Nutrition policy status in Wales

NOURISHING policy index



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

Main messages

- 1 Wales implements nutrition and diet-related policy actions at national government level in nine out of the ten policy areas of the NOURISHING framework. Two policy areas receive a good assessment: setting limits or removal of specific nutrients in food products (I1), and increasing public awareness on food and nutrition through communication campaigns (I2).
- 2 Fruit and vegetable initiatives in schools and rules on food and drink available in immediate vicinity of schools are lacking, impacting otherwise well-designed standards on food in schools and other out-of-education locations (O). Gaps were identified with regards to food marketing and advertising to young people particularly in/around schools, through product design and packaging and at the point-of-sale (R).
- 3 No action was taken at national government level on increasing the healthiness of the retail and food service environment (S); therefore, action in this area should be prioritised. Greater action needs to be taken on financial incentives which increase the availability and affordability of healthy food, to accompany the existing UK-wide tax on sugary drinks (U), nutrition education in schools (G), and food procurement policies to strengthen coherence between food system and health (H).

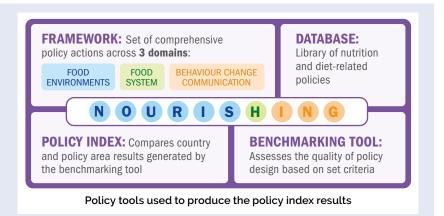
Overview of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
N Nutrition label standards and regulations on the use of claims and implied claims on food					MODERATE		
Offer healthy food and set standards in public institutions and other specific settings					MODERATE		
U Use economic tools to add	Use economic tools to address food affordability and purchase incentives					MODERATE	
Restrict food advertising a	Restrict food advertising and other forms of commercial promotion				FAIR		
Improve nutritional quality	Improve nutritional quality of the whole food supply					GOOD	
S Set incentives and rules to	S Set incentives and rules to create a healthy retail and food service environment					NO POLICIES IDENTIFIED	
H Harness supply chain and	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 couns	Nutrition advice and counselling in healthcare settings					FAIR	
G Give nutrition education a	G Give nutrition education and skills					POOR	

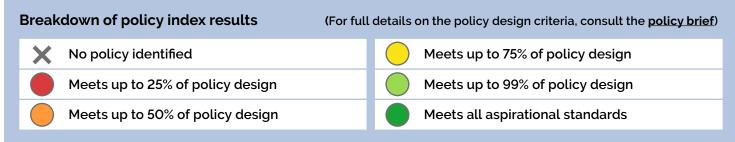
This snapshot is based on national level policies only, which include UK-wide and Wales-only policies issued by the UK government. Policies issued by provincial, regional or local governments are outside the scope of this project. Page 2 highlights which policy areas assess UK-wide or home nation policies.

Methods

TThe 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 Wales.





	Nutrients on back of pack*	
	Front of pack labels*	
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	X
	Food and drink available in immediate vicinity of schools	X
	Unhealthy food in out-of-education locations	
U	Health-related food taxes or tariffs	
	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	
R	Marketing to young people through advertising*	
	Direct marketing to young people*	
	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	X
	Limit or removal of specific nutrients in food products*	

	Planning restrictions regarding food service outlets around schools	
	Planning restrictions on food service outlets	×
	nitiatives to increase the availability of healthier food in stores and food service outlets	×
t	Measures to support food producers to increase healthy food and decrease unhealthy food in the supply chain	×
t	Measures to support food manufacturers to increase healthy food and decrease unhealthy food in the supply chain	
t	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*	
i	Public awareness, mass media and nformational campaigns and social marketing on healthy eating*	
	Nutrition advice and counselling in orimary care	
	Nutrition advice and counselling in school nealthcare setting	×
1	Nutrition education in curricula	
1	Training for educators	
7	Training for health professionals	X
G C	Cooking skills	×
7	Training in schools in growing food	×
7	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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