Nutrition policy status in Italy

NOURISHING policy index May 2023

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

Main messages

- 1 Italy implements nutrition and diet-related policy actions in seven out of the ten policy areas in the NOURISHING framework. The only policy area which received a good assessment refers to limits on specific nutrients in food products (I1), followed by a moderate assessment for implementation of food based dietary guidelines (I2) and food standards in specific locations such as public institutions (O).
- 2 Strengthening of policy design is needed for nutrition label standards and regulations (N1) beyond EU regulations. Weaknesses are identified with regards to limitations on sugar-sweetened beverages in schools and regulations on food availability within the school vicinity (O) and food based dietary guidelines (I2).
- 3 No action was taken in relation to financial incentives to increase affordability and accessibility of healthier food or health-related food taxes (U), improving food system coherence with health (H) and rules for improving the retail environments (S). More action is needed on marketing to young people beyond broadcast advertising (R), offering nutrition counselling in health care settings (N2) and in all areas of nutrition education skills (G) with a particular focus in schools, which all three received a poor assessment.

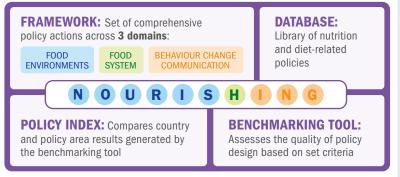
Overview of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT		
N Nutrition label standards a	FAIR							
0 Offer healthy food and set	Offer healthy food and set standards in public institutions and other specific settings							
Use economic tools to add	U Use economic tools to address food affordability and purchase incentives							
R Restrict food advertising a	Restrict food advertising and other forms of commercial promotion							
Improve nutritional quality	Improve nutritional quality of the whole food supply							
S Set incentives and rules to	Set incentives and rules to create a healthy retail and food service environment							
H Harness supply chain and	Harness supply chain and actions across sectors to ensure coherence with health							
Inform people about food	Inform people about food and nutrition through public awareness							
Nutrition advice and couns	Nutrition advice and counselling in healthcare settings							
G Give nutrition education ar	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 Italy.



Policy tools used to produce the policy index results

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eak	down of policy index results	(For full	details o	on the policy design criteria, consult the policy b	orie			
<	No policy identified		\bigcirc	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 crite	eria		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	×	S	outlets Initiatives to increase the availability				
	Rules on nutrient claims			of healthier food in stores and food service outlets	>			
	Rules on health claims Food 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 Fruit and vegetables initiatives in schools	×		Measures to support food manufacturers to increase healthy food and decrease unhealthy food in the supply chain	>			
	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			Governance structures for multi- sectoral/stakeholder engagement	>			
	Health-related food taxes or tariffs	×		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			Public awareness, mass media and informational campaigns and social	(
	Direct marketing to young people			marketing on healthy eating				
	Marketing through sponsorship to young people	×		Nutrition advice and counselling in primary care				
2	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	×		Training for educators	>			
	product design and packagingMarketing in/or around schools		G	Training for health professionals				
				Cooking skills				
	Limit or removal of specific nutrients in food products			Training in schools in growing food				
				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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