## **Nutrition policy status in Lithuania**

NOURISHING policy index

May 2023



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

## Main messages

- 1 Lithuania implements nutrition and diet-related policy actions in eight out of the ten policy areas of the NOURISHING framework. One policy area received a good assessment in setting limits or the removal of specific nutrients in food products (I1). This was followed by policies on nutrition label standards and regulations (N1) and on food standards in specific settings (O), which received a moderate assessment.
- 2 Lack of measures on sugar-sweetened beverage provision in schools and of regulations on unhealthy food availability within school vicinity impact otherwise well-designed standards on school food and food in out-of-education locations (O). Weaknesses and gaps were identified in public awareness policies on health and nutrition (I2), in nutrition advice and counselling in healthcare settings (N2), and in nutrition labelling (N1).
- 3 No action was taken at national level to improve retail environments (S) and giving nutrition education and skills (G). Much more needs to be done on marketing unhealthy foods to young people, including in or around schools (R) and to use financial incentives to increase affordability and accessibility of healthier food, for example by implementing health-related food taxes.

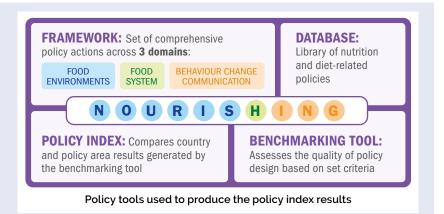
Overview of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT
Nutrition label standards and regulations on the use of claims and implied claims on food					MODERATE	
Offer healthy food and set standards in public institutions and other specific settings				MODERATE		
Use economic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

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 Lithuania.



## 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

N	Nutrients on back of pack	
	Front of pack labels	
	Warning labels	×
	Rules on nutrient claims	
	Rules on health claims	
0	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	
	Food and drink available in immediate vicinity of schools	×
	Unhealthy food in out-of-education locations	
U	Health-related food taxes or tariffs	X
	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	X
	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 in food products	

	nning restrictions regarding food vice outlets around schools	×
S Plan out	nning restrictions on food service lets	X
Initi of h	atives to increase the availability realthier food in stores and food vice outlets	×
to ir	asures to support food producers ncrease healthy food and decrease nealthy food in the supply chain	×
to ir	asures to support food manufacturers ncrease healthy food and decrease nealthy food in the supply chain	×
to ir	asures to support food retailers ncrease healthy food and decrease nealthy food in the supply chain	×
Gov	vernance structures for multi- toral/stakeholder engagement	×
	rition standards for public curement	
	pporting urban agriculture in health I planning policies	×
Con	nmunity food production	X
	velopment and communication of d-based dietary guidelines	
info	olic awareness, mass media and ormational campaigns and social rketing on healthy eating	×
	rition advice and counselling in nary care	
	rition advice and counselling in school Ilthcare setting	X
Nut	rition education in curricula	X
Trai	ning for educators	×
Trai	ning for health professionals	×
Cod	oking skills	×
Trai	ining in schools in growing food	X X X X
Trai	ning 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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