NOURISHING policy index

This country snapshot presents detailed results of the **NOURISHING policy index** [1] for Belgium. It highlights strengths and weaknesses in the design of national government nutrition policies. This snapshot supplements the policy index results with an in-depth look at the quality of policy design in each country. Full policy index results are outlined in the NOURISHING policy brief, which compares Belgium to 29 other European countries.

Main messages

- 1 Belgium implements policy actions at national government level in nine out of the ten policy areas of the NOURISHING framework. Two policy areas received a good assessment: increasing public awareness of healthy eating through communication campaigns and social marketing based on food-based dietary guidelines (I2) and setting limits or removal of specific nutrients in food products (I1), followed by a moderate assessment for nutrition label standards and regulations (N1) and setting rules and incentives for creating a healthy retail and food service environment (S).
- 2 The national government has taken some action using supply chain incentives to ensure coherence of food systems with health. However, key gaps in this policy areas include lack of nutrition standards for food procurement (H). Action on food standards in schools (O), nutrition counselling in healthcare settings (N2), and nutrition education and skills (G) may be the remit of regional governments in Belgium, which are not addressed in this snapshot.
- **3** Greater action should be taken in using financial incentives which increase the availability and affordability of healthy food (U), to accompany an existing sugar tax (U). Further, more needs to done to strengthen regulations around food marketing and advertising to young people, with marketing through sponsorship, point of sales measures and in/around schools being among the gaps (R).

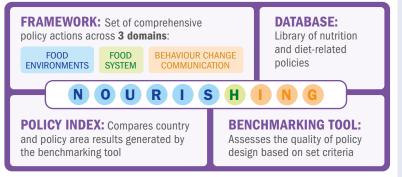
Overview of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
Nutrition label standards and regulations on the use of claims and implied claims on food						MODERATE	
Offer healthy food and set standards in public institutions and other specific settings						AIR	
U Use economic tools to addr	Use economic tools to address food affordability and purchase incentives						
R Restrict food advertising ar	Restrict food advertising and other forms of commercial promotion						
Improve nutritional quality	Improve nutritional quality of the whole food supply						
S Set incentives and rules to	Set incentives and rules to create a healthy retail and food service environment						
Harness supply chain and a	Harness supply chain and actions across sectors to ensure coherence with health						
Inform people about food a	Inform people about food and nutrition through public awareness						
Nutrition advice and counse	Nutrition advice and counselling in healthcare settings						
G Give nutrition education an	Give nutrition education and skills						

This snapshot is based on national level policies only. Policies issued by provincial, regional or local governments are outside the scope of this project.

Methods

The NOURISHING policy index methods are fully explained in the associated **policy brief**. In short, the policy index combines values for a) policy presence, and b) policy design for 41 benchmarks.

The benchmarks are applied to policies in the **NOURISHING database** [2], collected through a comprehensive scan in 30 European countries, including Belgium.



Policy tools used to produce the policy index results

Nutrition policy status in Belgium

reak	down of policy index results	(For full	details c	on the policy design criteria, consult the policy k	brief)			
×	No policy identified		Meets up to 75% of policy design					
Meets up to 25% of policy design		Meets up to 99% of policy design						
	Meets up to 50% of policy design			Meets all aspirational standards				
	Nutrients on back of pack			Planning restrictions regarding food service outlets around schools				
	Front of pack labels			Planning restrictions on food service	V			
	Warning labels	X	S	outlets				
	Rules on nutrient claims			Initiatives to increase the availability of healthier food in stores and food service outlets				
	Rules on health claims Food and drink available in schools, including restrictions on unhealthy foods		H	Measures to support food producers to increase healthy food and decrease unhealthy food in the supply chain	×			
0	Measures relating to sugar-sweetened beverage provision in schools	×		Measures to support food manufacturers to increase healthy food and decrease unhealthy food in the supply chain	×			
	Fruit and vegetables initiatives in schools Food and drink available in immediate vicinity of schools	×		Measures to support food retailers to increase healthy food and decrease	×			
	Unhealthy food in out-of-education locations	×		Governance structures for multi- sectoral/stakeholder engagement				
	Health-related food taxes or tariffs			Nutrition standards for public	×			
to	Income related subsidies or initiatives to increase affordability and accessibility of healthy food	×		procurement Supporting urban agriculture in health and planning policies	×			
	Targeted subsidies or initiatives to increase affordability and accessibility	×		Community food production	X			
	of healthy food Marketing to young people through			Development and communication of food-based dietary guidelines				
	advertising Direct marketing to young people			Public awareness, mass media and informational campaigns and social marketing on healthy eating				
R	Marketing through sponsorship to young people	×		Nutrition advice and counselling in primary care	×			
	arketing to young people through point sale measures		N	Nutrition advice and counselling in school healthcare setting	×			
	Marketing to young people through product placement and brandingXMarketing to young people through product design and packagingXMarketing in /or around schoolsX			Nutrition education in curricula				
			G	Training for educators				
				Training for health professionals				
	Marketing in/or around schools			Cooking skills	××××			
	Limit or removal of specific nutrients in food products			Training in schools in growing food	X			
	in rood products			Training for caterers				

Note: The policy landscape in any country evolves over time. These findings reflect our knowledge as of May 2023. To see latest results and for further technical information on the policy indexes, please consult our website: wcrf.org/our-policy-work. For feedback or suggested updates, please email policy@wcrf.org. More info in the CO-CREATE project can be found at co-create.eu

[1] Policy index: wcrf.org/nutrition-policy-index [2] Policy database: policydatabase.wcrf.org





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