

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

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	MODERATE
U	Use economic tools to address food affordability and purchase incentives	MODERATE
R	Restrict food advertising and other forms of commercial promotion	POOR
I	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
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	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.

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

	Nutrients on back of pack			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			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	
	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			
	Health-related food taxes or tariffs			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				Nutrition advice and counselling in primary care	
Marketing to young people through advertising		Nutrition advice and counselling in school healthcare setting				
Direct marketing to young people				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				
	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