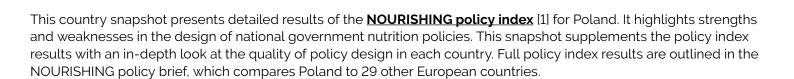
## **Nutrition policy status in Poland**

**NOURISHING** policy index



## Main messages

- 1 Poland implements policy actions in seven out of the ten policy areas of the NOURISHING framework. Three policy areas recieved the highest assessment, moderate, which was in financial incentives to increase the availability and affordability of healthy food to accompany the existing health-related tax (U), limits or removal of specific nutrients in food products (I1), and increasing public awareness of healthy eating (I2).
- 2 Weaknesses and gaps were identified throughout policy areas, such as nutrition label standards and regulations which include EU policy only, (N1), need strengthening. Gaps were seen with a lack of regulations surrounding sugar-sweetened beverage provision in schools and food availability within the school vicinity (O) and providing nutrition education skills (G), where a fair assessment was achieved.
- 3 No policy action was taken to create a healthier retail and food service environment (S), public food procurement (H) and nutrition advice and counselling in healthcare settings (N2), therefore, these policy areas should be prioritised. Much more needs to be done in all areas of financial incentives to increase the availability and affordability of healthy food to accompany the existing health-related tax (U), and to strengthen regulations on food marketing and advertising to young people, such as in/around schools (R).

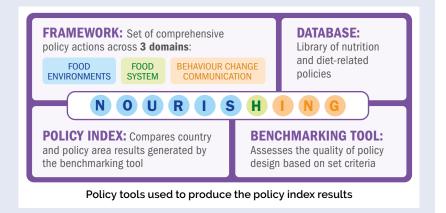
Overview of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT
Nutrition label standards and regulations on the use of claims and implied claims on food					FAIR	
Offer healthy food and set standards in public institutions and other specific settings			FAIR			
Use economic tools to address food affordability and purchase incentives				MODERATE		
Restrict food advertising and other forms of commercial promotion			POOR			
Improve nutritional quality of the whole food supply				MODERATE		
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			MODERATE			
Nutrition advice and counselling in healthcare settings				NO POLICIES IDENTIFIED		
G Give nutrition education and skills					FAIR	

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 Poland.



<ul> <li>No policy identified</li> <li>Meets up to 75% of policy design</li> <li>Meets up to 99% of policy design</li> <li>Meets up to 50% of policy design</li> <li>Meets all aspirational standards</li> </ul>	Breakdown of policy index results	(For full details on the policy design criteria, consult the policy brief)		
	X No policy identified	Meets up to 75% of policy design		
Meets up to 50% of policy design  Meets all aspirational standards	Meets up to 25% of policy design	Meets up to 99% of policy design		
ů	Meets up to 50% of policy design	Meets all aspirational standards		

N	Nutrients on back of pack	
	Front of pack labels	×
	Warning labels	X
	Rules on nutrient claims	
	Rules on health claims	
	Food and drink available in schools, including restrictions on unhealthy foods	
	Measures relating to sugar-sweetened beverage provision in schools	×
0	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	
	Direct marketing to young people	X
R	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	X
	Training for health professionals	×
	Cooking skills	×
	Training in schools in growing food	×
	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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This document reflects only the authors' views and the European Commission is not responsible for any use that may be made of the information it contains.

