Nutrition policy status in England

NOURISHING policy index



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

Main messages

- 1 England takes a comprehensive approach to national nutrition and diet-related policy actions by implementing policies across the ten policy areas of the NOURISHING framework. Two policy areas received a good assessment: limits or removal of specific nutrients in food products (I1), and increasing public awareness of healthy eating through communication campaigns and social marketing based on food-based dietary guidelines (I2).
- 2 Within policy areas, weaknesses and gaps were identified in advertising and marketing unhealthy foods to young people, including in or around schools and through point-of-sale measures, product packaging or sponsorship (R). Further, lack of measures targeting the food and drinks available in the immediate vicinity of schools and to limit sugar-sweetened beverage provision in schools impacted otherwise well-designed food standards on food available in schools (O). More can be done to strengthen existing rules and incentives to improve the retail environments (S), as well as to improve nutrition education in schools for teachers and health professionals (G).
- **3** Greater attention should be given to improving food system coherence with health by strengthening public food procurement policies (H) as a poor assessment was achieved. Improvements should be made in advertising to young people (R), nutrition advice and counselling in healthcare settings (N2) and nutrition education and skills (G) beyond a fair assessment.

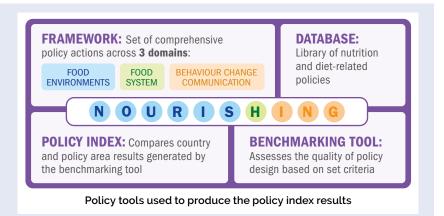
Overview of policy status NO POLICIES IDENTIFIED POOR FAIR MODERATE	GOOD EXCELLENT	
Nutrition label standards and regulations on the use of claims and implied claims on food	MODERATE	
Offer healthy food and set standards in public institutions and other specific settings	MODERATE	
Use economic tools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

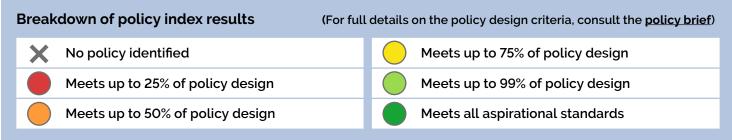
This snapshot is based on national level policies only, which include UK-wide and England-only policies issued by the UK government. Policies issued by provincial, regional or local governments are outside the scope of this project. Page 2 highlights which policy areas assess UK-wide or home nation policies.

Methods

TThe 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 England.





N	Nutrients on back of pack*	
	Front of pack labels*	
	Warning labels	×
	Rules on nutrient claims	
	Rules on health claims*	
	Food and drink available in schools, including restrictions on unhealthy foods	
0	Measures relating to sugar-sweetened beverage provision in schools	×
	Fruit and vegetables initiatives in schools	
	Food and drink available in immediate vicinity of schools	×
	Unhealthy food in out-of-education locations	
	Health-related food taxes or tariffs	
U	Income related subsidies or initiatives to increase affordability and accessibility of healthy food	×
	Targeted subsidies or initiatives to increase affordability and accessibility of healthy food	
	Marketing to young people through advertising*	
R	Direct marketing to young people*	
	Marketing through sponsorship to young people	×
	Marketing to young people through point of sale measures	×
	Marketing to young people through product placement and branding	
	Marketing to young people through product design and packaging*	X
	Marketing in/or around schools	×
	Limit or removal of specific nutrients in food products*	

S	Planning restrictions regarding food service outlets around schools	
	Planning restrictions on food service outlets	
	Initiatives to increase the availability of healthier food in stores and food service outlets	
H	Measures to support food producers to increase healthy food and decrease unhealthy food in the supply chain	×
	Measures to support food manufacturers to increase healthy food and decrease unhealthy food in the supply chain	×
	Measures to support food retailers to increase healthy food and decrease unhealthy food in the supply chain	×
	Governance structures for multi- sectoral/stakeholder engagement*	
	Nutrition standards for public procurement	
	Supporting urban agriculture in health and planning policies	×
	Community food production	X
	Development and communication of food-based dietary guidelines*	
	Public awareness, mass media and informational campaigns and social marketing on healthy eating*	
N	Nutrition advice and counselling in primary care	
	Nutrition advice and counselling in school healthcare setting	×
G	Nutrition education in curricula	
	Training for educators	
	Training for health professionals	X
	Cooking skills	
	Training in schools in growing food	×
	Training for caterers	X

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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