

NOURISHING aspirational standards with scoring options

Policy area	Benchmark	Aspirational standards (bold) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0
N Nutrition label standards and regulations on the use of claims and implied claims on food	Nutrient lists on back of packet	Standards in line with CODEX guidelines: Yes – 50, No – 0
		Standards include nutrients beyond Codex: Standards include all of following: added sugar, fibre, trans fat – 50 Standards in include two of the following: added sugar, fibre, trans fat – 33.34, Standards include added sugar OR fibre OR trans-fat – 16.67, No – 0
		Interpretative or non-interpretative standards: Interpretative – 50, Non-interpretative – 0
		Reference used: Yes – 50 Uses only per serving OR per 100gm – 0
	Front of pack labels	Mandatory – 50, Voluntary – 25, No – 0
		Interpretative, mandatory standards: Interpretative – 50, Non-interpretative – 0
		Positive or negative labels: Yes, negative – 50, Only positive – 25, No – 0
		Number of factors (energy and nutrients) front of pack label standards include: Five– 50, Four– 40, Three– 30, Two– 20, One– 10, None– 0
	Calorie, nutrient labelling or warning labels on menus and displays in out of home restaurants	Level of government support: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Mandatory – 50, Voluntary – 25, No – 0
		Type of information included in standards: Energy information AND nutrient information – 50, Energy information only displayed – 25, No – 0
		Information on legibility and visibility included and interpretive labels– 50, Information on legibility and visibility included – 25, No – 0
	Restaurants targeted: All out of home venues – 50, Out of home venues with over 20 locations– 25, No – 0	

Policy area	Benchmark	Aspirational standards (bold) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0
N Nutrition label standards and regulations on the use of claims and implied claims on food	Rules on nutrient claims	Level of government support: Through standards – 50, Through guidelines – 25, None of the above – 0
		Mandatory – 50, Voluntary – 25, No – 0
		Claims displayed using nutrient profile model: Yes – 50, No – 0
		Businesses required to substantiate claim using formal process based on evidence: Yes – 50, No – 0
	Rules on health claims (ie, nutrient function and disease risk reduction claims)	Level of government support: Through standards – 50, Through guidelines – 25, None of the above – 0
		Mandatory – 50, Voluntary – 25, No – 0
		Health claims developed using a nutrient profile model: Yes – 50, No – 0
		Businesses required to substantiate claim using formal process based on evidence: Yes – 50, No – 0
O Offer healthy food and set standards in public institutions and other specific settings	Food and drink available in schools, including restrictions on unhealthy foods	Mandatory – 50, Voluntary – 25, No – 0
		Level of government support: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Type of schools covered by measures: Primary AND secondary school – 50, Primary OR secondary school only – 25, No – 0
		Type of premise in schools covered by measures: Measure covers all food served/available beyond school hours and school events not held on school premises – 50, Measure covers all food served/available on school premises – 33.34, Measure covers canteens/tuck shops only OR vending machines only – 16.67

Policy area	Benchmark	Aspirational standards (bold) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0
0 Offer healthy food and set standards in public institutions and other specific settings	Measures relating to sugar sweetened beverage provision in schools	Regulatory measures banning SSBs: Mandatory – 50, Voluntary – 25, No – 0
		Level of government support: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Type of schools covered by measures: Primary AND secondary school – 50, Primary OR secondary school only – 25, No – 0
		Type of premise in schools covered by measures: Measure covers all food served/available beyond school hours and school events not held on school premises – 50, Measure covers all food served/available on school premises – 33.34, Measure covers canteens/tuck shops only OR vending machines only – 16.67, No – 0
		Use of nutrient standards in design of measures: Yes – 50, No – 0
	Fruit and vegetable initiatives in schools	Level of government support: Mandatory – 50, Voluntary – 25, No – 0
		Type of payment mechanism: Free (through government allocated budgets) – 50, Subsidised – 33.34, Partially subsidised – 16.67, User pays – 0
		Type of schools covered by measures: Primary AND secondary school – 50, Primary OR secondary school only – 25, No – 0
	Food and drink available in immediate vicinity of schools	Level of government support: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Mandatory – 50, Voluntary – 25, No – 0
		Type of schools covered by measures: Primary AND secondary school – 50, Primary OR secondary school only – 25, No – 0
		Proximity to school under the measure: Larger than 100m immediate vicinity – 50, Equal to 100m vicinity – 33.34, Less than 100m immediate vicinity – 16.67, No – 0
		Measures relates to both food and drink – 50, Measure relates to food OR drink only – 25, No – 0

Policy area	Benchmark	Aspirational standards (bold) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0
O Offer healthy food and set standards in public institutions and other specific settings	Unhealthy food in out-of-education locations	<p>Mandatory – 50, Voluntary – 25, No – 0</p> <p>Level of government support: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0</p> <p>Type of setting covered by measures: Any public sector setting – 50, Setting targeting under 19-year-olds – 25, No – 0</p> <p>Number of settings covered by measures: Three – 50, Two – 33.34, One – 16.67, No – 0</p>
U Use economic tools to address food affordability and purchase incentives	Health-related food taxes or tariffs using excise taxes	<p>Introduction of government sanctioned food taxes/tariffs: Yes – 50, No – 0</p> <p>Type of tax: Specific exercise tax – 50, Ad valorem tax – 33.34, Sales tax aimed at consumers – 16.67, None of the above – 0</p> <p>Nutrient profile model used to define which products are subject of tax/levy: Yes – 50, No – 0</p> <p>No unjustified exemptions (not based on nutrient profile model): No – 50, Yes – 0</p> <p>Characteristics of taxes/tariffs: Tax ≥20% on producers – 50, Tax <20% on producers- 25, No – 0</p>
	Income related subsidies or initiatives to increase affordability and accessibility of healthy food	<p>Mandatory – 50, Voluntary – 25, No – 0</p> <p>Introduction of income related subsidies: More than one subsidy/initiative based on nutrition standards – 50, One subsidy/initiative based on nutrition standards – 25, None or not based on nutrition standards – 0</p> <p>Method of distribution of subsidies: Free healthy food for certain income groups – 50, Subsidised healthy food for certain income groups – 25, No – 0</p> <p>Population receiving subsidies: Universal – 50, Adolescent targeted AND targeted at vulnerable populations – 33.34, Adolescent targeted OR targeted at vulnerable populations – 16.67, No – 0</p>

Policy area	Benchmark	Aspirational standards (bold) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0
U Use economic tools to address food affordability and purchase incentives	Targeted subsidies or initiatives to increase affordability and accessibility of healthy food	Mandatory – 50, Voluntary – 25, No – 0
		Introduction of targeting subsidies: More than one subsidy/initiative based on nutrition standards – 50, One subsidy/initiative based on nutrition standards – 25, None or not based on nutrition standards – 0
		Method of distribution of targeted subsidies: Free healthy food for certain income groups – 50, Subsidised healthy food for certain income groups – 25, No – 0
		Population receiving targeted subsidies: Universal – 50, Adolescent targeted AND targeted at vulnerable populations – 33.34, Adolescent targeted OR targeted at vulnerable populations – 16.67, No – 0
R Restrict food advertising and other forms of commercial promotion	Marketing to young people through advertising	Level of government regulation: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Products in scope of policy measure is based on independent nutrient profile model: Yes – 50, No – 0
		Age limits: Yes, 19 and under – 50, Yes, 18 and under – 40, Yes, 16 and under – 30, Yes, 14 and under – 20, Yes, 12 and under – 10, No – 0
	Direct marketing to young people	Power of exposure to advertising defined: Yes, measure applies to broader range of marketing "to which adolescents are exposed" – 50, Yes, measure applies to marketing "aimed at" adolescents – 25, No – 0
		Level of government regulation: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Age limits: Yes, 19 and under – 50, Yes, 18 and under – 40, Yes, 16 and under – 30, Yes, 14 and under – 20, Yes, 12 and under – 10, No – 0
Power of exposure to direct marketing defined: Yes, measure applies to broader range of marketing "to which adolescents are exposed" – 50, Yes, measure applies to marketing "aimed at" adolescents – 25, No – 0		

Policy area	Benchmark	Aspirational standards (bold) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0
R Restrict food advertising and other forms of commercial promotion	Marketing through sponsorship to young people	Level of government regulation: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Measure covers three or more of following: – TV and radio programmes Yes – 50, No – 0
		– Digital media Yes – 50, No – 0
		– Events including communities and schools Yes – 50, No – 0
		– Educational material and equipment Yes – 50, No – 0
		– Programmes/campaigns i.e., school breakfasts Yes – 50, No – 0
		– Sporting activities Yes – 50, No – 0
		Age limits for sponsorship restrictions: Yes, 19 and under – 50, Yes, 18 and under – 40, Yes, 16 and under – 30, Yes, 14 and under – 20, Yes, 12 and under – 10, No – 0
		Power of exposure to sponsorship defined: Yes, measure applies to broader range of marketing “to which adolescents are exposed” – 50, Yes, measure applies to marketing “aimed at” adolescents – 25, No – 0
		Marketing to young people through point-of-sale measures
Age limits for sponsorship restrictions: Yes, 19 and under – 50, Yes, 18 and under – 40, Yes, 16 and under – 30, Yes, 14 and under – 20, Yes, 12 and under – 10, No – 0		
Power of exposure to point of sale marketing defined: Yes, measure applies to broader range of marketing “to which adolescents are exposed” – 50, Yes, measure applies to marketing “aimed at” adolescents – 25, No – 0		

Policy area	Benchmark	Aspirational standards (bold) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0
R Restrict food advertising and other forms of commercial promotion	Marketing to young people through product placement and branding	Level of government regulation: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Age limits for product placement restrictions: Yes, 19 and under – 50, Yes, 18 and under – 40, Yes, 16 and under – 30, Yes, 14 and under – 20, Yes, 12 and under – 10, No – 0
		Power of exposure to product placement and branding defined: Yes, measure applies to broader range of marketing “to which adolescents are exposed” – 50, Yes, measure applies to marketing “aimed at” adolescents – 25, No – 0
	Marketing to young people through product design and packaging	Level of government regulation: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Age limits for marketing through product design: Yes, 19 and under – 50, Yes, 18 and under – 40, Yes, 16 and under – 30, Yes, 14 and under – 20, Yes, 12 and under – 10, No – 0
		Exposure to product design and packaging defined: Yes, measure applies to broader range of marketing “to which adolescents are exposed” – 50, Yes, measure applies to marketing “aimed at” adolescents – 25, No – 0
	Marketing in/or around schools	Level of government regulation: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Power of exposure to marketing in/around schools defined: Yes, measure applies to broader range of marketing “to which adolescents are exposed” – 50, Yes, measure applies to marketing “aimed at” adolescents – 25, No – 0
		Age of students' exposure: Primary AND secondary school – 50, Primary OR secondary school only – 25, No – 0

Policy area	Benchmark	Aspirational standards (bold) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0
I Improve nutritional quality of the whole food supply	Limits or removal of specific nutrients in food products	Regulatory measure based on nutrition standards: Yes – 50, No – 0
		Introduction of limits or reduction targets by government: Mandatory – 50, Voluntary – 25, No – 0
		Introduction of limits or reduction targets by government: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Number of specific nutrients covered by government limits: Measure covers more than four nutrients – 50, Measure covers more than three nutrients – 40, Measure covers more than two nutrients – 30,
		Number of food categories covered by government limits: Measure applies across equal or more than four food categories – 50, Measure applies across more than three food categories – 37.5, Measure applies across more than two food categories – 25, Measure applies across more than one food category – 12.5, No – 0
		Limits or targets are linked to intake targets: Yes – 50, No – 0
S Set incentives and rules to create a healthy retail and food service environment	Planning restrictions regarding food service outlets around schools	Level of government support: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Mandatory – 50, Voluntary – 25, No – 0
		Definition of 'immediate vicinity of schools': Immediate vicinity is equal or more than 400m – 50, Immediate vicinity is less than 400m – 25, No – 0
		Government support of planning restrictions AND increasing healthy retail: Planning restrictions reducing unhealthy food AND increases healthy retail and food environments – 50, Planning restrictions reducing unhealthy food OR increases healthy retail and food environments – 25, No – 0

Policy area	Benchmark	Aspirational standards (bold) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0
S Set incentives and rules to create a healthy retail and food service environment	Planning restrictions on food service outlets	Government support of planning restrictions AND increasing healthy retail: Planning restrictions reducing unhealthy food AND increases healthy retail and food environments – 50, Planning restrictions reducing unhealthy food OR increases healthy retail and food environments – 25, No – 0
		Level of government support: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Type of restrictions in place: Mandatory – 50, Voluntary – 25, No – 0
		Explicit inclusion of specific groups in government support: The instrument explicitly includes initiatives that focus on adolescents – 50, The instrument explicitly includes initiatives that include vulnerable/marginalised people – 25, No – 0
	Initiatives to increase the availability of healthier food in stores and food service outlets	Level of government support: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Type of restrictions in place: Mandatory – 50, Voluntary – 25, No – 0
Explicit inclusion of specific groups in government support: The instrument explicitly includes initiatives that focus on adolescents – 50, The instrument explicitly includes initiatives that include vulnerable/marginalised people – 25, No – 0		
H Harness supply chain and actions across sectors to ensure coherence with health	Measures to support food producers to increase healthy food and decrease unhealthy food in the supply chain	Level of government support: Mandatory – 50, Voluntary – 25, No – 0
		Level of government support: Through standards – 50, Through guidelines – 25, None of the above – 0
		Based on nutrition standards: Yes – 50, No – 0
	Measures to support food manufacturers to increase healthy food and decrease unhealthy food in the supply chain	Mandatory standards based on nutrition standards: Mandatory – 50, Voluntary – 25, No – 0
		Level of government support: Through standards – 50, Through guidelines – 25, None of the above – 0
		Based on nutrition standards: Yes – 50, No – 0

Policy area	Benchmark	Aspirational standards (bold) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0	
H Harness supply chain and actions across sectors to ensure coherence with health	Measures to support food retailers to increase healthy food and decrease unhealthy food in the supply chain	Mandatory standards based on nutrition standards: Mandatory – 50, Voluntary – 25, No – 0	
		Based on nutrition standards: Through standards – 50, Through guidelines – 25, None of the above – 0	
	Governance structures for multi- sectoral/ stakeholder engagement		Number of national government ministries included in multi-stakeholder group: Includes five or more national government ministries – 50, Includes up to four national government ministries – 37.5, Includes up to three national government ministries – 25, Includes up to two national government ministries – 12.5, None – 0
			Inclusion of food and beverage industry in multistakeholder group: Food and beverage industry is not a member of the group (but can be consulted at implementation stage) – 50, Food and beverage industry is a member of the group – 0
			Inclusion of local government in multi-stakeholder group: Includes both regional AND local government – 50, Includes regional OR local government – 25, No – 0
			Does include civil society organisations: Yes – 50, No – 0
	Nutrition standards for public procurement		Mandatory – 50, Voluntary – 25, No – 0
			Level of government support: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
			Based on nutrition standards: Yes – 50, No – 0
			Inclusion of special populations: Public sector setting targeting adolescents – 50, Any public sector setting – 25, No – 0
			Number of public sector settings with nutrition standards: Four or more types of public settings – 50, Three types of public settings – 37.5, Two types of public settings – 25, One type of public setting – 12.5, No – 0

Policy area	Benchmark	Aspirational standards (bold) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0
<p>H Harness supply chain and actions across sectors to ensure coherence with health</p>	<p>Supporting urban agriculture in health and planning policies</p>	<p>Level of government support: Mandatory – 50, Voluntary – 25, No – 0</p>
		<p>Mandatory standards based on nutrition standards: Through standards – 50, Through guidelines – 25, None of the above – 0</p>
		<p>Support for urban agriculture in health and planning policy developments with a focus on low-income populations: Yes – 50, No – 0</p>
		<p>Support urban agriculture in health and planning policy developments with a focus on the empowerment of women in the food system: Yes – 50, No – 0</p>
		<p>A focus on adolescents: Yes – 50, No – 0</p>
	<p>Community food production</p>	<p>Mandatory – 50, Voluntary – 25, No – 0</p>
		<p>Through standards – 50, Through guidelines – 25, None of the above – 0</p>
		<p>Mandatory standards based on nutrition standards: Yes – 50, No – 0</p>
		<p>Support community food production of healthy food with a focus on low-income populations: Yes – 50, No – 0</p>
		<p>Support community food production of healthy food with a focus on the empowerment of women in the food system: Yes – 50, No – 0</p>
		<p>A focus on adolescents: Yes – 50, No – 0</p>
	<p>I Inform people about food and nutrition through public awareness</p>	<p>Development and communication of food-based dietary guidelines</p>
<p>Use of explicit and visual guides: Explicit and clear visual guidelines of foods to eat and foods to avoid – 50, No explicit and clear visual – 0</p>		

Policy area	Benchmark	Aspirational standards (bold) and scoring options* * Each indicator also includes a presence / absence item scored Yes – 50, No – 0
I Inform people about food and nutrition through public awareness	Public awareness, mass media and informational campaigns and social marketing on healthy eating	Use of mass communication for dissemination of guidelines: Mass communication campaign with social marketing – 50, Mass communication campaign without social marketing – 25, No – 0
		Nutrient profile model used: Yes – 50, No – 0
		Target groups: Adolescents – 50, Other target groups – 33.34, General population – 16.67, None of the above – 0
N Nutrition advice and counselling in healthcare settings	Nutrition advice and counselling in primary care	Level of government support: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
	Nutrition advice and counselling in school healthcare setting	Type of measures supported: Measures include advice and counselling for children and adolescents with obesity-related issues – 50, Measures include focus on advice and counselling for children and adolescents – 33.33, Measures include advice and counselling for general public – 16.667, No – 0
		Level of government support: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Type of measures supported: Measures include advice and counselling for children and adolescents with obesity-related issues – 50, Measures include focus on advice and counselling for children and adolescents – 33.33, Measures include advice and counselling for general public – 16.667, No – 0
G Give nutrition education and skills	Nutrition education in curricula	Level of government support: Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Target age group for nutrition curricula: Primary AND secondary school – 50, Primary OR secondary school only – 25, No – 0
		Length of time for nutrition education: 4 hours mandated hours per week – 50, 2–4 mandated hours per week – 33.33, 0–2 mandated hours per week – 16.67, Hours not specified – 0
	Training for educators	Target age group for nutrition curricula: Primary AND secondary school – 50, Primary OR secondary school only – 25, No – 0
Curricula is based on competency-based standards: Yes – 50, No – 0		

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G Give nutrition education and skills	Training for health professionals	For more than one healthcare profession – 50, For one healthcare profession – 25, No – 0
		Mandatory – 50, Voluntary – 25, No – 0
		Curricula is based on competency-based standards: Yes – 50, No – 0
	Cooking skills	Through legislation and regulations – 50, Through standards – 33.34, Through guidelines – 16.67, None of the above – 0
		Target age group for cooking skills: Primary AND secondary school – 50 Primary OR secondary school only – 25 No – 0
	Training in schools in growing food	Type of government support: Through legislation and regulations – 50 Through standards – 37.5 Through guidelines – 25 None of the above – 0
		Target age group for growing food training: Primary AND secondary school – 50 Primary OR secondary school only – 25 No – 0
	Training for caterers	Type of government support: Through legislation and regulations – 50 Through standards – 33.34 Through guidelines – 16.67 None of the above – 0
		Target age group for training caterers: Primary AND secondary school – 50 Primary OR secondary school only – 25 No – 0