

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

Main messages

- 1 Sweden implements policy actions in eight out of the ten policy areas of the NOURISHING framework. Nutrition label standards and regulations (N1) was the only policy area to receive a moderate assessment, which was the highest assessment for Sweden.
- 2 Sweden implements well-designed standards on school food, but lack other measures such as provisions on sugarsweetened beverages in schools, regulations on unhealthy food availability within the school vicinity or fruit and vegetable initiatives in schools (O). More needs to be done to reduce food marketing and advertising exposure to young people (R) and to improve nutrition education and skills (G). More supply chain policy actions to ensure coherence between food systems and health (H) should be taken, to accompany existing public food procurement policies.
- **3** Action should be taken in policy areas where no policies were identified, particularly on limiting specific nutrients in food products (I1), and creating a healthier retail and food service environment (S). Greater attention should be given to use financial incentive which increase the availability and affordability of healthy food (U) and improve this assessment beyond fair.

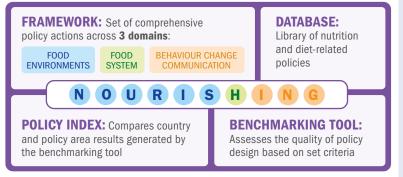
Overview of policy status	DLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
Nutrition label standards and real	MODERATE						
0 Offer healthy food and set stand	FAIR						
Use economic tools to address f	U Use economic tools to address food affordability and purchase incentives						
R Restrict food advertising and oth	ict food advertising and other forms of commercial promotion POOR			OOR			
Improve nutritional quality of the	Improve nutritional quality of the whole food supply						
S Set incentives and rules to creat	Set incentives and rules to create a healthy retail and food service environment						
H Harness supply chain and action	H Harness supply chain and actions across sectors to ensure coherence with health						
Inform people about food and n	Inform people about food and nutrition through public awareness						
Nutrition advice and counselling	Nutrition advice and counselling in healthcare settings						
G Give nutrition education and skil	Give nutrition education and skills						

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 Sweden.



Policy tools used to produce the policy index results

Nutrition policy status in Sweden

eak	down of policy index results	(For ful	l details c	on the policy design criteria, consult the policy	brie	
<	No policy identified	Meets up to 75% of policy design Meets up to 99% of policy design				
	Meets up to 25% 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		
	Warning labels	X	S			
	Rules on nutrient claims			Initiatives to increase the availability of healthier food in stores and food service outlets		
	Rules on health claimsFood and drink available in schools, including restrictions on unhealthy foods			Measures to support food producers to increase healthy food and decrease unhealthy food in the supply chain		
	Measures relating to sugar-sweetened beverage provision in schools	e provision in schools		Measures to support food manufacturers to increase healthy food and decrease unhealthy food in the supply chain		
0	Fruit and vegetables initiatives in schools Food and drink available in immediate vicinity of schools	×	H	Measures to support food retailers to increase healthy food and decrease		
	Unhealthy food in out-of-education locations	\bigcirc		Governance structures for multi- sectoral/stakeholder engagement		
	Health-related food taxes or tariffs	X		Nutrition standards for public		
J	Income related subsidies or initiatives to increase affordability and accessibility of healthy food	×		procurement Supporting urban agriculture in health and planning policies		
	Targeted subsidies or initiatives to increase affordability and accessibility			Community food production		
	of healthy food Marketing to young people through			Development and communication of food-based dietary guidelines		
	advertising Direct marketing to young people			Public awareness, mass media and informational campaigns and social marketing on healthy eating		
R	Marketing through sponsorship to young people	×		Nutrition advice and counselling in primary care	(
	Marketing to young people through point of sale measures	×		Nutrition advice and counselling in school healthcare setting		
	Marketing to young people through product placement and branding	×		Nutrition education in curricula	(
	Marketing to young people through product design and packaging	×		Training for educators	>	
	Marketing in/or around schools	X	G	Training for health professionals Cooking skills		
	Limit or removal of specific nutrients			Training in schools in growing food		
	in food products	X		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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