## Nutrition policy status in Greece

NOURISHING policy index May 2023



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

## Main messages

- **1** Greece implements nutrition and diet-related policy actions in seven out of the ten policy areas of the NOURISHING framework. Two policy area received a good assessment, which referred to limits or removal of specific nutrients in food products (I1) and increasing public awareness of healthy eating through communication campaigns (I2).
- 2 There is a lack of regulation on unhealthy food in out-of-education locations and on food availability within the school vicinity (O), which impacts otherwise well-designed school food standards. Strengthening policy design is needed for nutrition label standards and regulations (N1), which include only EU regulations. Weaknesses were identified for policies on nutrition education skills (G) and nutrition counselling in school healthcare settings (N2).
- 3 Particular attention should be given to policy areas where no action had been taken by national governments, specifically: improving food system coherence with health (H), and rules for improving the retail environments (S). Other notable gaps were in marketing to young people in/around schools (R). More needs to be done to improve using economic tools to address food affordability and purchase incentives (U).

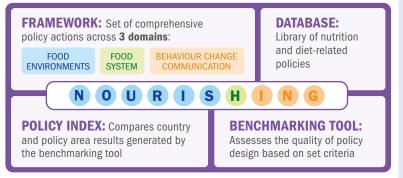
Overv	view of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT
N	Nutrition label standards	FAIR					
0	Offer healthy food and se	MODERATE					
U	Use economic tools to ad	POOR					
R	Restrict food advertising	NO POLICIES IDENTIFIED					
	Improve nutritional quality	GOOD					
S	Set incentives and rules t	NO POLICIES IDENTIFIED					
H	Harness supply chain and	NO POLICIES IDENTIFIED					
	Inform people about food	GOOD					
N	Nutrition advice and coun	FAIR					
G	Give nutrition education a	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 Greece.



Policy tools used to produce the policy index results

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ako	down of policy index results	(For full	l details o	on th	e policy design criteria, consult the policy	brie	
	No policy identified			Meets up to 75% of policy design criteria			
Meets up to 25% of policy design criteria		ria		Me	ets up to 99% of policy design criteria		
I	Meets up to 50% of policy design crite	ria		Me	ets all aspirational standards		
	Nutrients on back of pack				Planning restrictions regarding food service outlets around schools	>	
	Front of pack labels	X			Planning restrictions on food service	>	
	Warning labels	X	S		outlets		
	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					Measures to support food manufacturers to increase healthy food and decrease unhealthy food in the supply chain	>	
	Fruit and vegetables initiatives in schoolsFood and drink available in immediate vicinity of schools		H		Measures to support food retailers to increase healthy food and decrease unhealthy food in the supply chain	>	
Unhealthy food in out-of-education locations		×			Governance structures for multi- sectoral/stakeholder engagement		
	Health-related food taxes or tariffs	×			Nutrition standards for public		
	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				Community food production		
	increase affordability and accessibility of healthy food				Development and communication of food-based dietary guidelines		
	Marketing to young people through advertising	×			Public awareness, mass media and informational campaigns and social		
	Direct marketing to young people	X			marketing on healthy eating		
	Marketing through sponsorship to young people	X			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 brandingMarketing to young people through product design and packagingMarketing in (an analysis)				Nutrition education in curricula		
					Training for educators		
					Training for health professionals		
_	Marketing in/or around schools				Cooking skills		
	Limit or removal of specific nutrients				Training in schools in growing food		
	in food products				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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