## **Nutrition policy status in Finland**

NOURISHING policy index

May 2023



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

## Main messages

- 1 Finland implements policy actions in nine out of the ten policy areas in the NOURISHING framework. Two policy areas received a good assessment, specifically nutrition label standards and regulations (N1) and increasing public awareness of healthy eating (I2).
- 2 Gaps in regulations surrounding food and drink availability within the vicinity of schools and weaknesses on limits on sugar-sweetened beverages impact otherwise well-designed standards on school food (O). Greater attention should be given to nutrition advice and counselling in school healthcare settings at national level (N2).
- 3 No action was taken at national level on the areas of rules and incentives to create a healthier retail environment (S), which should be prioritised. Greater attention should be given to using financial incentives which increase the availability and affordability of healthy food, to accompany the existing sugar tax (U), food marketing and advertising to young people (R), increasing nutrition education and skills (G) alongside strengthening public food procurement policies by implementing further policy actions within this area (H).

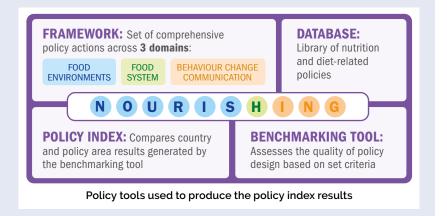
Overview of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
Nutrition label standards and regulations on the use of claims and implied claims on food					GOOD		
Offer healthy food and set standards in public institutions and other specific settings					MODERATE		
U Use economic 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				POOR		
Improve nutritional quality	Improve nutritional quality of the whole food supply				MODERATE		
Set incentives and rules to	Set incentives and rules to create a healthy retail and food service environment				NO POLICIES IDENTIFIED		
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		
Give nutrition education and skills				POOR			

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 Finland.



## 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 criteria Meets up to 25% of policy design criteria Meets up to 99% of policy design criteria Meets up to 50% of policy design criteria Meets all aspirational standards

Nutrients on back of pack Front of pack labels  Warning labels Rules on nutrient claims Rules on health claims Food and drink available in schools, including restrictions on unhealthy foods Measures relating to sugar-sweetened beverage provision in schools Fruit and vegetables initiatives in schools Frod and drink available in immediate vicinity of schools Unhealthy food in out-of-education locations  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  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  Limit or removal of specific nutrients			
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Marketing to young people through product design and packaging  Marketing in/or around schools			×
product design and packaging  Marketing in/or around schools			×
			×
Limit or removal of specific nutrients		Marketing in/or around schools	X
in food products			

S	Planning restrictions regarding food service outlets around schools	X
	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	
	Training for educators	×
	Training for health professionals	×
	Cooking skills	×
	Training in schools in growing food	X
	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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