This country snapshot presents detailed results of the **NOURISHING policy index** [1] for Bulgaria. 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 Bulgaria to 29 other European countries.

## Main messages

- 1 Bulgaria implements policy actions in six of the ten policy areas of the NOURISHING framework. The only policy area which received a good assessment refers to limits or removal of specific nutrients in food products (I1).
- 2 Gaps in regulations on food availability within the school vicinity, and on sugar-sweetened beverages in schools had an impact on otherwise well-designed standards on school food and food in out-of-education locations (O). Nutrition label standards and regulations (N1) only included existing EU level regulations, which need strengthening. Much more needs to be done in food marketing and advertising to young people, particularly in/around schools and at targeting different types of marketing (R).
- 3 No action was taken in just under half of the policy areas, and these should be prioritised. The national government should implement policies on nutrition advice and counselling in healthcare settings (N2) and nutrition education on curricula (G). Increased attention should be given to policies that target food environments and systems, specifically: using financial incentive which increase the availability and affordability of healthy food (U), creating a healthy retail and food service environment (S) along with food systems policies, such as on food procurement (H).

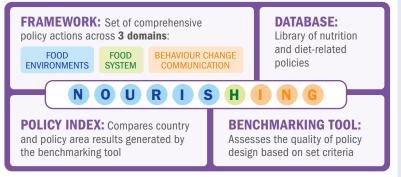
Overview of policy status		NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
N	Nutrition label standards and regulations on the use of claims and implied claims on food						FAIR	
0	Offer healthy food and set standards in public institutions and other specific settings						MODERATE	
U	Use economic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

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 Bulgaria.



Policy tools used to produce the policy index results

Nutrition policy status in Bulgaria

reak	down of policy index results	(For full	l details c	on the policy design criteria, consult the <b>policy b</b>	orief)		
<ul><li>No policy identified</li><li>Meets up to 25% of policy design</li></ul>		Meets up to 75% of policy design Meets up to 99% of policy design					
	Nutrients on back of pack			Planning restrictions regarding food	X		
N	Front of pack labels			service outlets around schools Planning restrictions on food service			
	Warning labels	X		outlets	X		
	Rules on nutrient claims			Initiatives to increase the availability of healthier food in stores and food service outlets	X		
	Rules on health claimsFood and drink available in schools, including restrictions on unhealthy foods			Measures to support food producers to increase healthy food and decrease unhealthy food in the supply chain	×		
	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	×	H	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	×		
U	Health-related food taxes or tariffs	X		Nutrition standards for public	×		
	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			Development and communication of food-based dietary guidelines			
R	Marketing to young people through advertising Direct marketing to young people			Public awareness, mass media and informational campaigns and social marketing on healthy eating	×		
	Marketing through sponsorship to young people	X		Nutrition advice and counselling in primary care	×		
	Marketing to young people through point of sale measures			Nutrition advice and counselling in school healthcare setting			
	Marketing to young people through product placement and branding			Nutrition education in curricula	×		
	Marketing to young people through	×		Training for educators	××××××		
	product design and packaging		C	Training for health professionals	×		
	Marketing in/or around schools	×		Cooking skills	×		
	Limit or removal of specific nutrients			Training in schools in growing food			
	in food 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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