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

## Main messages

- 1 Latvia implements policy actions in all ten policy areas of the NOURISHING framework. Two policy areas received the highest assessment of good, which was in food standards in schools and other out-of-education locations (O) and increasing public awareness of healthy eating (I2).
- 2 Weaknesses and gaps were identified on financial incentives which increases the availability and affordability of healthy food to accompany the existing health-related tax (U), and limits or removal of specific nutrients in food products (I1) and public food procurement (H).
- **3** Greater attention should be given to all policy areas to improve their assessment but particular attention is needed for all areas of nutrition label standards and regulations (N1), food marketing and advertising to young people (R), creating a healthier retail and food service environment (S), providing nutrition advice in school healthcare settings (N2) and nutrition education and skills (G).

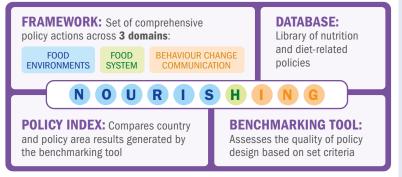
Overview of policy status NO POLICIES IDENTIFIED POOR FAIR MODE	GOOD EXCELLENT
Nutrition label standards and regulations on the use of claims and implied claims or	on food FAIR
Offer healthy food and set standards in public institutions and other specific settings	gs GOOD
Use economic tools to address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

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 Latvia.



Policy tools used to produce the policy index results

Nutrition policy status in Latvia

reak	down of policy index results	(For full	details c	on the policy design criteria, consult the policy b	orief)
×	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	
Ν	Warning labels	X	S		
	Rules on nutrient claims			Initiatives to increase the availability of healthier food in stores and food	×
	Rules on health claims			service outlets Measures to support food producers	
O Fr Fr in U Lc H Ir tc	Food and drink available in schools, including restrictions on unhealthy foods			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	×		Measures to support food retailers to increase healthy food and decrease	>
	Unhealthy food in out-of-education locations			unhealthy food in the supply chain Governance structures for multi- sectoral/stakeholder engagement	
	Health-related food taxes or tariffs			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			Community food production	>
	increase affordability and accessibility of healthy food			Development and communication of food-based dietary guidelines	
	Marketing to young people through advertising	×		Public awareness, mass media and informational campaigns and social	(
	Direct marketing to young people			marketing on healthy eating	
	Marketing through sponsorship to young people			Nutrition advice and counselling in primary care	
R	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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