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# Methods Document for policy scan- Technical Annex

World Cancer Research Fund International



This Technical Annex sits behind the Methods Document that describes the scan of policy actions to update the NOURISHING and MOVING databases.

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Information **specifically relevant to the comprehensive European scan** is presented in purple shaded boxes throughout for ease of reference.

**Note:** This Technical Annex provides information additional to that supplied in the Methods Document. It is not intended to be a standalone document.

## T1. NOURISHING and MOVING frameworks

### T1.1 Domains, policy areas, sub-policy areas and policy options

The MOVING and NOURISHING frameworks are organised as a hierarchy: a small number of overarching domains, the key policy areas and a number of sub-policy areas. In addition, a number of possible policy options that are likely to fall under each policy area have been identified (section T1.3 below).

The existing NOURISHING database is organised by the sub-policy areas and the online databases take this approach.

The sub-policy areas can be altered according to changing circumstances – for example if an innovative policy begins to be used and needs adding as a sub-policy area.

Note: This information also appears in the Methods Document as Appendix A1.

### T1.2 NOURISHING

NOURISHING comprises three domains – the food environment, food system and behaviour change communication. Within these domains are 10 key policy areas, which are divided into a number of sub-policy areas around which the database and web platform are structured.

Domain	Policy area	Sub-policy area
Food environment	<b>Nutrition label standards and regulations on the use of claims and implied claims on foods</b>	<ul style="list-style-type: none"> <li>• Mandatory nutrient lists on packaged food</li> <li>• Trans fats included in mandatory nutrient labels</li> <li>• Clearly visible ‘interpretative’ labels and warning label</li> <li>• On-shelf labelling</li> <li>• Calorie and nutrient labelling on menus and displays in out-of-home venues</li> <li>• Warning labels on menu and displays in out-of-home venues</li> <li>• Rules on nutrient claims (i.e. nutrient content and nutrient comparative claims)</li> <li>• Rules on health claims (i.e. nutrient function and disease risk reduction claims)</li> </ul>
	<b>Offer healthy food and set standards in public institutions and other specific settings</b>	<ul style="list-style-type: none"> <li>• Fruit and veg initiatives in schools</li> <li>• Mandatory standards for food available in schools, including restrictions on unhealthy food</li> <li>• Mandatory standards for food available in schools and in their immediate vicinity</li> <li>• Voluntary guidelines for food available in schools</li> <li>• Bans specific to vending machines in schools</li> <li>• Standards in social support programmes</li> </ul>

Domain	Policy area	Sub-policy area
		<ul style="list-style-type: none"> <li>Standards in other specific locations (e.g. health facilities, workplaces)</li> </ul>

	<b>Use economic tools to address food affordability and purchase incentives</b>	<ul style="list-style-type: none"> <li>Health-related food taxes</li> <li>Voluntary health-related food taxes</li> <li>Increasing import tariffs on specified 'unhealthy' food</li> <li>Lowering import tariffs on specified 'healthy' food</li> <li>Targeted subsidies for healthy food</li> </ul>
	<b>Restrict food advertising and other forms of commercial promotion</b>	<ul style="list-style-type: none"> <li>Mandatory regulation of broadcast food advertising to children</li> <li>Mandatory regulation of food advertising on non-broadcast communications channels</li> <li>Mandatory regulation of food advertising through any medium</li> <li>Mandatory regulation of specific marketing techniques</li> <li>Mandatory regulation of marketing of specific food items and beverage</li> <li>Mandatory regulation of food marketing in schools</li> <li>Mandatory requirement that ads must carry a health message or warning</li> <li>Government engage with industry to develop self-regulation to restrict food marketing to children</li> <li>Government support voluntary pledges developed by industry</li> </ul>
	<b>Improve nutritional quality of the whole food supply</b>	<ul style="list-style-type: none"> <li>Voluntary reformulation of food products</li> <li>Voluntary commitments to reduce portion sizes</li> <li>Mandatory limits on level of salt in food products</li> <li>Mandatory removal of trans fats in food products</li> <li>Limits on the availability of high-fat meat products</li> <li>Limits on the availability of high-sugar food products and beverages</li> </ul>
	<b>Set incentives and rules to create a healthy retail and food service environment</b>	<ul style="list-style-type: none"> <li>Incentives and rules for stores to locate in underserved neighbourhoods</li> <li>Initiatives to increase the availability of healthier food in stores and food service outlets</li> <li>Incentives and rules to reduce trans fat in food service outlets</li> <li>Incentives and rules to offer healthy food options as a default in food service outlets</li> <li>Incentives and rules to restrict SSB consumption</li> </ul>

		<ul style="list-style-type: none"> <li>• Incentives and rules to reduce salt in food service outlets</li> <li>• Planning restrictions on food outlets</li> </ul>
<b>Food system</b>	<b>Harness supply chain and actions across sectors to ensure coherence with health</b>	<ul style="list-style-type: none"> <li>• Working with food suppliers to provide healthier ingredients</li> <li>• Nutrition standards for public procurement</li> <li>• Public procurement through 'short' chains (e.g. local farmers)</li> <li>• Supply chain incentives for food production</li> <li>• Supporting urban agriculture in health and planning policies</li> <li>• Community food production</li> <li>• Governance structures for multi-sectoral/stakeholder engagement</li> </ul>

<b>Behaviour change communication</b>	<b>Inform people about food and nutrition through public awareness</b>	<ul style="list-style-type: none"> <li>• Development and communication of food-based dietary guidelines</li> <li>• Development and communication of guidelines for specific food groups</li> <li>• Public awareness, mass media and informational campaigns and social marketing on healthy eating</li> <li>• Public awareness campaigns specific to fruit and veg</li> <li>• Public awareness campaigns concerning specific unhealthy food and beverages</li> <li>• Public awareness campaigns concerning salt</li> </ul>
	<b>Nutrition advice and counselling in healthcare settings</b>	<ul style="list-style-type: none"> <li>• Guidelines and progs to provide support in primary care to people who are overweight and obese</li> <li>• Nutrition counselling in primary care</li> <li>• Training for health professionals</li> </ul>
	<b>Give nutrition education and skills</b>	<ul style="list-style-type: none"> <li>• Nutrition education on curricula</li> <li>• Community-based nutrition education</li> <li>• Cooking skills</li> <li>• Initiatives to train schoolchildren on growing food</li> <li>• Workplace or community health schemes</li> <li>• Training for caterers and food service providers</li> </ul>

### T1.3 MOVING

MOVING aligns with the 2018 WHO Global Action Plan on Physical Activity (GAPPA) in organising policy actions around four domains: active societies, environments and active people, with an additional domain of active systems. Within these domains are six key policy areas, which are divided into a number of sub-policy areas around which the database and web platform are structured.

In addition, a number of possible policy options (i.e. examples) that are likely to fall under each sub-policy area of the MOVING framework have been identified. These have been drawn up because the MOVING database is not yet fully populated, so they are an indication to analysts conducting the physical activity scans as to what types of policy actions will be categorised within each of the different sub-policy areas. (No list of policy options is needed for NOURISHING because the database is already populated.) These policy options have been used to help to develop the search terms for the physical activity scan (section T2.4.2).

Domain	Policy area	Sub-policy area	Policy options
Active societies	<b>Make opportunities and initiatives that promote physical activity a priority in schools, the community and sport and recreation</b>	<ul style="list-style-type: none"> <li>Physical education in the curriculum</li> <li>Policies increasing physical activity in and outside of classrooms</li> <li>Policies promoting/supporting physical activity for least active groups and vulnerable/ marginalised people</li> <li>Policies promoting/supporting physical activity for people of all ages and abilities</li> <li>Community initiatives promoting physical activity across the life course</li> <li>Mass participation initiatives promoting physical activity across the life course</li> <li>Financial and non-financial incentives to promote physical activity</li> </ul>	<ul style="list-style-type: none"> <li>Physical education included in the curricula mandated at national level</li> <li>Minimum physical activity requirements (e.g. minutes) during the school day</li> <li>Physical activity programmes and events in parks and trails</li> <li>Subsidies for extracurricular physical activity programmes outside of school system</li> <li>Incentives, tax deductions and targeted subsidies to support participation in physical activity</li> </ul>

	<p><b>Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions</b></p>	<ul style="list-style-type: none"> <li>• Pre-and in-service training for sport educators/trainers on inclusive sport</li> <li>• Pre-and in-service training for relevant professions outside of health care (such as educators, architects, planners, landscape architects, park and recreation professionals)</li> <li>• Policies promoting physical activity in the workplace</li> </ul>	<ul style="list-style-type: none"> <li>• Education guidelines in training curricula to train educators to teach the value of active play, physical education, inclusive physical activity, fundamental movement skills and physical literacy</li> <li>• Qualification requirements for teachers providing physical education in schools</li> <li>• Education guidelines for including physical activity in the professional education of relevant sectors outside of health – transport, urban planning, education, social care, tourism, recreation and sports and fitness</li> <li>• Education guidelines to educate road safety stakeholders about providing safe systems to improve road safety for pedestrians, cyclists and public transport users</li> </ul>
<p><b>Active environments</b></p>	<p><b>Visualise and enact structures and surroundings which promote physical activity</b></p>	<ul style="list-style-type: none"> <li>• Design guidelines and regulations for buildings that prioritise equitable, safe, and universal access by all, that encourage occupants to be physically active</li> <li>• Active design guidelines outside buildings</li> <li>• Active design guidelines for people of all ages and abilities</li> <li>• Active design guidelines for open/green spaces</li> <li>• Walking and cycling infrastructure</li> <li>• Infrastructure for sport facilities</li> <li>• Integrated urban design and land-use policies prioritising compact, mixed-land use.</li> <li>• Policies that support access to quality public open space and green spaces</li> <li>• Policies that support people of all ages and abilities considered and accounted for in all planning decisions.</li> </ul>	<ul style="list-style-type: none"> <li>• Planning restrictions that require a ratio of green/open space per square foot of building development</li> <li>• School design guidelines that provide accessible and safe environments for physical activity, (e.g. line markings in play areas, sports and physical activity equipment, quality recreational spaces), reduce sitting in class (e.g. active lessons, active lesson breaks) and promote physical activity during daily breaks</li> <li>• Design guidelines for workplaces to provide infrastructure that facilitates activity by providing appropriate end of trip facilities (e.g. showers, bike racks) supporting breaking up sitting (e.g. height adjustable desks), and reducing car spaces</li> <li>• Building design guidelines that make stairs conspicuous, attractive and accessible</li> </ul>

			<ul style="list-style-type: none"> <li>• Design guidelines for recreational and sports facilities that optimise location that ensure equitable, safe, quality and universal access</li> <li>• Design guidelines that create prompts and cues in the environments/buildings to promote movement (e.g. signage to encourage stair use, signage for parks) to regularly break up sitting</li> <li>• Design guidelines for public open spaces and green spaces that include quality paths/trails, amenities, play facilities, sports facilities, drinking fountains, toilets, signage</li> <li>• Safe and connected cycling paths/systems in urban and rural areas</li> <li>• Mixed use, compact urban planning regulations including zoning rules and planning consent rules</li> <li>• Planning and transport policy, guidelines and regulations that redistribute urban space from private motorised transport to support increased walking, cycling and use of public transport as well as provision of public open and green spaces, including regulations to limit car parking options for single occupancy private vehicles</li> <li>• Land use and spatial policies that require the provision of a connected network of green infrastructure to enable access to safe and high-quality public or recreational spaces</li> <li>• Plans that increase access to quality public open space in rural areas</li> </ul>
	<p><b>Implement transport infrastructure and opportunities that support active societies</b></p>	<ul style="list-style-type: none"> <li>• Policies that support public transport</li> <li>• Road safety actions including safety of pedestrians, cyclists etc.</li> <li>• Mass communication campaigns to increase awareness about road safety</li> </ul>	<ul style="list-style-type: none"> <li>• Programmes supporting active transport to and from school (e.g. walking and cycling)</li> <li>• Reduced tax on sporting goods and bicycles for active transport</li> </ul>

		<ul style="list-style-type: none"> <li>• Mass communication campaigns to promote the use of public transport</li> <li>• Mass communication campaigns to promote active transport</li> <li>• Policies promoting active transport</li> <li>• Policies promoting active transport to and from school</li> <li>• Policies promoting active transport to and from work</li> </ul>	<ul style="list-style-type: none"> <li>• Relevant transport, spatial and urban planning policies that make walking, cycling and public transport preferred modes of travel</li> <li>• Increase and enforce traffic speed restrictions and traffic calming interventions and demand management strategies</li> <li>• Tax incentives to encourage workplaces to implement active travel policies for staff to use alternative forms of transport</li> <li>• Congestion charges and fuel levies</li> </ul>
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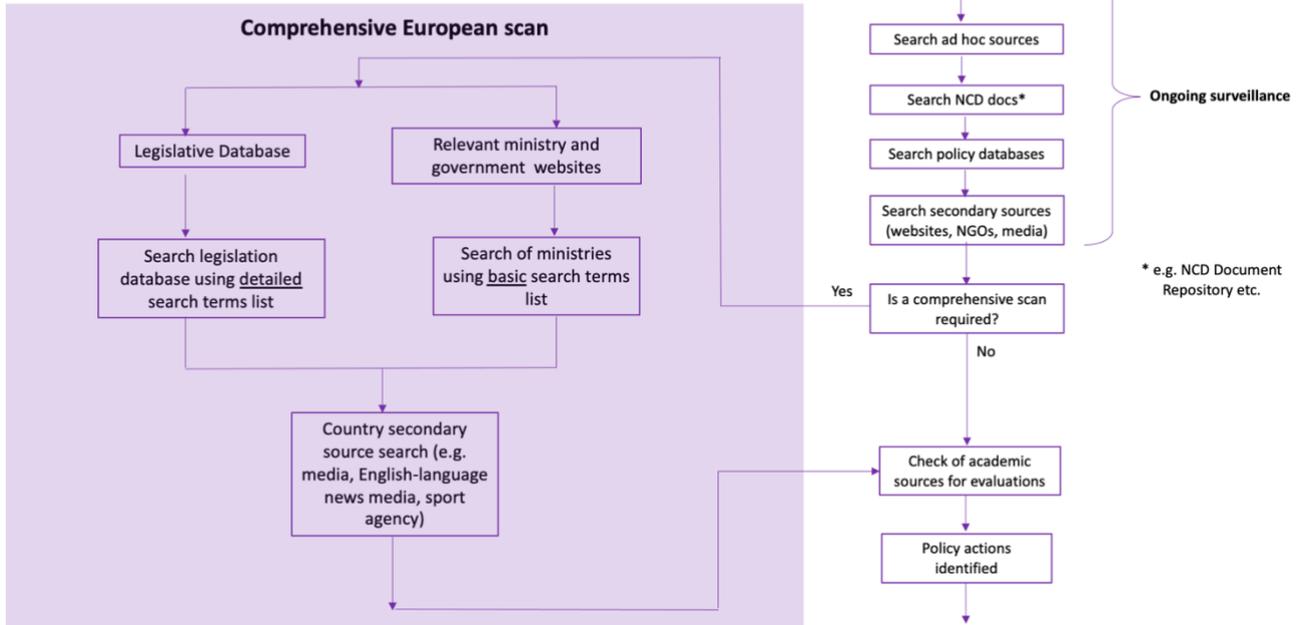
	<p><b>Normalise and increase physical activity through public communication that motivates and builds behaviour change skills</b></p>	<ul style="list-style-type: none"> <li>• Mass communication campaigns including social marketing to increase awareness and knowledge about benefits of physical activity through the life course.</li> <li>• Mass communication campaigns including social marketing to change social norms about the accessibility and need for physical activity.</li> <li>• Mass communication campaigns to increase awareness of co-benefits of PA (environment, social, and economic) through the life course.</li> <li>• Develop and communicate physical activity guidelines</li> </ul>	<ul style="list-style-type: none"> <li>• Physical activity guidelines across the life course</li> <li>• Mixed media campaign targeting least active population segments addressing overcoming barriers and making PA and an overall active lifestyle a habit</li> <li>• Mixed media campaign advising on the health benefits of PA</li> <li>• Mixed media campaign promoting the economic and environmental co-benefits of walking/cycling or using public transport</li> <li>• Partnerships between health and other sectors to engage in global promotion days/weeks/ months to raise awareness of PA and sedentary behaviour</li> <li>• Media campaigns aimed at increasing safe behaviours among all road users, notably driver behaviour to reduce speed, and reduce the use of mobile devices</li> </ul>
<p><b>Active people</b></p>	<p><b>Give physical activity training, assessment and counselling in healthcare settings</b></p>	<ul style="list-style-type: none"> <li>• Pre- and in-service training within health care</li> <li>• Primary care (assessment, counselling and physical activity prescriptions)</li> <li>• Policies that promote physical activity in health care and outpatient settings</li> <li>• Policies that promote physical activity in social provision</li> </ul>	<ul style="list-style-type: none"> <li>• Pre-service and in-service curricula across medical and allied health professionals that include the importance/benefits of PA for patients</li> <li>• National standardised protocol on patient assessment and advice on PA in primary care and social care settings, including green prescriptions from doctors</li> <li>• Guidelines for patient assessment, advice and referral, about PA in treatment and rehabilitation pathways for patients diagnosed with long term conditions</li> <li>• Guidelines for educators to follow when counselling students on PA and assessing high risk students</li> <li>• Referral schemes from primary care, educators etc to service providers that increase PA</li> <li>• Physical activity advice incorporated into health service discharge policies</li> </ul>

In addition, there is an overarching domain in MOVING: active systems. This does not have sub-policy areas or identified policy options – this is because of it being cross-cutting and applicable to all policy areas of MOVING.

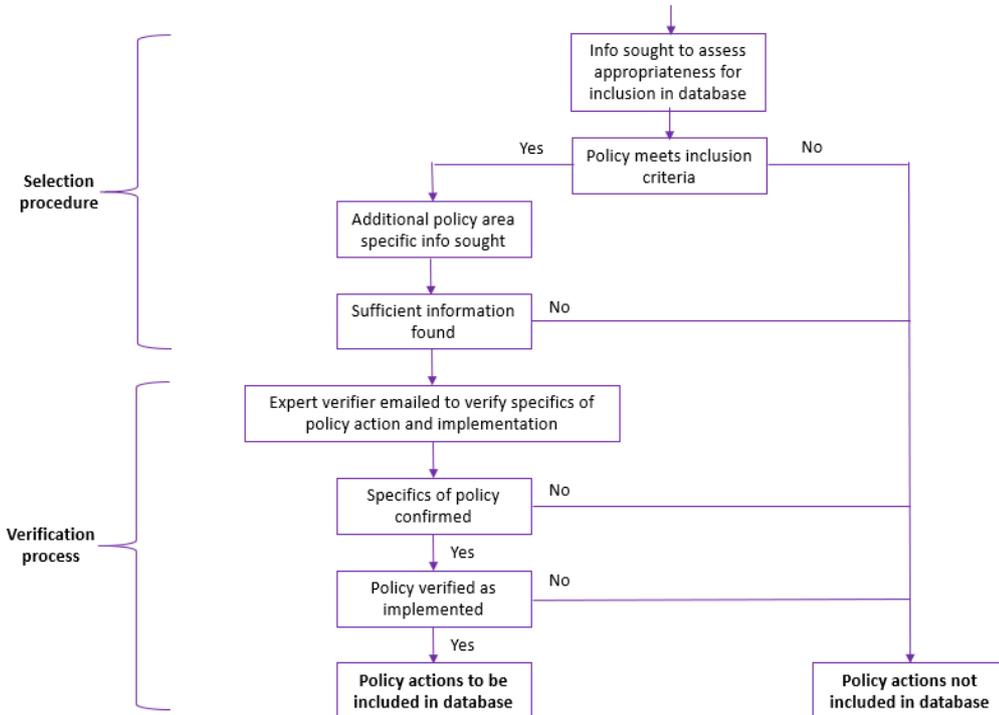
<b>Active systems</b>	<p><b>Governance systems</b> – includes accountability, managing conflicts of interest, roles and responsibilities for different actors.</p> <p><b>Leadership</b> – promoting clear leadership to ensure physical activity is given priority.</p> <p><b>Physical activity surveillance</b> – ensuring robust data collection on physical activity rates across the population is put in place.</p> <p><b>Interdisciplinary research funding</b> – increased research capacity across all sectors on the rates of physical inactivity or activity and policy interventions etc.</p> <p><b>Financing mechanisms</b> to fund research, surveillance and interventions.</p> <p><b>Monitoring and evaluation of policy actions</b> – incorporating monitoring and evaluation of policy actions at the outset to ensure effect is measured.</p> <p><b>Life course/health in all policies approach</b> – using a lens that ensures physical activity is promoted across the whole population, across the life course, especially those that are the least active, vulnerable or have different needs.</p>
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## Flowchart of the process

**Flowchart 1a: Identifying policy actions in the global and comprehensive European scans**



**Flowchart 1b: Policy selection procedure and verification process\***



\* This process is the same for the global scan and for the comprehensive European scan

## T2. The scans

### T2.1 Introduction

This section documents (in more detail than the Methods Document) the global and comprehensive European scans: the process (summarised in flowchart 1a), the many sources of information that will be relevant and the search terms that should be used.

- The ongoing **global scan** mirrors the process that has been successfully used in the past on NOURISHING. This structured process is followed as set out in the flowchart.
- The **comprehensive European scan** builds on the information gathered in the global scan, adding a more systematic approach across 27 European countries. The search strategy sets out to be transparent, systematic and reproducible, to ensure that the information gathered is consistent across countries; this is particularly important if several policy analysts are involved in the search process. It also ensures that the search is as comprehensive as possible – using the same search terms and using the equivalent sources within each country.

The rigour of the information gathered means that the databases can be reliably used as a library of information to support further research and analysis by users.

Note, however, that the databases are not a timeline: the information is cross-sectional (sorted by topic) not longitudinal. Only policy actions that are currently implemented are included: no scan is done for expired policy actions, and those that are known to no longer be in force are removed from the database – the exception being that the database includes expired policies that have been evaluated (section T2.5). Current policy actions may, however, refer back to previous policies/legislation – but users of the database need to work through this information themselves if they are researching the development of policy ideas, as timelines are not set out in NOURISHING/MOVING.

To reiterate: there are two levels of scan required as part of the CO-CREATE project. The global scan broadly follows the process set out in the NOURISHING methods document (and on which this Technical Annex builds). The global scan will be ongoing.

As a requirement of CO-CREATE – is a structured and systematic scan of 27 European countries (below), which is intended to provide information on nutrition and physical activity policy actions that is as comprehensive as possible within those countries. The comprehensive European scan will be carried out once.

#### Countries included in the comprehensive European scan

Austria	Finland	Italy	Poland	Spain
Belgium (includes French and Flemish)*	France	Latvia	Portugal	Sweden
Bulgaria	Germany	Lithuania	Romania	United Kingdom (includes Scotland, England, Northern Ireland, and Wales)**
Croatia	Greece	Malta	Slovakia	
Czech Republic	Hungary	Netherlands	Slovenia	
Denmark	Ireland	Norway		
Estonia				

The countries chosen for inclusion were dictated by the wider aims of CO-CREATE:

- 1) As an initiative funded by the EU Horizon 2020 Research and Innovation Programme, countries within the European Union are the focus.
- 2) A further aim of the CO-CREATE project is to study the association between policy environments (of which NOURISHING/MOVING scans are a part) and the prevalence rates of childhood obesity. For this study to be consistent, data collection on prevalence must also be consistent – and the HBSC (Health Behaviour in School-aged Children) Survey has been chosen as the appropriate source of data. Hence, only countries with data available in the HBSC Survey 2013/14 for youth aged 15 can be included here (e.g. Cyprus is not part of the Survey and is therefore omitted)\*. This age has been selected due to the relevance to the overall project.

- 3) The five Co-Create Project Countries (Netherlands, Norway, Poland, Portugal and the United Kingdom).

\* The countries in the WHO Europe region not included in this scan are: Albania, Andorra, Armenia, Belarus, Bosnia and Herzegovina, Cyprus, Georgia, Kazakhstan, Kyrgyzstan, Monaco, Montenegro, Republic of Moldova, San Marino, Serbia, Tajikistan, Turkmenistan and Uzbekistan.

\* N.B. The distinction between Belgium (French) and Belgium (Flemish) is included to be in line with the categorisation from the HBSC survey.

\*\*N.B. England, Scotland, & Wales are included in the HBSC survey, and we have also added Northern Ireland for completeness of the United Kingdom country-dataset.

## T2.2 Sources for the scans

This presents information additional to section 5.1.2 in the Methods Documents on the sources for the scans; section T2.3 also provides further information about the sources and process specifically for the comprehensive European scan.

### T2.2.1 Relevant NCD documentation

Understanding the overall national policy environment and context for nutrition and physical activity policy in each country is an essential starting point: an initial scan for top-level strategies and policies can be further researched to identify implemented policy actions.

Sources for this initial information on diet and physical activity include:

- WHO: [NCD progress monitor 2017](#): provides data on 19 key NCD indicators across all WHO member states, including measures to reduce unhealthy diets and promote physical activity
- WHO: [NCD country profiles](#): present key data on NCD mortality, risk factor prevalence, national systems capacity to prevent and control NCDs and existence of national targets
- WHO: [Knowledge Action Portal](#): this new resource provides users with access to campaigns, media, publications, data etc. in an interactive format (see also section T8.3.2).
- WHO Europe: [physical activity fact sheets](#), published every 2–3 years (most recently 2018 for EU countries) and based on a questionnaire that is being adapted for all 53 Member States of the WHO Regional Office for Europe. These set out:

- Are there national documents and action plans, recommendations, goals and surveillance for physical activity?
- Who takes leadership?
- Are there intersectoral networks on health-enhancing physical activity?
- Examples of physical activity programmes and policy actions
- [Global Observatory for Physical Activity \(GOPA\)](#): this is a joint initiative of ISPAH and the Lancet Physical Activity Series Working Group. It produces physical activity cards for countries – an infographic of core indicators related to physical activity research, surveillance and policy. This focuses on adults, and therefore complements the Active Healthy Kids report cards (below).
- [European Health Information Gateway](#): entrance point for a range of health information, including country profiles and themed information on obesity, physical activity and nutrition.
- [Physical activity report card for children](#): developed by the Active Healthy Kids Global Alliance, report cards are drawn up nationally as a synthesis of the most recently available published or unpublished data related to the physical activity of children/young people in a country (currently 49 countries).
- [Country commitments](#) for the UN Decade of Action on Nutrition: the Decade is to accelerate implementation of commitments made at the Second International Conference on Nutrition (ICN2), achieve the Global Nutrition and diet-related NCD targets by 2025 and contribute to the realisation of the Sustainable Development Goals (SDG) by 2030 – countries are called on to translate commitments into national commitments for action.
- International agencies regularly produce reports comparing policies between countries – e.g. WHO Europe’s 2018 report on [Evaluating Implementation of the WHO Set of Recommendations on the Marketing of Foods and Non-alcoholic Beverages to Children: Progress, Challenges and Guidance for Next Steps in the WHO European Region](#). Press releases that accompany these reports may also be picked up in searches of news media.

### T2.2.2 Policy databases and surveys

Existing **policy databases** collect information and are a good way to access new policy action – including links to the policies themselves.

- International
  - WHO: [NCD Document Repository](#) (section T8.3.3)
  - WHO: [Global database on the Implementation of Nutrition Action \(GINA\)](#) (section T8.3.1)
  - World Obesity Federation: [Interactive Obesity Atlas](#) (section T8.4.6)
  - Active Healthy Kids Global Alliance: [Global Matrix 3.0 on Physical Activity for Children and Youth](#).
- National/regional
  - **Australia**: Australian Systems Approaches to Physical Activity (ASAPa) (forthcoming) (section T8.4.4)
  - **Canada**: [Prevention Policies Directory](#) (section T8.4.1)
  - **Caribbean**: [Healthy Caribbean Coalition: Childhood Obesity Prevention Scorecard](#) (section T8.4.7)

- **Europe:** [HEPA Europe](#); [EU Youth Wiki](#) (section T8.2.1)
- **United States:** [Rudd Center for Food Policy and Obesity legislation database](#) (section T8.4.2); [Healthy Food Policy database](#) (section T8.4.3)

**Policy surveys** can be useful to check whether a policy exists (although sometimes they give little further information).

- [Global Nutrition Policy Review](#): the second iteration of the GNPR (conducted in 2016–17) published in November 2018. This is a comprehensive survey on policy, government mechanisms and actions implemented on all forms of malnutrition. There has been an 89 per cent country response rate (163 WHO member states responded).
- [WHO Country Capacity Surveys](#): periodic assessments of national capacity for NCD prevention and control, completed by national NCD focal points (or designated colleagues within the ministry of health or a national institute/agency). (NB The supporting documentation provided with these surveys is housed in the NCD Document Repository, above.)
- [HEPA PAT](#) (Health-Enhancing Physical Activity Policy Audit Tool): a policy audit tool that can provide a comprehensive overview of the breadth of current policies related to health-enhancing physical activity and can identify synergies and discrepancies between policy documents, as well as possible gaps
- Regional reports e.g. [Better Food and Nutrition in Europe: A Progress Report Monitoring Policy Implementation in the WHO European Region](#) (2018) (progress achieved in the WHO European Region and Member States in implementing the [European Food and Nutrition Action Plan 2015–2020](#)).
- The Policy Evaluation Network mapping of diet and physical activity policies (forthcoming).

### T2.2.3 Secondary sources

#### (1) National organisations

Nationally based organisational websites can be very useful in identifying government or government-supported policies or for providing extra information – for example:

- government blog sites;
- government-supported sports agency;
- consumer organisations;
- organisations with an interest in a specific policy action – e.g. major tax consultancies will produce briefs for companies to explain new taxes (including on foods or beverages high in fat, salt and sugar);
- national websites devoted to policy research on nutrition and physical activity.

(Note that there will be overlap with the websites that produce newsletters, below.)

#### (2) Newsletters, listservs and websites

Newsletters, listservs and the websites of civil society organisations working in nutrition and physical activity are useful alerts on new developments, providing an ongoing stream of information to be captured ahead of an update of the database. Some newsletters are available online and are searchable (and the websites may include other relevant information); other newsletters are not searchable online so must be subscribed to.

- Nutrition and physical activity: NCD Alliance, World Obesity Federation, European legal newsletters (e.g. EUR-LEX), FAO-LEX, International Food and Beverage Alliance.

- Nutrition: Rudd Center for Food Policy and Obesity (newsletter and monthly legislation update), NYC Food Policy Watch (weekly – USA), Eating Better (monthly – UK), Food Navigator (UK), Healthy Caribbean Coalition News Roundup, International Food Policy Research Institute.
- Physical activity: Global Physical Activity Network (ISPAH newsletter), Active Living NSW (Australia – but also global), SSEHS Active (the School of Sport, Exercise and Health Sciences at Loughborough University), ISBNPA (no longer has a newsletter), Walk 21, EU's PASTA initiative.

Note: There may be physical activity research collaborations that have access to physical activity policies – e.g. Scottish Physical Activity Research Collaboration (SPARColl) and one is currently being developed in Ireland.

### **(3) National media sources and regional media**

National media can be very useful in identifying recent changes and in piecing together the details of national policy action and implementation. They may also pick up on press releases by international agencies (see above) when major international reports are released, and on statements by ministers (e.g. health ministers) – the press statement may have more detail than is available elsewhere, particularly when full documentation is not available in the public domain on the internet. Industry media (e.g. Food Navigator) can also be searched.

### **(4) Citation chaining / Snowballing**

Plans and strategies are not included in the database but they can be very useful in identifying policy actions which have been implemented in the country. Similarly, other policy documents may be of the same use.

#### **T2.2.4 Ad hoc sources and in-country contacts**

Information about policy changes can also come to light from **ad hoc sources**:

- conversations with policymakers and policy experts in person, at meetings or conferences, or by email/phone;
- communications from stakeholders about updates to include in the database; and
- emails sent to the [policy@wcrf.org](mailto:policy@wcrf.org) policy mailbox.

Incidental discoveries of policies – through unanticipated sources, such as academic articles – are also likely (and how they were discovered should be recorded).

**In-country contacts** are invaluable in ensuring that policy actions have been identified and to clarify whether (or not) policies are being implemented. Legislation is not always available online in English, so WCRF International's contacts can direct the policy analysts undertaking the search to new information. In-country contacts can also be contacted for information on which are the most reliable national media source(s) on diet and physical activity policy action (e.g. the national broadcaster). WHO Regional Office for Europe in-country experts can also be consulted.

#### **T2.2.5 Google**

Google is an invaluable resource (as confirmed not only by previous NOURISHING experience but by many of those interviewed for this Methods Document). It can be used to supplement every stage of the search: to provide an initial overview, to search for recent news, and to find information in more detail than may appear on official government websites.

## T2.3 Comprehensive European scan

The **comprehensive European scan** requires a) a systematic search of each country's national legislation database using the detailed search terms (sections T2.4.1 and T2.4.2) and b) a systematic search of ministry and government websites using a shorter, basic set of search terms (section T2.4.3 below).

### T2.3.1 Legislation databases

The comprehensive European scan requires a systematic search of the national/federal legislation database of each country, wherever such a database exists. The N-LEX website ([http://eur-lex.europa.eu/n-lex/index\\_en](http://eur-lex.europa.eu/n-lex/index_en)) provides links to national legislation databases of EU countries, many of which can be searched directly on the N-LEX website itself:

Austria	Finland	Latvia	Romania
Belgium (includes French and Flemish)*	France	Lithuania	Slovakia
Bulgaria	Germany	Malta	Slovenia
Croatia	Greece	Netherlands	Spain
Czech Republic	Hungary	Poland	Sweden
Denmark	Ireland	Portugal	United Kingdom
Estonia	Italy		(includes Scotland, England, Northern Ireland, and Wales)**

Not included in N-LEX:

\* N.B. The distinction between Belgium (French) and Belgium (Flemish) is included to be in line with the categorisation from the HBSC survey.

\*\*N.B. England, Scotland, & Wales are included in the HBSC survey, and we have also added Northern Ireland for completeness of the United Kingdom country-dataset.

### T2.3.2 Ministries and Government Websites

In addition to searching national legislation databases, relevant national ministry and government websites should be searched using the shorter set of search terms:

- Nutrition and physical activity: health, public health, education, environment, labour (workplaces), prisons, finance
- Nutrition: agriculture, trade, food
- Physical activity: sport and recreation, tourism, transport, communities/local government (urban design/planning)

If there are government agencies for youth / older people, these should be searched, along with national sports agencies (such as Sport England).

### T2.3.3 Secondary sources

Where there is an English-language news service within the country, this should also be sought and searched.

## T2.4 Comprehensive European scan search terms

The search terms build on the existing sub-policy areas or ‘policy options’ of MOVING and NOURISHING (sections T1.2 and T1.3 above) and also draw on the approaches/information supplied during the interviews for this project (e.g. the Rudd Center for Food Policy and Obesity). They are systematically used (and documented) in the comprehensive European scan (and can also be used in the global scan, as required).

A detailed list of search terms (tables at T2.4.1 and T2.4.2) are translated using Google Translate or linguee.com and are tested on the ministry websites in order to identify the appropriate policy term in the respective language. Further, the translations are assessed for accuracy as part of the verification process\*. These terms will then be used to search the legislation database and a subset (set out in T2.4.3) will be used to search the ministries. Some of the search terms (e.g. ‘nutrient declaration’ or ‘nutrition claim’) have specific, technical meanings that must be captured accurately by the translation.

Some search terms are nested – e.g. sugar and fat are nested under ‘import tariff’:

import tariff + sugar

import tariff + fat etc.

However, there are never more than three such levels – e.g. physical activity + programme + pregnancy.

**Note:** These search terms may need to be adapted to reflect the indicators that are currently (February 2019) being developed for the benchmarking and index (section T7), so should be considered as provisional. They will be updated in later versions of this Technical Annex.

\* Practical note: The translated terms must be provided electronically, as the preliminary scan suggests that, even with neat handwriting, the chance of mis-transcription is significant. The table of terms must have the language of the ‘translated terms’ column set to the relevant language before sending the translation list (this avoids Word making automatic changes to spelling – e.g. prevents ‘deklaration’ (Danish) autocorrecting to ‘declaration’).

### T2.4.1 Detailed search terms for NOURISHING sub-policy areas – legislation database

To take a consistent approach (and to ensure that the search for the European scan is as comprehensive as possible), specific search terms relevant to each of the NOURISHING sub-policy areas have been drawn up, which will be used to search the legislation database, in addition to using a shorter list of search terms for relevant ministry and government websites (section T2.4.3).

Note that **the search terms are systematically used in this way only for the comprehensive European scan**; the search terms are relevant to the global scan but will not systematically be used within legislation databases.

Sub-policy area	Detailed search terms
<b>Nutrition label standards and regulations on the use of claims and implied claims on foods</b>	
Mandatory nutrient lists on packaged food	nutrient declaration
Trans fats included in mandatory nutrient labels	label
Clearly visible 'interpretative' labels and warning label	+ nutrition [or nutrition label etc.]
On-shelf labelling	+ menu
Calorie and nutrient labelling on menus and displays in out-of-home venues	+ calorie
Warning labels on menu and displays in out-of-home venues	nutrient claim
Rules on nutrient claims (i.e. nutrient content and nutrient comparative claims)	health claim
Rules on health claims (i.e. nutrient function and disease risk reduction claims)	front-of-pack
	supplementary nutritional information
<b>Offer healthy food and set standards in public institutions and other specific settings</b>	
Fruit and veg initiatives in schools	school nutrition
Mandatory standards for food available in schools, including restrictions on unhealthy food	school food
Mandatory standards for food available in schools and in their immediate vicinity	nutrition standards
Voluntary guidelines for food available in schools	food-based standards
Bans specific to vending machines in schools	nutrition guidelines
Standards in social support programmes	+ hospitals
Standards in other specific locations (e.g. health facilities, workplaces)	+ workplace
	+ prison
	food procurement
	vending machines
	zoning
<b>Use economic tools to address food affordability and purchase incentives</b>	
Health-related food taxes	sugar tax
Voluntary health-related food taxes	sugar levy
Increasing import tariffs on specified 'unhealthy' food	SSB tax
Lowering import tariffs on specified 'healthy' food	sugar-sweetened beverage tax
Targeted subsidies for healthy food	sugar* drink tax
	soda tax
	fat tax
	[healthy] food subsid*
	import tariff
	+ sugar
	+ fat
	+ fruit
	+ vegetable

Sub-policy area	Detailed search terms
<b>Restrict food advertising and other forms of commercial promotion</b>	
Mandatory regulation of broadcast food advertising to children	food marketing
Mandatory regulation of food advertising on non-broadcast communications channels	+ restriction
Mandatory regulation of food advertising through any medium	++ television
Mandatory regulation of specific marketing techniques	++ broadcast
Mandatory regulation of marketing of specific food items and beverage	++ digital
Mandatory regulation of food marketing in schools	++ packag*
Mandatory requirement that ads must carry a health message or warning	+ regulation
Government engage with industry to develop self-regulation to restrict food marketing to children	++ television
Government support voluntary pledges developed by industry	++ broadcast
Government support voluntary pledges developed by industry	++ digital
Government support voluntary pledges developed by industry	++ packag*
Government support voluntary pledges developed by industry	+ self-regulation
Government support voluntary pledges developed by industry	+ pledge
Government support voluntary pledges developed by industry	food advertising
Government support voluntary pledges developed by industry	+ restriction
Government support voluntary pledges developed by industry	++ television
Government support voluntary pledges developed by industry	++ broadcast
Government support voluntary pledges developed by industry	++ digital
Government support voluntary pledges developed by industry	++ packag*
Government support voluntary pledges developed by industry	+ regulation
Government support voluntary pledges developed by industry	++ television
Government support voluntary pledges developed by industry	++ broadcast
Government support voluntary pledges developed by industry	++ digital
Government support voluntary pledges developed by industry	++ packag*
Government support voluntary pledges developed by industry	+ self-regulation
Government support voluntary pledges developed by industry	+ pledge
Government support voluntary pledges developed by industry	school food marketing
<b>Improve nutritional quality of the whole food supply</b>	
Voluntary reformulation of food products	food reformulation
Voluntary commitments to reduce portion sizes	+ fat
Mandatory limits on level of salt in food products	+ sugar
Mandatory removal of trans fats in food products	+ salt
Limits on the availability of high-fat meat products	portion size
Limits on the availability of high-sugar food products and beverages	
<b>Set incentives and rules to create a healthy retail and food service environment</b>	
Incentives and rules for stores to locate in underserved neighbourhoods	incentive

Sub-policy area	Detailed search terms
Initiatives to increase the availability of healthier food in stores and food service outlets	+ food
Incentives and rules to reduce trans fat in food service outlets	++ default
Incentives and rules to offer healthy food options as a default in food service outlets	++ fat
Incentives and rules to restrict SSB consumption	++ salt
Incentives and rules to reduce salt in food service outlets	++ sugar
Planning restrictions on food outlets	++ socioeconomic
	initiative
	+ food
	++ default
	++ fat
	++ salt
	++ sugar
	++ socioeconomic
	planning + food
	zoning + food
<b>Harness supply chain and actions across sectors to ensure coherence with health</b>	
Working with food suppliers to provide healthier ingredients	nutrition standards
Nutrition standards for public procurement	public procurement
Public procurement through 'short' chains (e.g. local farmers)	healthy food + supply chain
Supply chain incentives for food production	urban agriculture
Supporting urban agriculture in health and planning policies	community garden
Community food production	governance structure + nutrition
Governance structures for multi-sectoral/stakeholder engagement	
<b>Inform people about food and nutrition through public awareness</b>	
Development and communication of food-based dietary guidelines	dietary guidelines
Development and communication of guidelines for specific food groups	food
Public awareness, mass media and informational campaigns and social marketing on healthy eating	+ guide
Public awareness campaigns specific to fruit and veg	+ pyramid
Public awareness campaigns concerning specific unhealthy food and beverages	+ plate
Public awareness campaigns concerning salt	healthy eating
	+ campaign
	+ awareness
	+ social marketing
	campaign
	+ fruit and vegetables
	+ salt

Sub-policy area	Detailed search terms
	+ sugar + fat

Nutrition advice and counselling in healthcare settings	
Guidelines and programmes to provide support in primary care to people who are overweight and obese	nutrition + primary care
Nutrition counselling in primary care	+ brief advice
Training for health professionals	+ brief intervention nutrition counselling nutrition training
Give nutrition education and skills	
Nutrition education on curricula	nutrition education + school
Community-based nutrition education	+ community
Cooking skills	cooking
Initiatives to train schoolchildren on growing food	garden
Workplace or community health schemes	nutrition + cater*
Training for caterers and food service providers	

#### T2.4.2 Detailed search terms for MOVING sub-policy areas – legislation database

To take a consistent approach (and to ensure that the search for the European scan is as comprehensive as possible), specific search terms have been drawn up for each of the sub-policy areas, drawing on the MOVING policy options identified (these are listed in section T1.3). These will be used to search the legislation database, in addition to using a shorter list of search terms on relevant ministry and government websites. (section T2.4.3).

Note that **the search terms are systematically used in this way only for the comprehensive European scan**; the search terms are relevant to the global scan but will not systematically be used within legislation databases.

The fourth domain of MOVING (active systems) is not included, as this is outside the scope of the comprehensive European scan.

It may also be necessary to search for 'exercise' as well as 'physical activity' for each of the searches (and the in-country verifiers may have opinions on the best term to use).

Sub-policy area	Detailed search terms
<b>Make opportunities and initiatives that promote physical activity a priority in schools, the community and sport and recreation</b>	
Physical education in the curriculum	physical education + school
Policies increasing physical activity in and outside of classrooms	physical activity
Policies promoting/supporting physical activity for least active groups and vulnerable/ marginalised people	+ min*
Policies promoting/supporting physical activity for people of all ages and abilities	+ community
Community initiatives promoting physical activity across the life course	+ incentive
Mass participation initiatives promoting physical activity across the life course	+ programme
Financial and non-financial incentives to promote physical activity	++ pregnan*
	++ early year*
	++ child
	++ adolescen*
	++ older
	++ income
	++ disab*
	congestion + levy + health
<b>Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions</b>	
Pre-and in-service training for sport educators/trainers on inclusive sport	physical activity
Pre- and in-service training for relevant professions outside health care (i.e. relevant sectors outside of health – educators, architects, planners, landscape architects, park and recreation professionals etc.)	+ training
	++ teacher
	++ architect
	++ planner
	++ transport
Policies promoting physical activity in the workplace	physical activity
	+workplace
<b>Visualise and enact structures and surroundings which promote physical activity</b>	
Design guidelines and regulations for buildings that prioritise equitable, safe, and universal access by all, that encourage occupants to be physically active	physical activity
Active design guidelines outside buildings	+ design guideline
Active design guidelines for people of all ages and abilities.	++ building
Active design guidelines for open/green spaces	++ green
Walking and cycling infrastructure	++ public space
Infrastructure for sport facilities	++ school
Integrated urban design and land-use policies prioritising compact, mixed-land use	++ prison
Policies that support access to quality public open space and green spaces	++ hospital
	walk* infrastructure
	cycl* infrastructure
	physical activity

Sub-policy area	Detailed search terms
Policies that support people of all ages and abilities considered and accounted for in all planning decisions.	+ air pollution + conservation + integrated urban design + land use + open space
<b>Implement transport infrastructure and opportunities that support active societies</b>	
Policies that support public transport	active transport
Road safety actions including safety of pedestrians, cyclists etc.	+ school
Mass communication campaigns to increase awareness about road safety	+ work
Mass communication campaigns to promote the use of public transport	+ incentive
Mass communication campaigns to promote active transport	physical activity
Policies promoting active transport	+ air pollution
Policies promoting active transport to and from school	+ conservation
Policies promoting active transport to and from work	+ road safety

<b>Normalise and increase physical activity through public communication that motivates and builds behaviour change skills</b>	
Mass communication campaigns including social marketing to increase awareness and knowledge about benefits of physical activity through the life course	physical activity guideline physical activity
Mass communication campaigns including social marketing to change social norms about the accessibility and need for physical activity	+ campaign + social marketing
Mass communication campaigns to increase awareness of co-benefits of physical activity (environment, social, and economic) through the life course	+ awareness
Mass communication campaigns to change social norms about discrimination and gender equality in sport	
Develop and communicate physical activity guidelines	
<b>Give physical activity training, assessment and counselling in healthcare settings</b>	
Pre- and in-service training within health care	physical activity
Primary care (assessment, counselling and PA prescriptions)	+ training ++ primary health
Health care and outpatient settings	cycle training
Social care providers	physical activity + primary care ++ assessment

	<ul style="list-style-type: none"><li>++ referral</li><li>++ counselling</li><li>+ outpatient</li><li>++ assessment</li><li>++ referral</li><li>++ counselling</li><li>+ social care</li><li>++ assessment</li><li>++ referral</li><li>++ counselling</li></ul>
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### T2.4.3 Ministry and Government website search terms

The list presented in here is a shortened list of terms that is to be used to search specific ministry and government websites (as indicated). This is a requirement for the comprehensive European scan, in addition to the search conducted on the legislation database. (Where a central legislation database does exist, it is to be searched using the full lists in T2.4.1 and T2.4.2.)

When the scan is run, further terms may be added or entries amended (drawn from the lists at T2.4.1 and T2.4.2) if it becomes clear that this is both possible and beneficial.

	Ministry													
	Health	Public Health	Education	Finance	Food	Labour	Trade	Environment	Agriculture	Youth	Consumer Affairs	Transport	Communities / Local Government	Sport
<b>NOURISHING</b>														
dietary guidelines	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓		✓	
food advertising + children	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓		✓	
food campaign	✓	✓	✓		✓	✓		✓	✓	✓	✓		✓	
food marketing + children	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓		✓	
food reformulation + fat / + salt / + sugar	✓	✓			✓		✓		✓		✓			
healthy food + supply chain	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	

	Ministry													
	Health	Public Health	Education	Finance	Food	Labour	Trade	Environment	Agriculture	Youth	Consumer Affairs	Transport	Communities / Local Government	Sport
import + sugar + tariff	✓	✓		✓	✓	✓	✓	✓	✓			✓		
incentive + food	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		✓	
initiative + food	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	
nutrition counselling	✓	✓	✓		✓	✓				✓				
nutrition education	✓	✓	✓		✓	✓				✓	✓			
nutrition + primary care	✓	✓			✓	✓				✓				
nutrition + label	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓			
nutrition standards	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓			
planning + food	✓	✓	✓	✓	✓			✓	✓	✓		✓	✓	
school nutrition	✓	✓	✓		✓				✓	✓	✓			
soda tax	✓	✓		✓	✓		✓		✓	✓				
sugar tax	✓	✓		✓	✓		✓		✓	✓	✓		✓	
zoning + food	✓	✓	✓	✓	✓			✓		✓	✓	✓	✓	
<b>MOVING</b>														
active transport	✓	✓	✓	✓		✓		✓		✓		✓	✓	✓
congestion + levy + health	✓	✓		✓				✓				✓	✓	

	Ministry													
	Health	Public Health	Education	Finance	Food	Labour	Trade	Environment	Agriculture	Youth	Consumer Affairs	Transport	Communities / Local Government	Sport
cycling infrastructure	✓	✓	✓	✓		✓		✓		✓		✓	✓	✓
physical activity campaign	✓	✓	✓			✓		✓		✓	✓		✓	✓
physical activity + design guideline	✓	✓	✓					✓			✓	✓	✓	✓
physical activity guideline	✓	✓	✓			✓		✓		✓	✓	✓	✓	✓
physical activity + primary care	✓✓	✓								✓			✓	✓
physical activity + social care	✓	✓								✓			✓	✓
physical activity programme	✓	✓	✓			✓		✓		✓		✓	✓	✓
physical activity training	✓	✓	✓			✓				✓			✓	✓
physical education + school	✓	✓	✓							✓				✓
walking infrastructure	✓	✓	✓	✓		✓		✓		✓		✓	✓	✓

\* It may also be necessary to search for 'exercise' as well as 'physical activity' for each of the relevant searches.

## T2.5 Evaluations of policy actions

### T2.5.1 The evaluation search

In addition to the scan for policy actions:

- a) a targeted search is conducted using academic electronic databases (e.g. EBSCOhost, PubMed, Google Scholar) to check for any peer-reviewed evaluations of policy actions; and
- b) a Google search is conducted to identify evaluations of implemented policy actions that exist in the grey literature.\*

These searches may also identify implemented policy actions.

These evaluations appear in the database alongside the descriptions of the policy actions themselves. Policy actions that have been evaluated in this way will remain in the database even once they are no longer in force (e.g. the Danish ‘fat tax’).

Since October 2016, a phased approach has been taken to include existing evaluations of policy actions in the NOURISHING database, and this will also be applied to the MOVING database. The search for evaluations will be conducted at the end of the comprehensive European scan and will include evaluations for the identified and verified policy actions.

### T2.5.2 Inclusion criteria

Evaluations must fulfil the following **inclusion criteria**:

- process or impact evaluation of a policy that is contained in the NOURISHING or MOVING databases;
- published in English;
- available online (full text or abstract) – and both the reference and link to the evaluation are included in the database;
- conducted by universities/research institutions, civil society organisations or governments; and
- of sufficiently high quality (e.g. using validated questionnaires, sufficient number of respondents, etc. – see section T2.5.3 below on assessing quality).

If more than one evaluation of a national policy action exists, the PPA Team will decide which evaluation(s) to include, based on the form of the review (e.g. peer reviewed), its quality (see below), its relevance to policymakers, how recently it published, and how fully referenced it is (the latter will direct users of the database to further publications/evaluations of relevance). 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.

### T2.5.3 Assessing evaluation quality

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\* Defined by the Grey Literature International Steering Committee as ‘Information produced on all levels of government, academics, business and industry in electronic and print formats not controlled by commercial publishing i.e. where publishing is not the primary activity of the producing body.’ Grey literature is self-published and can include reports from government, research institutes or NGOs.

If an evaluation is included in a peer-reviewed journal (and is not a predatory journal – a list is available to check [here](#), although a formal list does not exist), the review process is assumed to have been sufficient and the evaluation will be included if it fulfils the other criteria above.

Where an evaluation has not been peer-reviewed (e.g. it has been drawn up by a CSO or government), the Policy & Public Affairs Team at WCRF International assess it using adapted National Heart, Lung and Blood Institute (NHLBI) [guidance on quality assessment](#) (particularly on observational studies and pre–post studies, from which this has been drawn up), assessing each as CD (cannot determine), NA (not applicable) or NR (not reported).

- Was the study question (effect of the policy action) clearly stated and defined?
- Was the study population clearly specified?
- Were there any conflicts of interest or declarations?
- Was the sample size sufficiently large to provide confidence in the findings?
- Was the intervention clearly described and delivered consistently across the study population?
- Were the outcome measures prespecified, defined and assessed consistently?
- Were the exposures of interest measured prior to the outcomes being measured?
- Was the timeframe sufficient to reasonably expect to see an association between policy action and outcome measure?
- Was the exposure assessed more than once over time?
- Did the study examine different levels of exposure?
- Were key potential confounding variables measures and adjusted for impact on the relationship between exposure and outcome?
- If the policy action was examined at a group level (e.g. a whole community), did the analysis take into account the use of individual-level data to determine effects at group level?

Where necessary, a second opinion is sought from another member of the PPA Team.

## **T2.6 A note on language**

It is common for available information on policies relevant to NOURISHING/MOVING to be in different languages. For example, a news story may report on a new policy in English, but additional information about the policy is in a different language. When this is the case:

- a web search is conducted to locate additional information about the policy (note that policy documentation in its original form is preferable as source material, although the original document may not always be available online, requiring secondary sources to be used more extensively);
- in-country expert(s) (section T5.2) are consulted for more information about the policy and to request an English translation of the policy source document (if available);
- in-house foreign language capabilities are used where available;

- where necessary, Google Translate and linguee.com are used to interpret any foreign-language information sources on specific identified 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 has been appropriately translated.

Additional assistance to ensure accurate translation of search terms is required prior to the comprehensive European scan. The English-language search terms (section T2.4 above) are translated using Google Translate or linguee.com and are tested on ministry and government websites in order to identify the appropriate policy term in the respective language. Further, the translations are assessed for accuracy as part of the verification process.

## T3. Gathering the information

### T3.1 The global scan

An extraction sheet (Excel spreadsheet) is used to document policy actions as they are identified. It includes notes on progress on specific policy actions that are currently being considered or that are under development, with notes as to the follow-up searches that should be undertaken in the future. The Policy & Public Affairs Team remain in close touch about the sources and scans that they have done. For topical issues such as a sugar tax, targeted searches are done more often than for topics that change less frequently. Official government websites should be used to verify the source document, official title and accuracy of policy actions that have been identified in the global scan.

### T3.2 The comprehensive European scan

#### T3.2.1 Documenting the scan

The comprehensive European scan must be particularly carefully documented to ensure consistency between the way in which the information is sought in each of the 27 countries. Search terms must be captured in the local language and documented to ensure that the same terms are consistently used (section T2.6).

This search is documented in detail to ensure that the resulting information can be used for benchmarking. Research notes are kept, showing which of the terms in section T2.4 have been used to search which country's legislation databases or government websites. Documenting avoids duplication by the analysts undertaking the search and provides consistency across the different countries of the comprehensive European scan. An example of the data-collection sheet is provided at section T6.3.2.

For each of the NOURISHING and MOVING sub-policy areas, the research notes capture:

- the official websites searched (e.g. legislation database, ministry of health) (section T3.2 below);
- the search terms used to search each of these official websites;
- the date on which the search took place;
- whether anything relevant was found; and
- confirmation that the relevant item has been added to the extraction sheet.

Once a relevant item is found, it is moved into the extraction sheet. This (including the level of detail of the research notes) aims to strike the balance between being thorough and being overly onerous.

### T3.2.2 National information sources

As part of the comprehensive European scan, a table of national information sources is completed for each country, to ensure that legislation databases have been systematically searched, supplemented by searches of ministries and national organisations. This information is carefully recorded (to ensure consistency between the scan of each country). Completed examples of this table are presented below. Many of these relevant in-country websites (e.g. health ministry or national sport association), once documented, can be used in later scans.

	Nutrition sources	Physical activity sources
<b>England</b>		
Government websites	Legislation site <a href="https://www.legislation.gov.uk/">https://www.legislation.gov.uk/</a> Department of Health and Social Care Public Health England Treasury Department of Education Department for Environment, Food & Rural Affairs (DEFRA) Department for Work and Pensions (DWP) Department for Education	Legislation site <a href="https://www.legislation.gov.uk/">https://www.legislation.gov.uk/</a> Department of Health and Social Care Treasury Department for Culture, Media and Sport Department for Education Department for Transport Ministry of Housing, Communities and Local Government Department for Work and Pensions (DWP)
Other organisations (examples)	Which?	Sport England
Media	News media: e.g. The Telegraph, The Guardian, BBC news	

### T3.3 What information is required for inclusion in the database?

All the entries in the NOURISHING and MOVING databases – whether identified through the global or the comprehensive European scan – must include:

- the **name of the policy action** (e.g. name of campaign, or title of an act);
- the **date on which the policy action was adopted** (if applicable) and **date of implementation**; and
- a reference and link to any **published evaluation** of the policy action.

In addition, each of the policy areas then requires additional information, as set out in the tables below. This is a guide to ensure that the information that is collected is as consistent as possible.

**T3.3.1 NOURISHING**

Policy area	Additional information
Nutrition label standards and regulations on the use of claims and implied claims on food	<ul style="list-style-type: none"> <li>• Specific details about the policy action design, including specified nutrient levels or limits</li> <li>• Information about compliance, including date full compliance is required, and any consequences if not met (if available)</li> </ul>
Offer healthy food and set standards in public institutions and other specific settings	<ul style="list-style-type: none"> <li>• Standards clearly identified – including specified nutrient levels or limits</li> <li>• Terms defined within policy action (e.g. low nutritional value)</li> <li>• Coverage (type of institution, what is covered within the institution’s premises)</li> </ul>
Use economic tools to address food affordability and purchase incentives	<ul style="list-style-type: none"> <li>• 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)</li> <li>• What products the fiscal measure is specifically applied to, including specific levels if applicable</li> <li>• Whether a tax is earmarked for health</li> </ul>
Restrict food advertising and other forms of commercial promotion	<ul style="list-style-type: none"> <li>• Restricted marketing techniques and channels</li> <li>• Foods that can be marketed and foods that cannot, including how these are defined (e.g. nutrient profile model)</li> <li>• Definition of “marketing audience” (e.g. children’s programmes, or programmes with a minimum percentage of children watching)</li> <li>• Definition of “child” (e.g. age of a child)</li> </ul>
Improve nutritional quality of the whole food supply	<ul style="list-style-type: none"> <li>• As appropriate, details of targets for reformulation (including food category-specific targets)</li> <li>• Information about evaluation/monitoring of targets and penalties for non-compliance</li> <li>• Coverage (e.g. if voluntary, how many companies have signed on?) and food categories covered</li> </ul>
Set incentives and rules to create a healthy retail and food service environment	<ul style="list-style-type: none"> <li>• Coverage of policy action (e.g. food outlets with a specific number of locations)</li> <li>• Explanation of what incentive involves (e.g. exceptions to zoning restrictions)</li> </ul>
Harness supply chain and actions across sectors to ensure coherence with health	<ul style="list-style-type: none"> <li>• Coverage of policy action</li> <li>• Explanation of what the policy action involves (e.g. nutrition standards for public procurement)</li> <li>• Details of other sectors involved (e.g. Ministry of Agriculture, international agencies)</li> </ul>
Inform people about food and nutrition through public awareness	<ul style="list-style-type: none"> <li>• Where applicable, name of communication campaign</li> <li>• Aim and objective(s) of campaign (if not obvious)</li> <li>• Geographical coverage of campaign and target audience</li> <li>• Key components of campaign, including types of media used e.g. TV, radio, social media, website, brochures</li> </ul>

Policy area	Additional information
	<ul style="list-style-type: none"> <li>• Accessibility of public awareness activities (e.g. language)</li> <li>• End date (if applicable)</li> </ul>
Nutrition advice and counselling in health care settings	<ul style="list-style-type: none"> <li>• Target population</li> <li>• Explanation of what the policy action involves (e.g. requirement to provide counselling; eligibility to receive counselling; credentials needed for providers; coverage of costs)</li> </ul>
Give nutrition education and skills	<ul style="list-style-type: none"> <li>• Target population</li> <li>• Explanation of what the policy action involves</li> <li>• Who provides education (e.g. Ministry of Education)</li> </ul>

### T3.3.2 MOVING

Policy area	Additional information
Make opportunities and initiatives that promote physical activity a priority in schools, the community and sport and recreation	<ul style="list-style-type: none"> <li>• Key components of the programme, including aim and objective, geographical coverage, target audience</li> <li>• Explanation of initiatives and incentives</li> </ul>
Offer physical activity opportunities in the workplace and training in physical activity promotion across multiple professions	<ul style="list-style-type: none"> <li>• Explanation of what the policy action involves (e.g. requirement to include physical activity in core curricula; credentials needed for providers of education)</li> <li>• Who provides education</li> </ul>
Visualise and enact structures and surroundings which promote physical activity	<ul style="list-style-type: none"> <li>• Explanation of what policy action involves, with guidelines clearly described</li> <li>• Coverage (types of structures)</li> </ul>
Implement transport infrastructure and opportunities that support active societies	<ul style="list-style-type: none"> <li>• Explanation of what policy action involves</li> <li>• Details of other sectors involved (e.g. planners, transport)</li> <li>• Terms defined within the policy action</li> </ul>
Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	<ul style="list-style-type: none"> <li>• Where applicable, name of communication campaign/activity</li> <li>• Aim and objective(s) of campaign /activity (if not obvious)</li> <li>• Geographical coverage of campaign/activity and target audience</li> <li>• Key components of campaign, including types of media used e.g. TV, radio, social media, website, brochures</li> <li>• Accessibility of public awareness activities (e.g. language)</li> <li>• Start and end dates (if applicable)</li> </ul>
Give physical activity training, assessment and counselling in healthcare settings	<ul style="list-style-type: none"> <li>• Target population</li> <li>• Explanation of what the policy action involves (e.g. requirement to provide assessment and/or counselling, eligibility to receive counselling, credentials needed for providers, coverage of costs, requirement to include physical activity in core curricula)</li> <li>• Who provides education (e.g. Ministry of Education, health care providers)</li> </ul>

## **T4. Updating the database**

There are two processes for NOURISHING/MOVING databases: ongoing, regular updates of the global scan on nutrition and physical activity policy actions, plus one separate comprehensive scan of 27 European countries, as required as part of the CO-CREATE project.

### **T4.1 The global scan: ongoing surveillance**

The Policy & Public Affairs Team at WCRF International will continue to keep NOURISHING up-to-date and will also take on responsibility for keeping MOVING up-to-date.

Updates to the NOURISHING and MOVING databases will be ongoing, summarising new policy actions that have been implemented and removing actions that are no longer in force. An ongoing list of not-yet-implemented policies is kept, so that these can be included as and when they come into force.

Ongoing oversight of newsletters, listservs and research into key topics ensures that the Policy & Public Affairs Team to stay abreast of current debates and reforms – keeping track of what is coming down the line (revisions of existing policies as well as new policy actions, and tracking strategies to see what is then turned into actual policy action).

### **T4.3 Removing policies**

Policy actions that have expired, been withdrawn or are no longer enforced are removed from the databases unless they have been evaluated to show a public-health impact (benefit or harm) or evaluated to show no effect (section T2.5). If this is the case, the policy description includes an end date for the policy action and a brief description of the reasons for expiry or ending (e.g. a change of government, change of evidence). Expired policy actions are also clearly identified in the NOURISHING or MOVING database with a bolded 'Expired policy' below the policy description text to differentiate them from ongoing policies

WCRF International maintains a list of removed policies, including the date and reason for removal.

## T5. Verification

### T5.1 Why verify?

It is crucial for the purposes of quality control to have verification on the information gathered on policy actions and, although it can be a challenge to get the policy actions verified for inclusion in the database and web platform, this is an essential final step in the process.

### T5.2 In-country expertise

In-country experts are identified to verify the policies across each of the 10 policy areas of NOURISHING and six of MOVING. It is anticipated that in many countries separate verifiers will be required in nutrition and physical activity. There is regular contact with the verification experts.

WCRF International's first choice of verification expert is ideally from within government. Civil society organisations can be very helpful at suggesting who the right person is within government to whom to speak. The WHO Regional Office for Europe is also supporting the process of verifying and/or identifying relevant government expert(s). WCRF International takes a practical and pragmatic approach to identifying and working with the experts – often based on personal relationships.

Caution should be exercised if the verification experts are not known to the policy analyst or to WCRF International or its partner organisations, as some sources' reporting may be generous with the truth in an effort to make their government seem more progressed than it is in practice.

If it transpires that a verification expert is no longer available to advise, he or she is asked to recommend a replacement (which is a form of initial quality control on the new expert). Churn of experts is generally low – they are keen to remain involved. (Note that the names and titles of the verification experts are not publicly available in the database.)

Current, reliable in-country expertise is constantly being sought.

### T5.3 Using the verification experts

#### T5.3.1 Drafting the description

The policy action descriptions are sent to the experts to check for accuracy and to confirm that it is being implemented; the definition of 'implemented' may be somewhat subjective, requiring a perspective to be sought from more than one in-country expert and the WCRF International Policy & Public Affairs Team will determine whether to include the policy on a case-by-case basis.

The verification experts can be used early in the search process, when insufficient information can be found to draft the policy description for the database. This may be because sources of information on policy actions are insufficiently documented on official or secondary-source websites or because there are too few resources available in English. The experts may also be able to direct the policy analysts to available documentation.

Below is an example of the email sent to the verification experts asking them to verify the policy descriptions for the MOVING database:

Dear NAME OF EXPERT,

My name is NAME OF POLICY ANALYST and I am a Policy and Public Affairs Officer at [World Cancer Research Fund \(WCRF\) International](#), which focusses on the links between diet, nutrition, physical activity and cancer. We are focussed on the development and implementation of effective policies that enable people to follow our [cancer prevention recommendations](#).

WCRF International manages a policy database of verified diet and nutrition policy actions from around the world (the [NOURISHING database](#)) and is currently developing a new policy database focused on physical activity ([the MOVING database](#)), which includes very short summaries of implemented policy actions.

The reason I am reaching out to you in this instance is that we are part of a European Commission project called Confronting Obesity: Co-creating policy with youth (CO-CREATE). The study aims to prevent overweight and obesity in adolescents by providing knowledge and infrastructure on policies to support making the healthiest choice the preferred one. WHO Euro provides technical support to the project.

At this time, we are performing policy scans on physical activity policy actions in 27 EU countries, including NAME OF COUNTRY. The policies will sit on the MOVING database. The database is organized around three domains, active societies, active environments and active people. Examples of policy areas which are included in the database are programmes and initiatives promoting physical activity, physical education/training across multiple professions, active design and infrastructure guidelines, mass communication campaigns as well as physical activity assessment and counselling. In order for a policy action to be added to the database it must be national in scope, supported/endorsed by the government and currently in effect.

We are currently performing the physical activity policy scan for NAME OF COUNTRY. To ensure that policy actions are eligible for the MOVING database, they have to be verified by in-country experts to ensure that the policy description is accurate. Once we complete the scan, I would be grateful if you could verify the description of the policies we have identified, or signpost them accordingly to colleagues who will be able to verify the information. In addition, any extra help in the process of identifying physical activity policy actions in your country would be very much appreciated.

### T5.3.2 Verifying the descriptions

The policy action descriptions are sent to the experts to check for accuracy and to confirm that it is being implemented; the definition of 'implemented' may be somewhat subjective, requiring a perspective to be sought from more than one in-country expert and the WCRF International Policy & Public Affairs Team will determine whether to include the policy on a case-by-case basis. Ultimately, inclusion in the database is at the discretion of the Policy & Public Affairs Team in conjunction with the verification experts. Experts are also asked to provide additional information on provisions for a) monitoring and evaluation, b) funding sources and c) enforcement.

It has to be highlighted that the verification of policy actions with in-country experts is a time-consuming process, which might differ between countries. Experience so far has showed that the process might take up to six months to be completed as the in-country contact can be very busy, which affects their responsiveness. In addition, sometimes it is also challenging to find an in-country expert who agrees to help with the verification process. These challenges can impact on the length of time to upload to the databases.

## T6. Database structure

Consistent storage and accurate tagging of material is crucial to its ongoing utility and to the accuracy and ease of use of the databases:

- structured storage and labelling of the information facilitates easier updating in the future by the Policy & Public Affairs Team and
- clear formatting of the front end of the database allows users to find the information that they need quickly and easily.

### T6.1 Format of back-end material

#### T6.1.1 Consistent storage of policy actions

As new policy actions are identified (on an ongoing basis and as part of the comprehensive European scan), they are a) saved in a WCRF International folder and clearly identified and b) recorded as follows in an Excel spreadsheet known as the extraction sheet for each of the following data points:

- Policy identifier, which is similar to the reference identifier (section T6.1.2) and labelled in the following way: Country\_M/N letter\_Policy area 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 T3.3 for specific information needed for the different policy areas)
- Policy description
- References (using the unique reference identifier) [source documents]
- 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)
- Monitoring and Evaluation (Y/N/TEXT): if there is any information available about an monitoring and evaluation provisions of the policy (including evaluation of intermediary outcomes or process), mark “Y”
- Funding sources (Y/N/TEXT)
- Enforcement (Y/N/TEXT)
- Link to published evaluation (if applicable)
- Evaluation identifier (similar to reference identifier, below – i.e. Country\_M/N letter\_Policy area letter\_Policy name\_Journal year)
- Reason for not including a policy in the database (if applicable)
- WHO region (<http://www.who.int/about/regions/en/>)

- EU/global scan

Note that if a policy action cuts across both NOURISHING and MOVING, the action is stored twice – once in each of the two databases.

### T6.1.2 Consistent labelling of information sources

Source documents used to develop policy descriptions are saved on WCRF International’s internal fileserver. Each document is saved with a unique reference identifier and referenced in the extraction document.

The unique reference identifier has the following structure:

Country\_M/N letter\_Policy area letter\_Name of document

where

‘M/N letter’ refers to whether the document relates to a policy action in MOVING or NOURISHING and

‘Policy area letter’ refers to the letter in the word ‘MOVING’ or ‘NOURISHING’. For example:

- in MOVING, O = Offer training in physical activity promotion across multiple professions
- in NOURISHING, U = Use economic tools to address food affordability and purchase incentives

**Note:**

In NOURISHING, where letters appear twice then the letter is followed by a number

i.e. N1 = Nutrition label standards; N7 = Harness the whole food supply

I5 = Improve nutritional quality of the whole food supply; I8 = Inform people about food and nutrition through public awareness

For example:

Chile\_N\_N1\_Ley 20606 is a document called Ley 20606 from Chile, which is housed in the NOURISHING database and is filed under ‘Nutrition label standards’ (N1).

For sub-national policies (global scan only), the reference identifier has the following structure:

Country\_M/N letter\_Locality\_Letter\_Name of document.

For example:

USA\_N\_Davis\_S\_Ordinance 2451 is ordinance 2451 from Davis in the United States, which is housed in the NOURISHING database and is filed under ‘Set incentives and rules to create a healthy retail and food service environment’ (S).

## T6.2 Format of public-facing material

### T6.2.1 Presentation of material

All the entries in the NOURISHING and MOVING databases must include the information set out at section T3.3 above – this standardisation of information means that the databases are a helpful compare-and-contrast for users. The policy actions in the database are all summarised in layman’s terms (i.e. in plain English). There is no discussion or commentary, because there is not the capacity to offer that level of analysis for every policy – but users of the database are well placed to then research this for themselves.

### T6.2.2 Tagging

Every policy action entered in the MOVING and NOURISHING databases is tagged with the relevant geography and further topic tags. As of February 2019, 50 topic tags make up the taxonomy of the NOURISHING database and 56 of the MOVING database, below.

The tags can be amended or added to as and when new areas for action come to the fore. New tags are not backdated across the existing policy actions, as this would be too resource-intensive, so caution should be exercised in adding tags. (If tags are deleted, however, these can relatively easily be searched for and removed.)

The tags were developed on an iterative basis. The system of tags in the NOURISHING database has been used since October 2017, so have been well tested and are fit for purpose.

The tagging is particularly important it is the primary way in which users search the databases.

#### NOURISHING tag taxonomy:

Adolescents	Fast food restaurants	Multi-sector	Supply chain
Adults	Fat	Nutrient claims	Tax
Advertising	Front-of-pack	Nutrient profile model	Traffic light
Apps	Fruit and veg	Portion size	Trans fats
Campaigns	Gardens	Pre-school children	University
Catering	Healthcare professionals	Procurement	Urban agriculture
Children	Hospitals	Reformulation	Vending machines
Civil society	Import duty	Salt	Voluntary measures
Cooking skills	Label	Saturated fat	Warning
Curriculum	Low-income	Schools	Wholegrain
Dietary guidelines	Marketing	Sugar	Workplace
Digital marketing	Menus	Sugary drinks	Young people
Energy drinks		Sugary drinks tax	

**MOVING tag taxonomy:**

Active travel	Disability	Older people	Programmes
Adolescents	Financial incentives	Open space	Public transport
Adults	Funding	Outdoor activities	Road safety
Air pollution	Gender	Physical activity advice	Schools
Apps	Grant scheme	Physical activity as treatment	Sedentary behaviour
Behavioural change	Green space	Physical activity guidelines	Sports facilities
Building design	Guidance for professionals	Physical activity promotion	Sport safety
Campaigns	Health conditions	Physical activity training	Tax
Children	Healthcare professionals	Physical education	Toolkit
Civil society	Incentives	Planning	Town planning
Counselling	Leisure activities	Pregnant	Universities
Curriculum	Low-income	Pre-school children	Walking
Cycling	Marginalised people		Workplace
Cycling infrastructure	Mental health		Voluntary measures
Design guidelines			Young people

**T6.2.3 URLs**

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

## T6.3 Sample documentation \*

### T6.3.1 The extraction sheet

POLICY IDENTIFIER	IMPLEMENTATION YEAR	POLICY NAME	POLICY LEVEL (INT, REGIONAL, NATIONAL, PROV/TER/STATE, LOCAL)	KEY POLICY CHARACTERISTICS	REFERENCES	SOURCE	VERIFICATION CONTACT(S)	IMPLEMENTED (full/partial/not)	EVALUATED (Y/N)	LINK TO PUBLISHED EVALUATION	REFERENCE OF EVALUATION	FLAGGED FOR UPDATE (Y/N)	Reason for not including in NOURISHING	WHO REGION (AFRO, EMRO, EURO, PAHO, SEARO, WPRO)
Brunel_N1_Choices logo	2017	Healthy Choice logo		<p>Questions sent</p> <p>What products may bear the logo? Only imported cooking oils?</p> <p>What requirements do the products have to fulfil to be allowed to bear the logo?</p> <p>Which agency/organisation has the authority to allow use of the logo?</p> <p>When has the logo been implemented? 2004?</p> <p>Is this logo used in many countries?</p>		<p><a href="http://www.slideshare.net/Adrienma/current-status-of-nutrition-health-claims-in-brunei-10739108?next_slideshow=1">http://www.slideshare.net/Adrienma/current-status-of-nutrition-health-claims-in-brunei-10739108?next_slideshow=1</a></p> <p><a href="http://www.moh.gov.bn/Lists/Latest%20news/NewDispForm.aspx?ID=64">http://www.moh.gov.bn/Lists/Latest%20news/NewDispForm.aspx?ID=64</a></p>								
France_N1_Nutri-Score	decree to be in place in April		National	<p>France has decided to recommend the Nutri-Score system, "a straightforward labelling system that uses colour codes to guide consumers at a glance on the nutritional value of food products"</p> <p>voluntary (due to EU regulation)</p> <p>Decree to be announced in April, at which point companies can begin using label.</p> <p>Nutri-score was chosen after 4 types of label were trialed in 80 supermarkets in September 2016.</p>		<p><a href="http://www.euro.who.int/en/countries/france/news/news/2017/03/france-becomes-one-of-the-first-countries-in-region-to-recommend-colour-coded-nutrition-labelling-system">http://www.euro.who.int/en/countries/france/news/news/2017/03/france-becomes-one-of-the-first-countries-in-region-to-recommend-colour-coded-nutrition-labelling-system</a></p> <p><a href="http://www.leparisien.fr/societe/marisol-touraine-annonce-pour-avril-le-logo-qui-classe-les-aliments-par-couleur-15-03-2017-6762966.php">http://www.leparisien.fr/societe/marisol-touraine-annonce-pour-avril-le-logo-qui-classe-les-aliments-par-couleur-15-03-2017-6762966.php</a></p> <p><a href="http://presse.inserm.fr/en/the-5-colour-nutritional-labelling-system-is-the-most-effective-for-">http://presse.inserm.fr/en/the-5-colour-nutritional-labelling-system-is-the-most-effective-for-</a></p>								
India_N1_calorie labelling in restaurants	under discussion		National	<p>Proposal to have fine-dining restaurants label calories on their menus</p>		<p><a href="http://www.hindustantimes.com/india-news/food-regulator-wants-restaurants-to-declare-details-of-calorie-intake-nutrition/story-Sixifs28DtsMmP1v8v9vM.html">http://www.hindustantimes.com/india-news/food-regulator-wants-restaurants-to-declare-details-of-calorie-intake-nutrition/story-Sixifs28DtsMmP1v8v9vM.html</a></p>		not	N			N	not yet adopted	SEARO
India_N1_health warnings on packaged foods	under discussion					<p><a href="http://www.foodnavigator-asia.com/Policy/Minister-mulls-tobacco-style-health-warnings-on-food-packaging/">http://www.foodnavigator-asia.com/Policy/Minister-mulls-tobacco-style-health-warnings-on-food-packaging/</a></p>		not	N			N	not yet adopted	SEARO
Ireland_N1_Calorie labelling in restaurants	2017?		National	<p>The Department of Health is currently preparing Heads of Bills for Government on the introduction of calorie labelling on menus.</p>				not						
Macedonia_N1_Keyhole FOP labelling	2017?	Nordic Keyhole programme	National	<p>In the second half of 2015 the Food and Veterinary Agency of the Republic of Macedonia has signed a contract with the Swedish National Food Agency for using the Keyhole logo in my country. In that regard, the Food and Veterinary Agency of the Republic of Macedonia with the authorization from the National Food Agency of Sweden, provides trademark protection for the Keyhole in accordance with the national legislation in force in the Republic of Macedonia</p> <p>At this (summer 2016), we are in process of transposition of the KEYHOLE regulation, we are planning to organize trainings for the staff of the Food and Veterinary Agency, staff from laboratory and the business sector and after completion of these activities we will proceed with the implementation of the</p>				not				Y (2017)		EURO
Malaysia_N1_interpretative FOP labelling	mid-2017			<p>Malaysia has almost completed the criteria for the major eight product groups in good dialogue with industry and is expected to launch its positive logo in mid-2017.</p>		<p>Choices International newsletter</p>								
Netherlands_N1_FOP labelling	2016/2017?		national	<p>The use of the Dutch Choices logo will be discontinued,</p>		<p>Germund Daal</p>			N			Y (Q1)		



N – nutrition labels   O – offer healthy foods   U – economic tools   R – food marketing   I – food supply   S – retail environment   H – food supply chain   I – inform people   N – nutrition advice   G – n

## T6.3.2 Public-facing database

**World Cancer Research Fund International**

### NOURISHING and MOVING policy databases

**EXPLORE NOURISHING**

The NOURISHING database provides an overview of implemented government policy actions that promote healthy diets and reduce obesity from around the world.

Discover information on food labelling, sugar-sweetened beverage taxation, marketing restrictions of products high in sugar, salt and/or fat, and much more. Find out how countries promote healthy diets and tackle obesity and overweight.

**EXPLORE MOVING**

The MOVING database contains information about implemented policy actions from around the world targeted at getting people, particularly youth and adolescents, more active.

Find information on physical activity programmes and guidelines, urban planning and transport design, mass communication campaigns, and much more. Explore how countries try to encourage people to increase their levels of physical activity.

### SEARCH

USE THE FILTERS BELOW TO SEARCH THE DATABASES. [CLICK HERE FOR TIPS ON USING THE DATABASES.](#)

Select a database: Both and /or Search by topic: All and /or Search by country: All

Show only recently added  Show only evaluated policies

[Clear search](#) [Search tips](#)

## T7. Indexing and benchmarking

The MOVING framework, this Methods Document and the global and comprehensive policy scans are the first World Cancer Research Fund International deliverables to the CO-CREATE project and will result in a database of implemented policy actions from around the world. WCRF International’s next deliverables for CO-CREATE are:

- a) to develop a policy index to benchmark and assess the overall ‘policy status’ in nutrition/physical activity across Europe (i.e. the countries assessed by the comprehensive European scan), using the information stored on the NOURISHING/MOVING database; and
- b) hold a face-to-face meeting in London with experts in the nutrition policy and physical activity policy field and youth representatives to validate the benchmarking tool.

Both of these further deliverables will be validated by an external group of experts and youth representatives.

The CO-CREATE consortium will present information on the policy index on an easy-to-use web platform, accessible to policymakers, youth, researchers and civil society.

## T8. Policy databases

*'We are all coming at things slightly differently, but there is real learning across fields!'*

Kaitlin Donley, Campaign for Tobacco Free Kids

### T8.1 Introduction

#### T8.1.1 Interviews

An important aspect of the research (and due diligence) for this Methods Document was an in-depth discussion with the researchers responsible for other policy databases, at EU, WHO and national level, from which learnings and comparisons could be drawn. 12 interviews were conducted in October/November 2018, using the questions below as the start point.

##### Semi-structured interview

- Describe, in your own words, what the database does and what you do...

Use the questions below to fill in the gaps in the information

- Where do you initially gather your information (e.g. directly from the legislation itself, from NGO sites or from individual contacts)?
- Do you have a list of the in-country data sources for each of the countries you look at, such as like legislation websites?
- How many people do you have working on your database, both in-house and externally?
- How often is the database updated?
- How do you go about updating the database?
- How do you work around language issues?
- What are the particular challenges beyond the initial sourcing – e.g. is it clear when policies end and how do you track broken links?
- What is the search functionality (e.g. keyword search by topic or is free text search)?
- How do you choose the keywords or topics?
- Is there a methods document that you could share with me?
- If you were starting from scratch, what would you do differently?

The databases all make policy information available (sometimes covering only implemented/ actioned policy; sometimes covering a much broader spectrum), but they vary in the way in which this information is presented – for example, some provide pdfs of the policies; others provide URLs to the policies on third-party websites, and some (like NOURISHING) include a précis of the policies. Several interviewees shared supplemental documentation that was reviewed in drawing up the Methods Document.

A table summarising some of the top-level information about the health databases is provided below, and summaries of all the interviews conducted are presented in sections T8.2–8.5.

In addition, an interview on policy surveillance was conducted with Professor Scott Burris, Temple University Beasley School of Law in the United States (section T8.5).

### T8.1.2 Database comparison table

Below is a table comparing the 11 health databases (plus NOURISHING) about which interviews were undertaken as part of the process of developing the Methods Document.

Database and URL	Parent organisation(s)	Topic description	Geography	Approx # of database items (Nov 2018)	Info format (e.g. pdf/link/ description/ abstract)	Search functionality	Data automation?*
<a href="#">Childhood Obesity Prevention Scorecard</a>	Healthy Caribbean Coalition	Scorecard to facilitate strengthened awareness of national policy responses to childhood obesity	Caribbean	224	Link to external government URL where possible	No word search functionality; search by country	X
<a href="#">EU Youth Wiki</a>	European Commission (EACEA)	National policies on youth, including 'health and wellbeing'	Europe (34 countries)	Single entry on health/wellbeing per country	Description of national policy across specific health areas	No word search functionality	X
<a href="#">GINA</a>	WHO	Information on the implementation of nutrition policies, mechanisms and interventions	Global	9,000 (of which 2,100 are policies)	Description, pdf of the policy, URL	Category filters and free word search	X
<a href="#">Healthy Food Policy database</a>	CAFS, PHLC and the UConn Rudd Center for Food Policy and Obesity	Identifies local laws that seek to promote access to healthy food, and also contribute to strong local economies, an improved environment, and health equity	United States	260	Description of the policy and link to the legislation on Municode	Category filters and free word search of the summary	✓
<a href="#">Interactive Obesity Atlas</a>	World Obesity Federation	Mapping of obesity statistics, actions (including policies and interventions), drivers and impacts	Global	800 policy/ intervention entries	Short description and external URL	Country or category search	X

Database and URL	Parent organisation(s)	Topic description	Geography	Approx # of database items (Nov 2018)	Info format (e.g. pdf/link/ description/ abstract)	Search functionality	Data automation?*
<a href="#">Knowledge Action Portal</a>	WHO	Community-driven platform for NCD information, interaction and inspiration	Global	700	Short description and link to pdf on external site	Category filters (inc region and language)	X
<a href="#">NCD Document Repository</a>	WHO	Documents containing NCD targets, policies, and guidelines submitted by Member States to WHO	Global	2,900	pdf stored within the Repository website	Category/ country search and (document titles only) keyword search	X
<a href="#">NOURISHING</a>	World Cancer Research Fund International	Implemented government policy actions to promote healthy diets and reduce obesity	Global	515	Description of key attributes	Category and country search	X
<a href="#">Prevention Policies Directory</a>	Canadian Partnership against Cancer	Healthy public policies focused on cancer and NCD prevention	Canada	2,100	Short description and link to CANLII legislation database	Category (location and risk factor) search, plus keyword search	✓
<a href="#">Rudd Center Legislation Database</a>	UConn Rudd Center for Food Policy and Obesity	Tracks state and federal policies related to obesity and diet-related diseases	United States	3,050	Short summary and pdf (from Westlaw)	Category, year and jurisdiction filters	✓
<a href="#">Tobacco Control Laws database</a>	Tobacco Free Kids	Tobacco-control laws in three policy areas: smoke free / advertising, promotion and sponsorship / packaging and labelling	Global (206 countries) but primarily LMICs	1,980	pdf of the legislation (translated) and short summary	Free word search (and categorised by policy type)	X

\* Indicates that policies/legislation are initially sourced using a) a webscraper or robot or b) using a third-party legislative search service (this information is then filtered in-house for inclusion in the databases).

Note that ASAPa and CABI are not included (ASAPa has not yet launched and CABI is a broader database including abstracts etc.).

## T8.2 European Commission

### T8.2.1 EU Youth Wiki

The [EU Youth Wiki](#) presents information from 34 European countries (including all four countries of the United Kingdom) plus all three Belgian regions.\* It sets out national-level policies relating to young people between 15 and 29, including a ‘Health and wellbeing’ section with subsections on ‘Sport, youth fitness and physical activity’ and ‘Healthy lifestyles and healthy nutrition’ (e.g. national strategy, healthy-lifestyles education in schools and youth-targeted information campaigns).

The information is produced by national correspondents, based in-country in a relevant ministry (usually the ministry responsible for youth). They are given a detailed Guide to Content (i.e. what information to gather), which includes national strategies and, below that, the policies, programmes projects or initiatives that are relevant – and they are encouraged to be as transparent as possible. The information required will be housed in different ministries in different countries (EU Youth Wiki does not keep a central list of these sources). (The names and contact details of some of the national correspondents are available [here](#).)

The national correspondents draft the information themselves and this is put directly into the Youth Wiki – there is no editing phase because the information is owned by the member states themselves. The national correspondents’ contracts require at least an annual revision of the information, and they are also encouraged to provide an update whenever a new law comes into force; keeping the information up to date is thought to be *‘basically a full-time role’*. External experts are also regularly asked to read the information and give recommendations on quality and completeness (including where member states have failed to bring in policies). The text is not covered by copyright – anyone can quote it. There is no word or tag search functionality, and the texts are available only in English.

Future plans include comparative overviews, the first of which (which is on volunteering) went live in December 2018. It is hoped that these will be a spur for member states that are not at the forefront of, for example, providing financial aid for young people who wish to volunteer. *‘The success of the Youth Wiki (and its potential to become even richer in the future) depends on the very collaborative spirit demonstrated by all countries in the network, which value the Wiki as an opportunity for peer learning and cross-contamination of youth policies.’*

With thanks to Giulia Paolini, Education, Audiovisual and Culture Executive Agency (EACEA), Education and Youth Policy Analysis – Unit A7

## T8.3 WHO

### T8.3.1 GINA

The WHO’s [Global database on the Implementation of Nutrition Action \(GINA\)](#) provides information on the implementation of numerous nutrition policies/interventions worldwide. It was established in 2012, building on an offline database that had existed since the International Conference on Nutrition in 1992. It is a repository of policies (i.e. policy, strategy, action plan or legislation – an actual document), actions (i.e. implemented actions) and mechanisms (i.e. coordination, monitoring mechanisms). It also tracks countries’

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\* Of the 27 countries in the comprehensive European scan, Greece, Ireland and Italy are soon to join the EU Youth Wiki. Only countries in the Erasmus+ programme can join the EU Youth Wiki, which excludes Greenland, the Russian Federation, Switzerland and Ukraine.

[SMART commitments on the UN Decade of Action](#). (An additional section about lessons learned and best practice is dependent on external input and is less comprehensive.)

GINA is a repository, not a timeline – information is not removed from the database when it is no longer in force. The information is presented as extracts from the official documents; information is not rewritten, because it would be too complex and time-consuming to seek WHO approval for anything other than extracts. There are currently approximately 2,100 policies, 6,400 actions and 500 mechanisms in GINA.

There are three sources of data:

1) WHO policy monitoring, including:

- policy surveys (e.g. Global Nutrition Policy Reviews or the International Code of Marketing of Breast-milk Substitutes survey). Nutrition/diet-related information is also sourced from other WHO surveys, (e.g. NCD CCS and the Maternal, Newborn, Child and Adolescent Health Policy Indicators Survey). Generally, WHO questionnaires go via WHO regional advisors and country focal points to the Ministry of Health and also, where necessary, other sectors (e.g. Finance Ministry); this is often explicitly requested in the questionnaire;
- regular monitoring and reporting by regional and country contacts in the WHO network whenever there are new policies;
- regular monitoring by the secretariat, through systematic searches on ministry websites. This is often facilitated by interns with specific language skills;

2) partners – e.g. WCRF International; and

3) registered users – anyone can sign up and use this function, but data submission has traditionally been done primarily consultants and interns, or a regional office may commission someone to do this for a particular set of countries.

As the information usually comes from official channels, it has already effectively been validated.

GINA data are tagged by various taxonomy, including nutrition goals and indicators as well as actions to promote healthy diets and prevent overweight and obesity, among others. These are available as [search filters](#) in each page, to help users narrow down the data they want to explore.

With thanks to Kaia Engesveen, WHO

### **T8.3.2 Knowledge Action Portal**

The WHO's [Knowledge Action Portal \(KAP\)](#), phase 1 of which went online on 1 November 2018, is a repository of information and a social network for the non-communicable disease community.

Information within the 'country action' section of the KAP (including policy and policy action) is drawn from existing WHO data, including the Country Capacity Survey (CCS), a self-administered questionnaire that is completed by member states every two years. [Note: The CCS includes a couple of questions on physical activity, but it is hoped more will be included in the 2018/19 iteration.] For each country, there is an NCD snapshot setting out the risk factors and demographic information drawn from the NCD country profiles and Progress Monitor (which tracks broad policy). There are also links to other WHO databases such as the NCD Document Repository, and there is a table mapping action nationally, regionally/globally and by stakeholder.

The 'knowledge' section brings together different resources from the WHO, UN and non-state actors. It is structured by topic, which are linked to the WHO NCD Commission's *Time to Deliver* report priorities. Only

publications and material from Global Coordination Mechanism participants are included currently, and all materials are moderated by WHO for inclusion.

There are descriptions of the documents included in the KAP and, although resources are included from all six WHO languages (English, Chinese, Russian, Spanish, Arabic and French), the descriptions are currently in English. The URLs of documents are linked on the KAP – they are not physically stored as pdfs. There are also news articles, campaigns and events included as ‘success stories’ within each country, and the ‘advocacy’ section maps government-led campaigns.

The search functionality of the KAP is based on keyword tags rather than on a free word search of the descriptions – this categorisation of the 1,000+ resources is done manually.

With thanks to Jack Fisher, WHO

### **T8.3.3 NCD Document Repository (global)**

The World Health Organization’s [NCD Document Repository](#) sources its information from the NCD Country Capacity Survey, which has been undertaken regularly since 2001, covering a wide range of issues going well beyond NCD policies, including multisector NCD commissions, Ministry of Health staffing for NCDs, surveillance, NCD guidelines, palliative care etc. The survey is sent via regional counterparts to the NCD focal point within the Ministry of Health in each country, who then consults with colleagues or external agencies to complete it. In both the 2015 and 2017 iterations, for each section of the survey to be completed, supporting documentation had to be uploaded – and it is this documentation that is then added to the NCD Document Repository. There are currently around 2,900 documents, all stored as pdfs within the Repository itself, so that all the documents are easily accessible (and some are not available on the governments’ own websites).

The documents are not assessed in depth before being added – for example, there is not the resource to check whether what is submitted is in fact operational (a requirement for inclusion). A high-level check is done (using Google Translate or, if it is still unclear, a native speaker from within the WHO office) to ensure that the document is what it claims to be. As the documents have come directly from the government contacts, they are already effectively verified.

The Repository is searchable by theme and by country, and there is a keyword search: the latter searches only the title of the documents, not the complete document. Categories can be amended – for example, the 2017 iteration added a category on oral health. It is a significant amount of work every two years to get the documents together, check them, categorise and add to the database. An ‘archive’ tag is now also included so expired documents can remain available for those interested in the historical development of policies.

Fieldwork for the next round is due to start in February 2019 – and with each iteration, countries better understand what is required so the process becomes more efficient.

With thanks to Melanie Cowan, WHO

## **T8.4 Other**

### **T8.4.1 Prevention Policies Directory (Canada)**

The [Prevention Policies Directory](#) (the Directory) is a freely accessible, online policy surveillance tool developed by the Canadian Partnership Against Cancer (funded by Health Canada) that houses thousands of Canadian cancer and NCD prevention policies at federal, provincial/territorial and municipal /regional jurisdictional levels. Policies can be browsed online by location using an interactive map tool, or by key

modifiable risk factor area including nutrition, physical activity, the built environment, alcohol consumption and tobacco use, along with additional filters such as policy intervention categories, settings and policy types to further refine the search.

Publicly available policy information is captured online by reliable and sophisticated robot technology, on the Canadian Legal Information Institute (CanLII) website (for provincial/territorial and federal policy information) and various Canadian municipal websites. The robots bring policy information into a specially designed administration interface (built and supported by an off-site IT firm) that manages Directory contents, to be scored against Boolean keyword combinations with policy-specific language to determine what should be flagged for review: *'automation frees up time for analysis'*. The filtered information is then manually assessed against Directory inclusion/exclusion criteria. These criteria are crucial: *'what is in and what is out?'* (e.g. it must be publicly available on the internet and related to cancer prevention). The choice of key search terms is also critical and can be drawn up with experts in this field (i.e. the right terms to think about and define what type of legal documents to include).

When a policy is included in the Directory, a new record is created in the Directory's administration interface and the following policy analysis data is attached to the policy record using metadata tagging features before appearing on the Partnership's Directory website: year of adoption, year repealed, year amended, policy title, policy type, jurisdiction, policy status, location, setting, risk factor, and policy interventions. This data assists Directory users in quickly assessing what the policy addresses and does not address. Links to the actual policy document online are also accessible to users.

There is a full-time in-house analyst and a bilingual specialist (for French/English) who works one day a week.

With thanks to Michelle Halligan and Kendall Tisdale, Canadian Partnership Against Cancer

#### **T8.4.2 Rudd Center for Food Policy and Obesity: legislation database (United States)**

Since 2010, the Rudd Center for Food Policy and Obesity's [legislation database](#) has been tracking US federal and state-level policies related to obesity and diet-related diseases in areas including the built environment, access to healthy food, school nutrition and physical activity, marketing to children, menu and package labelling, and taxes on unhealthy products. It deliberately includes proposed policies as well as enacted policies (for example, it includes around 900 policies on healthy food, of which around 90 were enacted), in order to capture innovation. Policies remain in the database indefinitely: they are not removed if they are superseded

The information is gathered through a subscription to Thomson Reuters Westlaw CapitalWatch, which provides information on individual federal and state-level bills. This information is then searched by the Rudd Center using a set of specific search terms. Bills identified as meeting these inclusion criteria are added to the database – in the form of the pdfs sent from Capital Watch (they are not rewritten for the database) – and the listserv is informed of new updates each month. It is about 5% of the main researcher's time and 10% of an assistant's time – and more in January/February at the start of the new state legislative session. Suggestions for policies are not solicited from users, although the Rudd Center does receive some legislative reports from other organisations, which are cross-checked with the database to ensure that pertinent legislation is captured.

Searching the database is by category – there are currently 28 categories (primarily in nutrition, with just two in physical activity – 'physical activity: general' and 'school: physical activity' – plus 'built environment'). Entries can sit in up to three categories. Categories are added as circumstances change; however, this is done selectively, particularly as backdating is not possible given resource restrictions.

With thanks to Sally Mancini, UConn Rudd Center for Food Policy and Obesity

### **T8.4.3 Healthy Food Policy Database (United States)**

The aim of the fully curated [Healthy Food Policy database](#) is to aggregate local-level legislation on access to healthy food – and it now contains around 260 policies and has had its funding extended for three years. There is a coding manual that outlines exactly which policies to include – each policy is coded twice, checked for reliability internally and then reviewed by a senior team member. The bills are gathered using four databases of codified local laws (Municode, American Legal Publishing, Sterling and eCode 360). However, not all small municipalities subscribe to Sterling Unicode, and some of the smallest communities may not have their ordinances online at all, which means that the database is not as comprehensive as it could be: *‘We did not anticipate how hard it would be to source these policies – you would think it would all be online!’* Policies from an existing database ([Growing Food Connections](#)) were also trawled and re-coded for Healthy Food Policy purposes. The database is just one year old, and a system will be put in place to check for policies that have been revoked, as the aim is to remove policies that are no longer in force.

Each policy is summarised, with the search functionality of the database set up as a free word search of these summaries. There is currently no peer review of the summaries. The site also contains a case study section, in which the policy process is set out – from engagement with local communities to implementation. Suggestions for policies and for case studies can be submitted through the website.

The Healthy Food Policy Project is a four-year collaboration of the Center for Agriculture and Food Systems (CAFS), the Public Health Law Center (PHLC), and the Rudd Center for Food Policy and Obesity. It is funded by the National Agricultural Library, Agricultural Research Service, U.S. Department of Agriculture.

With thanks to Sally Mancini, UConn Rudd Center for Food Policy and Obesity

### **T8.4.4 ASAPa (Australian Systems Approaches to Physical Activity)**

ASAPa is a national project to map and understand physical activity prevalence, policies and programmes across the nine Australian jurisdictions. Much of the work in physical activity in Australia is at state level, and it is this (as well as national policies) that are being gathered. It looks more broadly than legislation per se. It is funded by the National Medical Research Futures Fund and managed by [The Australian Prevention Partnership Centre](#) at Sydney University.

The search is done through:

- a) *self-reporting by jurisdictions* (to date, two national meetings have brought together government representatives to identify policies relevant to physical activity in each state, territory and federal jurisdiction);
- b) *desktop searches*, based on the identification of other potentially relevant policies mentioned in policies from step a), recent commentaries and reports on liveability and healthy planning policy, and the HealthInfoNet database of physical activity policies relevant to Aboriginal Australians. Other policies discovered incidentally in the process of conducting these searches are also considered for inclusion. Additional internet searches are conducted in policy areas or for subject matter that could reasonably be expected to address physical activity. Legislative instruments are not considered as part of step b) searches, but are included in the audit if identified under step a);
- c) *a consolidation and validation exercise*, in which those who had attended the meeting in step a) are asked to check and complete a spreadsheet of all the policies in their jurisdiction discovered in steps a) and b) (mapped against Health, Transport, Environment, Sport, Planning/Infrastructure, Education, Priority groups and Other).

ASAPa looks at policies that are currently in force but does not assess which actions in each policy have been implemented.

The audit will be used to identify physical activity policy opportunities and gaps (informed by the '7 Best Investments for Physical Activity' and GAPPA) and develop a framework for action. A complementary aim is developing a blueprint/draft specifications for a national hub to house knowledge and support cross-agency, cross-jurisdictional communication for physical activity. A cross-sectoral working group will assist in the development of these outputs in 2019.

Currently, ASAPa is staffed by a full-time project officer and a 50% officer.

With thanks to Tracy Leach, University of Sydney

#### **T8.4.5 Tobacco Control Laws (global)**

The [Tobacco Control Laws database](#), run by the Campaign for Tobacco Free Kids, includes legislation from 206 countries. The database is structured across three areas – smoke free, advertising, promotion and sponsorship, and packaging and labelling – which were dictated by the Framework Convention on Tobacco Control. A short summary of the legislation is provided as well as an overall summary of the overall tobacco-control regulations in each country. Implementation data is not sought, however. The legislation itself is provided in pdf format (rather than a URL to an external website, which tend to become out of date). In theory, if a policy is no longer in force then a note is added to this effect – but in practice there is often not the resource to reanalyse the information.

Countries have to report every two years on their FCTC progress, and these reports can be a useful source of information. Other sources include in-country contacts where Tobacco-Free Kids works, who can provide copies of laws or answer questions of interpretation (although there is not an official verification process). TFK also shares information regularly with the WHO Tobacco Free Initiative, which can reach out to government contacts.

There is a sizeable budget for translation, primarily for legislation from low- and middle-income countries and exclusively in the three specific areas of focus. There is a free word search and the database is searchable by categories under the three main policy areas – this is a significant amount of work and has been undertaken by consultants, although a new full-time in-house appointment has just been made to work on the database. Updates are done on a rolling, ad hoc basis.

With thanks to Kaitlin Donley, Campaign for Tobacco Free Kids

#### **T8.4.6 Interactive Obesity Atlas (global)**

World Obesity gathers information from around the world on obesity statistics, actions (under which policies and interventions are included), drivers and impacts into its [Interactive Obesity Atlas](#). This is presented as a map, searchable by country and 12 topic areas (marketing, community interventions, food policy etc.).

Scanning begins with a PubMed search (more useful for identifying interventions than policies), and then a range of sources including GINA, NOURISHING, HEPA, the CINDI Network, the Rudd Center obesity legislation database and ministries of health, as well as a general search for policies on obesity/nutrition/physical activity.

Each entry in the database is described in a couple of sentences and (for policies) the date of implementation, organisation, target group and keywords are included, plus a link to the external website on which the policy is housed. Policies are retained even when no longer in force – they are removed if the link is found to be broken, although this is not automated. *'It is important to ensure a balance between too*

*much information, which is time consuming to put together, and too little* – when it was being updated regularly, the database was approximately a three-day-a-week task, and including the obesity statistics is a full-time task.

There is currently no formal verification system – but many of the items included in the database have been sourced directly from countries as part of other World Obesity programmes (such as the STANMARK and POLMARK EU-funded initiatives), so the verification has, in effect, already taken place. Decisions on inclusion are made in-house.

The biggest challenge is that of language: Google Translate is a *'first port of call to see if items are of interest'*, and World Obesity then tries to use its in-country membership to verify potential non-English entries. But *'there must be so much more out there that we can't assess or can't get enough detail to be sure it should be included!'* Initially the database was also in French, but funding was not sustained and this has been discontinued.

With thanks to Rachel Jackson Leach, World Obesity

#### **T8.4.7 Childhood Obesity Prevention Scorecard (Caribbean)**

The [Childhood Obesity Prevention Scorecard](#) (COPS) is a traffic-light index of progress in 20 Caribbean countries on 15 indicators on national-level policy on childhood obesity. It can be used by civil society to understand gaps in local policy to inform advocacy, and by policymakers to compare different national practice in the region: *'Sharing documents means that we don't reinvent the wheel as various stakeholders can see and learn from what others are doing.'*

Indicators were developed that align with other credible regional and global reference points on childhood obesity prevention (e.g. ECHO). The indicators are as flexible as possible to allow for the countries to record progress – some are widely implemented regionally (e.g. a general school nutrition policy) and others are much less common (e.g. an SSB ban in schools). Policies are only recorded as implemented/present if the actual source documentation is available (i.e. policy or legislation) and can be linked to by the user.

An initial scan of policies and scores across all the indicators was shared with regional stakeholders including focal points in each country for verification, and the Scorecard was launched in September 2018. A part-time project assistant now undertakes a monthly sweep to ensure that the information is up to date, and any changes are also verified with the focal points. In future, the hope is to make this more systematic, with country contacts completing a regular questionnaire of any changes (perhaps on a quarterly basis). Funding for the IT behind COPS was provided by PAHO and the NCD Alliance funded the populating of the Scorecard and currently funds maintenance.

The biggest challenge is locating source documentation – some of which is not available online on ministry websites even post-implementation. It is also challenging to ascertain what is implemented – sometimes a policy is said to be implemented but in-country contacts confirm that implementation is limited. There is not the resource to measure the extent of implementation, so policies are noted in the Scorecard as 'implemented/present'. Currently the site can be searched by country but there is not a word/topic search.

In future, two different categories of source material will be included: the primary documentation plus supporting docs (e.g. a White Paper or a media link): *'Quite a bit of this information is in the media and it is important to capture it even in the absence of actual policy and legislative source documents.'* This could be particularly useful for advocacy – holding governments to account when they indicate that a policy is forthcoming in the press and yet there is no follow through with implementation.

With thanks to Maisha Hutton, Healthy Caribbean Coalition

### T8.4.8 CAB International (Centre for Agriculture and Bioscience International) databases (global)

The Centre for Agriculture and Bioscience International (CAB International) is ‘a not-for-profit inter-governmental development and information organisation focusing primarily on agricultural and environmental issues in the developing world’. The interview was to compare an environmental database with health databases.

CABI has agreements in place with journal publishers and receives an e-feed of contents of journals, which is then checked in-house. There is also an ad hoc process of searching for information – there is a worldwide list of organisations that are relevant to each subject area, including aid agencies and relevant government departments (there is, for example, a list of sources in [Global Health](#)), and we apply selection criteria to those publications etc. that ask to be included on the database (see ‘serials cited’) and sometimes information is found in unexpected places. There is no automated system in place to check known websites, and the list of sources is continually growing. Generally, information is only included if it is either peer-reviewed or is policy or grey literature from recognised sources.

*‘I’m still surprised at how much actual human work is still needed to source this – we are a long way off not needing people... I don’t know how you can find this without it being a human with the knowledge of the field who knows where to start.’*

There is a team of content editors, one for each subject area (e.g. plant sciences, economics etc.), and they spend about a day a week looking for material, which is added on a rolling basis. Google Translate is used to identify some materials, and there are linguists in-house who can help to work out when something is relevant, as well as freelancers for the less common languages (although many more publications now have English summaries than a few years ago).

Much of the information is copyrighted material and CABI often has access to the full text, which requires an agreement with the publisher and the CABI databases (CAB Abstracts and Global Health) are subscription-based. Unless a URL is broken (and the website is swept every month), or the site specifically states, there is not an automated system in place to check to see if policies or projects have ended.

With thanks to Janice Osborn, CABI

## T8.5 Legal mapping and policy surveillance

### T8.5.1 Introduction<sup>1</sup>

‘Not only does measuring of the law allow us to understand which jurisdictions have effective laws, but it also helps us to understand the elements of policies that work best, allowing us to craft better laws that produce better outcomes.’

Policy surveillance is ‘the ongoing, systematic collection, analysis and dissemination of information about laws and other policies of health importance’, following ‘transparent and reproducible methods’. Legal mapping is the process of collecting and coding important provisions of the law using a transparent and reproducible method. NOURISHING and MOVING are legal mapping activities.

Legal mapping requires:

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<sup>1</sup> Source for section T8.5.1: S. Burris, *A Technical Guide for Policy Surveillance* (2014), Temple University Legal Studies Research Paper Series 2014/34: [http://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=2469895](http://papers.ssrn.com/sol3/papers.cfm?abstract_id=2469895)

- clear scope (this is dealt with in section 4 of the Methods Document and section T2.1 of the Technical Annex);
- systematic collection (sections 5.1 and 5.2 of the Methods Document and sections T2 and T3 of the Technical Annex);
- documentation of the research (sections T3 and T6);
- updating (section 2.3.2 of the Methods Document and section T2.4 of the Technical Annex); and
- dissemination (dissemination will continue to be undertaken by WCRF International through its existing NOURISHING communication channels, but dissemination is also a key deliverable of Workpackage 9 – hence, it is not described further in this Methods Document).

Full policy surveillance would also include coding of the information, to measure how aspects of legislation and policies develop over time. This is not an aim of the scans described in this Methods Document.

### T8.5.2 Interview with Professor Scott Burris

*‘There is a global evaluation crisis that is really important for the causes that we care about in health – so if [CO-CREATE and WCRF International] can produce data that researchers can use and that satisfies funders, that is a serious benefit for the movement!’*

Professor Scott Burris is director of the Center for Law Research, Temple University Beasley School of Law, Philadelphia, United States, which houses both the [LawAtlas](#) programme (which includes a learning library of training modules on policy surveillance) and a policy surveillance tool, MoncQle. He has written extensively on policy surveillance and organised an international convening event in January 2018 to discuss policy surveillance and legal mapping, attended by WCRF International.<sup>2</sup> He is currently working with international organisations who hope to better organise their data.

- *‘Access to the legislation will be the biggest pitfall.’* Access will vary significantly: in some countries, a scan of the secondary sources will provide more information than the comprehensive scan of government websites, because not all administrative documents are posted online. Descriptions of the legislation – as provided in the NOURISHING/MOVING databases – are particularly valuable when the original documentation is unavailable.
- A research protocol should be developed (which this Methods Document and Technical Annex aim to provide) and a daily research log kept (section T3.2.1). Together, the protocol and the log can help to respond to any criticism of the process (e.g. from governments), as they will demonstrate that the data has been systematically and fairly drawn up.
- It is advisable to protocolise the practical issues that arise during the mapping/scan, so these can be addressed systematically. For example, if there are challenges in scanning a particular government’s website, these challenges (and any work-arounds) are logged and the knowledge used to ensure that the ongoing global scan is more efficient.
- A bill-tracking service [such as used by the Rudd Center, section T8.4.2 above] can be useful in the United States – these services pick up all the state-level legislation, and it is effectively outsourcing the legal research. However, the services are expensive, and a single tracking service is unlikely to cover the multiplicity of countries within the comprehensive European scan.

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<sup>2</sup> Several of the contacts made at that event were also interviewed for this Methods Document.

- In the medium term, improvements in machine-assisted learning and webscraping are likely to mean that *'anyone not using a machine will fall behind in terms of what they can do and how long it takes'*. WCRF International should be alert to opportunities to use this to its advantage.

In addition, he suggested that the information in the NOURISHING and MOVING databases be coded for further use.

## T8.6 List of policy databases

### T8.6.1 Global

[Campaign for Tobacco Free Kids Tobacco Control Laws global database](#) (section T8.4.5)

[ECOLEX](#)

[Global Database for City and Regional Food Policies](#) (Buffalo University)

[World Obesity Interactive Obesity Atlas](#) (section T8.4.6)

[WORLD Policy Analysis Center](#) (UCLA)

### T8.6.2 Europe

[EC Health Knowledge Gateway](#)

[EC Public Health Best Practices Portal](#)

[EC YouthWiki on health](#) (section T8.2.1)

[European Health Information Gateway](#): information on the 23 indicators in the EU Monitoring Framework (2008) (includes the [HEPA](#) dataset)

EU [Health Inequalities Policy Database](#)

### T8.6.3 Country/region-specific

Canada – [Complete Streets for Canada](#)

Canada – [enviroOSH Legislation plus Standards](#)

Canada – [INSPQ Public Policy and Health Portal](#)

Canada – [Non-Smokers' Rights Association/Smoking and Health Action Foundation Smoke-Free Laws Database](#)

Canada – [Prevention Policies Directory](#) (Canadian Partnership against Cancer) (section T8.4.1)

Caribbean – [Healthy Caribbean Coalition Childhood Obesity Prevention scorecard](#) (2018) (section T8.4.7)

United States – [Alcohol Policy Information System](#)

United States – [CDC Nutrition, Physical Activity, and Obesity – Legislation](#)

United States – [ENACT Local Policy Database](#)

United States – [Growing Food Connections Local Government Policy Database](#)

United States – [Healthy Food Access Portal](#)

United States – [Healthy Food Policy Database](#) (section T8.4.3)

United States – [NASBE State School Healthy Policy Database](#)

United States – [Policy Surveillance Programme](#) (Temple University)

United States – [Rudd Center for Food Policy & Obesity – Legislation Database](#) (section T8.4.2)

United States – [Tobacco Policy Project/State Legislated Actions on Tobacco Issues](#) (SLATI) (American Lung Association)

#### T8.6.4 UN agencies

WHO Europe

[WHO Europe Database on Nutrition, Obesity and Physical Activity](#) (NOPA)

[European Inventory of National Policies for the Prevention of Violence and Injuries](#)

WHO global

[e-Library of Evidence for Nutrition Actions](#) (eLENA)

[Global database on the Implementation of Nutrition Action](#) (GINA) (section T8.3.1)

[Knowledge Action Platform](#) (KAP) (section T8.3.2)

[NCD Document Repository](#) (section T8.3.3)

[Nutrition Landscape Information System](#) (NLIS)

Food and Agriculture Organization

[Food-based dietary guidelines](#)

[FAOLEX](#)

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