



## What is the NOURISHING database?

The NOURISHING database is a repository of global data on nutrition and diet-related policy actions, containing information on what governments around the world have implemented to encourage people to eat healthily. The database collects policy actions from around the world which are **implemented on a national level, and are currently in effect**.

The NOURISHING database is structured around the **NOURISHING policy framework**. The framework organises the database into different policy domains, policy areas and sub-policy areas. Each letter in the word **NOURISHING** represents one of ten areas where governments need to take action.

The database includes information on food labelling, sugar-sweetened beverage taxation, marketing restrictions of products high in sugar, salt and/or fat, and much more from around the world.

The database was launched in 2015 by World Cancer Research Fund International. It was redesigned and expanded under the **CO-CREATE project**, for a relaunch in June 2020 and now sits alongside the new **MOVING** physical activity policy database.



### Methodology for database collection

We have a two-stage process for populating and updating the NOURISHING policy database as outlined in detail in our **Methods Document**.

- 1 We source and review policy actions that are intended to promote healthy diets and reduce obesity, through a structured and ongoing policy scan known as the Global Scan, as well as a systematic, one-time Comprehensive European Scan of 27 countries in Europe.
- 2 We verify the details of the policy actions with in-country or regional experts to ensure the policy action is currently in effect and meets the criteria of a policy action (which are detailed in the Methods Document).