

Nutrition policy status in Scotland

NOURISHING policy index
May 2023



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

Main messages

- 1 Scotland implements nutrition and diet-related policy actions at national government level in nine of the ten policy areas in the NOURISHING framework. One policy area received a good assessment, referring to setting limits or removal of specific nutrients in food products (I1).
- 2 Lack of restrictions on sugar-sweetened beverage provisions in schools, of regulations on food availability within the school vicinity and of fruit and vegetables initiatives have an impact on otherwise well-designed standards on school food (O). Gaps were identified in unhealthy food marketing to young people through point of sale measures, product design and packaging, and in/around schools (R).
- 3 Action at national government level is necessary on public food procurement policies and other policies to ensure food system coherence with health (H), and on providing nutrition advice and counselling in healthcare settings (N2). Greater action is needed in using financial incentives which increase the availability and affordability of healthy food to accompany the existing UK-wide tax on sugary drinks (U), and on improving current action on giving nutrition education in schools and to relevant professionals (G).

Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

| | | |
|----------|---|------------------------|
| N | Nutrition label standards and regulations on the use of claims and implied claims on food | MODERATE |
| O | Offer healthy food and set standards in public institutions and other specific settings | FAIR |
| U | Use economic tools to address food affordability and purchase incentives | MODERATE |
| R | Restrict food advertising and other forms of commercial promotion | FAIR |
| I | Improve nutritional quality of the whole food supply | GOOD |
| S | Set incentives and rules to create a healthy retail and food service environment | MODERATE |
| H | Harness supply chain and actions across sectors to ensure coherence with health | POOR |
| I | Inform people about food and nutrition through public awareness | MODERATE |
| N | Nutrition advice and counselling in healthcare settings | NO POLICIES IDENTIFIED |
| G | Give nutrition education and skills | POOR |

This snapshot is based on national level policies only, which include UK-wide and Scotland-only policies issued by the UK government. Policies issued by provincial, regional or local governments are outside the scope of this project. Page 2 highlights which policy areas assess UK-wide or home nation policies.

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 Scotland.

FRAMEWORK: Set of comprehensive policy actions across **3 domains**:

FOOD ENVIRONMENTS

FOOD SYSTEM

BEHAVIOUR CHANGE COMMUNICATION

DATABASE:

Library of nutrition and diet-related policies

N O U R I S H I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL:

Assesses the quality of policy design based on set criteria

Policy tools used to produce the policy index results

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* |  |  | Planning restrictions regarding food service outlets around schools |  |
| | Front of pack labels* |  | | Planning restrictions on food service outlets |  |
| | Warning labels |  | | Initiatives to increase the availability of healthier food in stores and food service outlets |  |
| | Rules on nutrient claims |  | | Measures to support food producers to increase healthy food and decrease unhealthy food in the supply chain |  |
| | Rules on health claims* |  | | Measures to support food manufacturers to increase healthy food and decrease unhealthy food in the supply chain |  |
|  | Food and drink available in schools, including restrictions on unhealthy foods |  |  | Measures to support food retailers to increase healthy food and decrease unhealthy food in the supply chain |  |
| | Measures relating to sugar-sweetened beverage provision in schools |  | | Governance structures for multi-sectoral/stakeholder engagement* |  |
| | Fruit and vegetables initiatives in schools |  | | Nutrition standards for public procurement |  |
| | Food and drink available in immediate vicinity of schools |  | | Supporting urban agriculture in health and planning policies |  |
| | Unhealthy food in out-of-education locations |  | | Community food production |  |
|  | Health-related food taxes or tariffs |  |  | Development and communication of food-based dietary guidelines* |  |
| | Income related subsidies or initiatives to increase affordability and accessibility of healthy food |  | | Public awareness, mass media and informational campaigns and social marketing on healthy eating* |  |
| | Targeted subsidies or initiatives to increase affordability and accessibility of healthy food |  | |  | Nutrition advice and counselling in primary care |
| Marketing to young people through advertising* |  | Nutrition advice and counselling in school healthcare setting |  | | |
|  | Direct marketing to young people* |  |  | Nutrition education in curricula |  |
| | Marketing through sponsorship to young people |  | | Training for educators |  |
| | Marketing to young people through point of sale measures |  | | Training for health professionals |  |
| | Marketing to young people through product placement and branding* |  | | Cooking skills |  |
| | Marketing to young people through product design and packaging |  | | Training in schools in growing food |  |
| | Marketing in/or around schools |  | | Training for caterers |  |
| | Marketing in/or around schools |  | | | |
|  | Limit or removal of specific nutrients in food products* |  | | | |

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