Nutrition policy status in Portugal

NOURISHING policy index



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

Main messages

- 1 Portugal implements nutrition and diet-related policy actions in nine of the ten policy areas of the NOURISHING framework. Policy areas that received a good assessment referred to limits or removal of specific nutrients in food products (I1) and increasing public awareness of healthy eating through communication campaigns and social marketing (I2).
- 2 There is a lack of implementation on nutrition label standards and regulations (N1) beyond EU level policies. Food availability within the school vicinity was lacking, impacting otherwise well-designed standards on school food (O). Weaknesses were seen in regulations of the food environment surrounding schools (S) and in providing nutrition advice in school healthcare settings (N2).
- 3 Greater action is needed in increasing nutrition education and skills (G), where no policy was identified at national level. Even though Portugal implemented a sugar tax, greater action should be taken to improve financial incentives to increase affordability and accessibility of healthier food (U), marketing to young people especially in/around schools to reduce their exposure to food marketing and advertising (R), along with strengthening public food procurement policies by implementing further policy actions within this area (H).

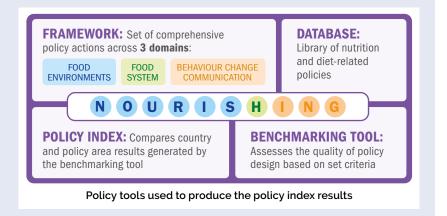
Overview of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT
Nutrition label standards and regulations on the use of claims and implied claims on food					FAIR	
Offer healthy food and set standards in public institutions and other specific settings					MODERATE	
U Use economic tools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

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 Portugal.



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

	Nutrients on back of pack	
	Front of pack labels	X
N	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	X
	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	×
	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	X
	Training for educators	X
	Training for health professionals	×
	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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