

Nutrition policy status in Latvia

NOURISHING policy index



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 MODERATE GOOD EXCELLENT

N	Nutrition label standards and regulations on the use of claims and implied claims on food	FAIR
O	Offer healthy food and set standards in public institutions and other specific settings	GOOD
U	Use economic tools to address food affordability and purchase incentives	MODERATE
R	Restrict food advertising and other forms of commercial promotion	FAIR
I	Improve nutritional quality of the whole food supply	MODERATE
S	Set incentives and rules to create a healthy retail and food service environment	FAIR
H	Harness supply chain and actions across sectors to ensure coherence with health	MODERATE
I	Inform people about food and nutrition through public awareness	GOOD
N	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.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

FOOD ENVIRONMENTS

FOOD SYSTEM

BEHAVIOUR CHANGE COMMUNICATION

DATABASE:

Library of nutrition and diet-related policies

N O U R I S H I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool







BENCHMARKING TOOL:










































Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy 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

N	Nutrients on back of pack		S	Planning restrictions regarding food service outlets around schools		
	Front of pack labels			Planning restrictions on food service outlets		
	Warning labels			Initiatives to increase the availability of healthier food in stores and food service outlets		
	Rules on nutrient claims			H	Measures to support food producers to increase healthy food and decrease unhealthy food in the supply chain	
	Rules on health claims				Measures to support food manufacturers to increase healthy food and decrease unhealthy food in the supply chain	
O	Food and drink available in schools, including restrictions on unhealthy foods		Measures to support food retailers to increase healthy food and decrease unhealthy food in the supply chain			
	Measures relating to sugar-sweetened beverage provision in schools		Governance structures for multi-sectoral/stakeholder engagement			
	Fruit and vegetables initiatives in schools		Nutrition standards for public procurement			
	Food and drink available in immediate vicinity of schools		Supporting urban agriculture in health and planning policies			
	Unhealthy food in out-of-education locations		Community food production			
U	Health-related food taxes or tariffs		I	Development and communication of food-based dietary guidelines		
	Income related subsidies or initiatives to increase affordability and accessibility of healthy food			Public awareness, mass media and informational campaigns and social marketing on healthy eating		
	Targeted subsidies or initiatives to increase affordability and accessibility of healthy food		N	Nutrition advice and counselling in primary care		
R	Marketing to young people through advertising			Nutrition advice and counselling in school healthcare setting		
	Direct marketing to young people		G	Nutrition education in curricula		
	Marketing through sponsorship to young people			Training for educators		
	Marketing to young people through point of sale measures			Training for health professionals		
	Marketing to young people through product placement and branding			Cooking skills		
	Marketing to young people through product design and packaging			Training in schools in growing food		
	Marketing in/or around schools		Training for caterers			
	I	Limit or removal of specific nutrients in food products				

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