What is the NOURISHING database?

The NOURISHING database is a repository of global data on nutrition and diet-related policy actions, containing information on what governments around the world have implemented to encourage people to eat healthily. The database collects policy actions from around the world which are implemented on a national level, and are currently in effect.

The NOURISHING database is structured around the NOURISHING policy framework. The framework organises the database into different policy domains, policy areas and sub-policy areas. Each letter in the word NOURISHING represents one of ten areas where governments need to take action.

The database includes information on food labelling, sugar-sweetened beverage taxation, marketing restrictions of products high in sugar, salt and/or fat, and much more from around the world.

The database was launched in 2015 by World Cancer Research Fund International. It was redesigned and expanded under the CO-CREATE project, for a relaunch in June 2020 and now sits alongside the new MOVING physical activity policy database.

Methodology for database collection

We have a two-stage process for populating and updating the NOURISHING policy database as outlined in detail in our Methods Document.

1. We source and review policy actions that are intended to promote healthy diets and reduce obesity, through a structured and ongoing policy scan known as the Global Scan, as well as a systematic, one-time Comprehensive European Scan of 30 countries in Europe.

2. We verify the details of the policy actions with in-country or regional experts to ensure the policy action is currently in effect and meets the criteria of a policy action (which are detailed in the Methods Document).

We update the policy database on a continual basis. Our monthly newsletter shares information about policy actions recently added to the MOVING and NOURISHING databases. If you would like to be added to our mailing list, sign up here.

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