods, participated in teleconferences, provided additional input as needed and advised on how to test the methods. The entire Policy Advisory Group had an opportunity to review a draft of the methods before they were tested.

Simone Bösch tested the methods during the preparation of the August 2016 update of the NOURISHING database and amended this methods document accordingly.
<table>
<thead>
<tr>
<th>Model/Region</th>
<th>Product/Service</th>
<th>Year</th>
<th>Regulatory Authority</th>
<th>Recommendation Status</th>
<th>Evidence</th>
<th>Impact Evaluation</th>
<th>Sustainability Evaluation</th>
<th>Follow-up Evaluation</th>
<th>Impact of Recommendation</th>
<th>Follow-up Action</th>
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</thead>
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<tr>
<td>South Asia</td>
<td>Healthy Change Age</td>
<td>2025</td>
<td>National</td>
<td>Implemented</td>
<td>High Quality Evidence</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Europe</td>
<td>Nutrition labels</td>
<td>2025</td>
<td>National</td>
<td>Implemented</td>
<td>High Quality Evidence</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td>North America</td>
<td>Healthy Change Age</td>
<td>2025</td>
<td>National</td>
<td>Implemented</td>
<td>High Quality Evidence</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>
**NOURISHING framework**

**Use economic tools to address food affordability and purchase incentives**

This table provides examples of the types of policy action that can be taken within this policy area, examples of where these policy actions have been implemented, and a brief description of what the action involves. It provides a global snapshot, largely of policies already implemented; it is not necessarily comprehensive. The examples were collated through a review of international reports of policy actions around the world, academic articles reporting on policy actions, and online government resources.

We welcome feedback. Please contact us at policy@wcrf.org if you would like to add any further examples of implemented policies, see the policy documents that we reference, or have any further questions or comments.

<table>
<thead>
<tr>
<th>EXAMPLES OF POLICY ACTIONS</th>
<th>EXAMPLES OF WHERE IMPLEMENTED</th>
<th>WHAT THE ACTION INVOLVES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health-related food taxes</td>
<td>Barbados</td>
<td>In June 2015 the government of Barbados passed a 10% excise tax on locally produced and imported sugary drinks, including carbonated soft drinks, juice drinks, sports drinks and others. Drinks exempt from the tax include 100% natural fruit juice, coconut water, plain milk and evaporated milk. The tax came into effect 1 August 2015 and will be reviewed after two years. Revenue from the tax will be directed to the health sector.</td>
</tr>
<tr>
<td></td>
<td>Belgium</td>
<td>In December 2015, the Belgian government increased the excise duty on soft drinks by 0.03 euros per litre as part of a general ‘health tax’ (Law on measures to strengthen job creation and purchasing power - 26 December 2015). The new 0.068 euro per litre excise duty came into effect 1 January 2015 and is applied to all soft drinks, including non-alcoholic drinks and water containing added sugar or other sweeteners or flavourings. An excise duty is also applied to any substance intended for the use of manufacturing soft drinks (liquid: 0.41 euros/litre, powder: 0.56 euros/100kg).</td>
</tr>
</tbody>
</table>
Appendix V

Communication strategy for NOURISHING updates

Timeline
The NOURISHING policy database is updated using the described methods three times a year. We keep track of new policy actions throughout the year, but only publish the updates in three major updates.

Theme for updates
To communicate the update, we endeavour to focus on a particular theme (e.g. specific area with a lot of new actions, or a relevant topic that ties into an external process/event). The update may also include information about recent successful advocacy efforts that are relevant internationally.

Methods of communication
- Email: an email is sent to our policy mailing list, which we encourage to be passed along to others. The email focuses on the specific theme of the update and also includes the updated total number of policies included, and total number of countries represented, in the database.
- Social media: the NOURISHING update is also promoted through social media (mainly twitter and Facebook). Tweets are developed to promote new policy actions and the overall theme of the update.
- Website: the NOURISHING pages are updated on our website www.wcrf.org/NOURISHING. Any new or updated policy actions or evaluations are tagged ‘new’.