



POLICY AREA

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



Our **NOURISHING** framework and policy database

Our NOURISHING framework brings together the ten policy areas where governments need to take action to promote healthy diets and reduce obesity and non-communicable diseases (NCDs). Comprehensive policy action will help to achieve the World Health Organization's global target of reducing premature deaths from NCDs, including cancer, by 25 per cent by 2025.

The framework is accompanied by an extensive, regularly updated database of implemented government policy actions from around the world. The database also includes web links to evaluations of included policies.

Our NOURISHING framework emphasises that a comprehensive policy approach is needed to promote healthy diets. To do this, governments should implement complementary policy actions from all ten of the framework's policy areas.

About World Cancer Research Fund International

World Cancer Research Fund International leads and unifies a network of cancer prevention charities with a global reach. We are the world's leading authority on the link between diet, weight, physical activity and cancer, working collaboratively with organisations around the world to encourage governments to implement policies to prevent cancer and other non-communicable diseases.

In official relations with the World Health Organization (WHO) since 2016

How you can use the NOURISHING framework and policy database

Policymakers

- Identify where action is needed to promote healthy diets
- Select and tailor options suitable for your populations
- Assess if your approach is sufficiently comprehensive
- See what other countries are doing

Civil society organisations

- Monitor what governments are doing around the world
- Benchmark progress
- Hold governments to account

Researchers

- Identify the evidence available for different policies
- Identify research gaps
- Monitor and evaluate policies



www.wcrf.org/NOURISHING

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