

Nutrition policy status in Austria

NOURISHING policy index

May 2023



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

Main messages

- 1 Austria implements nutrition and diet-related policy actions in five out of the ten policy areas of the NOURISHING framework. The highest assessment achieved was moderate on policies to limit or remove specific nutrients in food products (I1).
- 2 Nutrition label standards and regulations (N1) which include only EU wide policies, need to be strengthened at national level. There is a lack of sugar-sweetened beverage provisions in schools and of regulations on food availability within the school vicinity which have an impact on otherwise well-designed standards on school food and food in other out-of-education locations (O). Weak food based dietary guidelines and an absence of public awareness campaigns on nutrition (I2) were also identified.
- 3 No action was taken at national level in half of the framework therefore policy areas need to be prioritised in using financial incentives to increase affordability and accessibility of healthier food. An example through the implementation of health-related food taxes (U), and marketing to young people, particularly in/around schools (R), the retail environment (S), nutrition advice and counselling in healthcare settings (N2) along with 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
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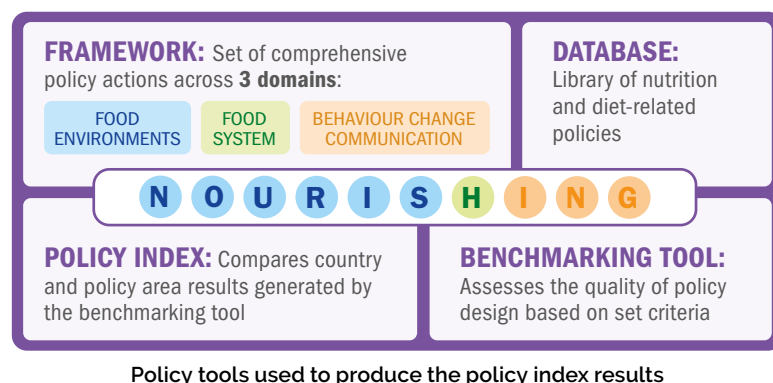
N	Nutrition label standards and regulations on the use of claims and implied claims on food	FAIR
O	Offer healthy food and set standards in public institutions and other specific settings	FAIR
U	Use economic tools to address food affordability and purchase incentives	NO POLICIES IDENTIFIED
R	Restrict food advertising and other forms of commercial promotion	NO POLICIES IDENTIFIED
I	Improve nutritional quality of the whole food supply	MODERATE
S	Set incentives and rules to create a healthy retail and food service environment	NO POLICIES IDENTIFIED
H	Harness supply chain and actions across sectors to ensure coherence with health	NO POLICIES IDENTIFIED
I	Inform people about food and nutrition through public awareness	FAIR
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. 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 Austria.



Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))

No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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/around schools	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

**World
Cancer
Research
Fund International**



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This document reflects only the authors' views and the European Commission is not responsible for any use that may be made of the information it contains.



Nutrition policy status in Belgium

NOURISHING policy index

May 2023



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

Main messages

- 1 Belgium implements policy actions at national government level in nine out of the ten policy areas of the NOURISHING framework. Two policy areas received a good assessment: increasing public awareness of healthy eating through communication campaigns and social marketing based on food-based dietary guidelines (I2) and setting limits or removal of specific nutrients in food products (I1), followed by a moderate assessment for nutrition label standards and regulations (N1) and setting rules and incentives for creating a healthy retail and food service environment (S).
- 2 The national government has taken some action using supply chain incentives to ensure coherence of food systems with health. However, key gaps in this policy areas include lack of nutrition standards for food procurement (H). Action on food standards in schools (O), nutrition counselling in healthcare settings (N2), and nutrition education and skills (G) may be the remit of regional governments in Belgium, which are not addressed in this snapshot.
- 3 Greater action should be taken in using financial incentives which increase the availability and affordability of healthy food (U), to accompany an existing sugar tax (U). Further, more needs to be done to strengthen regulations around food marketing and advertising to young people, with marketing through sponsorship, point of sale measures and in/around schools being among the gaps (R).

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	FAIR
R	Restrict food advertising and other forms of commercial promotion	POOR
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	GOOD
N	Nutrition advice and counselling in healthcare settings	NO POLICIES IDENTIFIED
G	Give nutrition education and skills	FAIR

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 Belgium.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	Training for caterers	

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[1] Policy index: wcrf.org/nutrition-policy-index[2] Policy database: policydatabase.wcrf.org

Nutrition policy status in Bulgaria

NOURISHING policy index

May 2023



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

Main messages

- 1 Bulgaria implements policy actions in six of the ten policy areas of the NOURISHING framework. The only policy area which received a good assessment refers to limits or removal of specific nutrients in food products (I1).
- 2 Gaps in regulations on food availability within the school vicinity, and on sugar-sweetened beverages in schools had an impact on otherwise well-designed standards on school food and food in out-of-education locations (O). Nutrition label standards and regulations (N1) only included existing EU level regulations, which need strengthening. Much more needs to be done in food marketing and advertising to young people, particularly in/around schools and at targeting different types of marketing (R).
- 3 No action was taken in just under half of the policy areas, and these should be prioritised. The national government should implement policies on nutrition advice and counselling in healthcare settings (N2) and nutrition education on curricula (G). Increased attention should be given to policies that target food environments and systems, specifically: using financial incentive which increase the availability and affordability of healthy food (U), creating a healthy retail and food service environment (S) along with food systems policies, such as on food procurement (H).

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	FAIR
O	Offer healthy food and set standards in public institutions and other specific settings	MODERATE
U	Use economic tools to address food affordability and purchase incentives	POOR
R	Restrict food advertising and other forms of commercial promotion	POOR
I	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
H	Harness supply chain and actions across sectors to ensure coherence with health	NO POLICIES IDENTIFIED
I	Inform people about food and nutrition through public awareness	FAIR
N	Nutrition advice and counselling in healthcare settings	NO POLICIES IDENTIFIED
G	Give nutrition education and skills	NO POLICIES IDENTIFIED

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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 Bulgaria.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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/around schools	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
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	Nutrition standards for public procurement	
	Supporting urban agriculture in health and planning policies	
	Community food production	
I	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	
	Training for caterers	

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Nutrition policy status in Croatia

NOURISHING policy index

May 2023



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

Main messages

- 1 Croatia implements nutrition and diet-related policy actions in eight out of the ten policy areas of the NOURISHING framework. No policy area received higher than a moderate assessment. This assessment was seen in nutrition labelling (N1), food standards in public settings (O), using economic tools to address food affordability and purchase incentives (U), limits or removal of specific nutrients in food products (I1), and increasing public awareness of healthy eating through communication campaigns (I2).
- 2 There was a lack of sugar-sweetened beverage provisions in schools and of regulations on food availability within the school vicinity which impacted otherwise well-designed standards on school food and food in other out-of-education locations (O). Weaknesses and gaps were seen in public awareness on nutrition (I2), nutrition advice and counselling in schools and primary care settings (N2), and nutrition education (G).
- 3 Action is needed to improve retail environments (S) and to ensure coherence between food systems and health (H). Further, greater action also needs to be taken to limit marketing of unhealthy food to young people (R), beyond existing regulations on broadcast advertising which also need strengthening.

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	MODERATE
U	Use economic tools to address food affordability and purchase incentives	MODERATE
R	Restrict food advertising and other forms of commercial promotion	POOR
I	Improve nutritional quality of the whole food supply	MODERATE
S	Set incentives and rules to create a healthy retail and food service environment	NO POLICIES IDENTIFIED
H	Harness supply chain and actions across sectors to ensure coherence with health	NO POLICIES IDENTIFIED
I	Inform people about food and nutrition through public awareness	MODERATE
N	Nutrition advice and counselling in healthcare settings	FAIR
G	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.

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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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	Training for caterers	

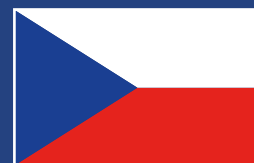
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Nutrition policy status in Czech Republic

NOURISHING policy index

May 2023



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

Main messages

- 1 The Czech Republic implements policy actions in six of the ten policy areas of the NOURISHING framework. The highest assessment achieved was only moderate, and referred to limits or removal of specific nutrients in food products (I1).
- 2 Weaknesses and gaps were identified for nutrition labelling, including a lack of implementation of policies beyond EU level (N1), and a lack of regulation surrounding sugar-sweetened beverage provision in schools and regulations on unhealthy food in out-of-education locations (O). These weaknesses led to a fair assessment in these policy areas.
- 3 Greater action in the remaining policy areas is needed to improve nutrition and diet-related policy action at national level. Particular attention should be given to incentives to create a healthy retail and food service environment (S), public awareness about food and nutrition (I2), and nutrition advice and counselling in healthcare settings (N2) where no policy actions were identified. Much more needs to be done to improve policies surrounding food marketing and advertising to young people (R), using financial incentives to improve food availability and purchase incentives (U), and to nutrition education and skills (G), where a poor assessment was achieved.

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	FAIR
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	POOR
R	Restrict food advertising and other forms of commercial promotion	POOR
I	Improve nutritional quality of the whole food supply	MODERATE
S	Set incentives and rules to create a healthy retail and food service environment	NO POLICIES IDENTIFIED
H	Harness supply chain and actions across sectors to ensure coherence with health	NO POLICIES IDENTIFIED
I	Inform people about food and nutrition through public awareness	NO POLICIES IDENTIFIED
N	Nutrition advice and counselling in healthcare settings	NO POLICIES IDENTIFIED
G	Give nutrition education and skills	POOR

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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:

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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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



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Meets all aspirational standards

N	Nutrients on back of pack	
	Front of pack labels	
	Warning labels	
	Rules on nutrient claims	
	Rules on health claims	
O	Food and drink available in schools, including restrictions on unhealthy foods	
	Measures relating to sugar-sweetened beverage provision in schools	
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	Food and drink available in immediate vicinity of schools	
	Unhealthy food in out-of-education locations	
U	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	
R	Marketing to young people through advertising	
	Direct marketing to young people	
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	Marketing to young people through point of sale measures	
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	Training for educators	
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	Cooking skills	
	Training in schools in growing food	
	Training for caterers	

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Nutrition policy status in Denmark

NOURISHING policy index

May 2023



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

Main messages

- 1 Denmark implements policy actions in eight out of the ten policy areas of the NOURISHING framework. One policy area received the highest assessment which was excellent in increasing public awareness of healthy eating through communication campaigns (I2). One policy area received a good assessment which was limits or removal of specific nutrients in food products (I1) with two policy areas nutrition label standards and regulations (N1) and food standards in public institutions (O) rated moderate.
- 2 Despite achieving a moderate assessment, weaknesses and gaps were identified throughout these policy areas such as a lack of nutrition label standards and regulations implemented beyond EU level regulations (N1), an absence of regulations surrounding sugar-sweetened beverage provision in schools, and food availability within the school vicinity (O). Much more needs to be done to improve food marketing and advertising regulations to young people to reduce their exposure to unhealthy food (R), to improve public food procurement policies at national level (H), alongside nutrition education and skills (G).
- 3 No action was taken in two policy areas which included creating a healthy retail and food service environment (S), and nutrition advice and counselling in healthcare settings (N2). Using economic tools to address food affordability and purchase incentives (U) should be strengthened beyond health related food taxes.

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	MODERATE
U	Use economic tools to address food affordability and purchase incentives	FAIR
R	Restrict food advertising and other forms of commercial promotion	POOR
I	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
H	Harness supply chain and actions across sectors to ensure coherence with health	POOR
I	Inform people about food and nutrition through public awareness	EXCELLENT
N	Nutrition advice and counselling in healthcare settings	NO POLICIES IDENTIFIED
G	Give nutrition education and skills	FAIR

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 Denmark.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in England

NOURISHING policy index

May 2023



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

Main messages

- 1 England takes a comprehensive approach to national nutrition and diet-related policy actions by implementing policies across the ten policy areas of the NOURISHING framework. Two policy areas received a good assessment: limits or removal of specific nutrients in food products (I1), and increasing public awareness of healthy eating through communication campaigns and social marketing based on food-based dietary guidelines (I2).
- 2 Within policy areas, weaknesses and gaps were identified in advertising and marketing unhealthy foods to young people, including in or around schools and through point-of-sale measures, product packaging or sponsorship (R). Further, lack of measures targeting the food and drinks available in the immediate vicinity of schools and to limit sugar-sweetened beverage provision in schools impacted otherwise well-designed food standards on food available in schools (O). More can be done to strengthen existing rules and incentives to improve the retail environments (S), as well as to improve nutrition education in schools for teachers and health professionals (G).
- 3 Greater attention should be given to improving food system coherence with health by strengthening public food procurement policies (H) as a poor assessment was achieved. Improvements should be made in advertising to young people (R), nutrition advice and counselling in healthcare settings (N2) and nutrition education and skills (G) beyond a fair assessment.

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	MODERATE
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	GOOD
N	Nutrition advice and counselling in healthcare settings	FAIR
G	Give nutrition education and skills	FAIR

This snapshot is based on national level policies only, which include UK-wide and England-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 England.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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*	
O	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	
	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*	
	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	
I	Limit or removal of specific nutrients in food products*	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Estonia

NOURISHING policy index

May 2023



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

Main messages

- 1 Estonia implements nutrition and diet-related policy actions at national government level in seven out of the ten policy areas of the NOURISHING framework. A single policy area received a good assessment, which refers to increasing public awareness of healthy eating through communication campaigns and social marketing (I2). Estonia should focus on improving the other nine policy areas which either received a fair or moderate assessment, or where no policy actions were identified.
- 2 Despite the fair assessment, nutrition label standards and regulations (N1) refer only to EU regulations; more needs to be done at a national level. Gaps were identified in policy actions on nutrition standards in schools and the immediate vicinity (O) (including limits on the provision of sugar-sweetened beverages), which impacted otherwise well-designed standards for food served in schools. Further, policy actions to tackle marketing unhealthy foods to young people were only implemented for marketing in/around schools and through product placement. Broadcast advertising is only targeted by industry self-regulation (R).
- 3 Particular attention should be given to policy areas where no action has been taken at national government level, including limits or removal of specific nutrients in food products (I1), actions to ensure coherence between food systems and health, such as food procurement policies (H), and initiatives to improve the retail environment (S). Action should also be taken to strengthen nutrition education (G), nutrition counselling in healthcare (N2), and economic tools to address food affordability and purchase incentives (U).

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

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 Estonia.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

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

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

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in France

NOURISHING policy index

May 2023



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

Main messages

- 1 France implements nutrition and diet-related policy actions in nine out of the ten policy areas of the NOURISHING framework. Two policy areas received a good assessment: limits or removal of specific nutrients in food products (I1) and increasing public awareness of healthy eating (I2). This was followed by a moderate assessment for nutrition label standards and regulations (N1), food standards in schools and other settings (O) and economic tools to address food affordability and purchase incentives (U).
- 2 Regulations on food availability within the vicinity of schools were missing, which had an impact on otherwise well-designed standards on school food and measures relating to sugar-sweetened beverage provision in schools (O). Important weaknesses were identified on increasing nutrition education skills (G) and on implementing unhealthy food and marketing restrictions to young people, for instance by targeting marketing in schools (R).
- 3 No policy action was identified at national level to create a healthier retail and food service environment (S), and only a poor assessment was achieved on ensuring food system coherence with health using supply chain actions (H). Greater action needs to be taken to strengthen these policy areas, as well as to improve nutrition education (G), offering counselling and assessment in healthcare settings (N2) and marketing restrictions to young people (R).

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	MODERATE
U	Use economic tools to address food affordability and purchase incentives	MODERATE
R	Restrict food advertising and other forms of commercial promotion	POOR
I	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
H	Harness supply chain and actions across sectors to ensure coherence with health	POOR
I	Inform people about food and nutrition through public awareness	GOOD
N	Nutrition advice and counselling in healthcare settings	FAIR
G	Give nutrition education and skills	FAIR

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 France.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Germany

NOURISHING policy index

May 2023



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

Main messages

- 1 Germany implements policy actions at national government level in seven out of ten policy areas of the NOURISHING framework. One policy area received a good assessment which was in increasing public awareness of healthy eating through communication campaigns (I2). Three policy areas received a moderate assessment in nutrition label standards and regulations (N1), setting healthy food standards in public institutions (O) and limits or removal of specific nutrients in food products (I1).
- 2 Within the policy areas that received moderate assessment, weaknesses and gaps were identified throughout, such as a lack of food and drink availability in the school vicinity, which impacts otherwise well-designed standards for food in schools (O).
- 3 No action was taken in three policy areas which included good marketing and advertising to young people particularly in/around schools (R), creating a healthy retail and food service environment (S) and nutrition advice and counselling in healthcare settings (N2). Greater attention is needed to improve financial incentives which increases the availability and affordability of healthy food (U) and public food procurement policies (H) beyond a poor assessment.

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

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 Germany.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

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 areas 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).

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	FAIR
O	Offer healthy food and set standards in public institutions and other specific settings	MODERATE
U	Use economic tools to address food affordability and purchase incentives	POOR
R	Restrict food advertising and other forms of commercial promotion	NO POLICIES IDENTIFIED
I	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
H	Harness supply chain and actions across sectors to ensure coherence with health	NO POLICIES IDENTIFIED
I	Inform people about food and nutrition through public awareness	GOOD
N	Nutrition advice and counselling in healthcare settings	FAIR
G	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 Greece.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Hungary

NOURISHING policy index

May 2023



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

Main messages

- 1 Hungary 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 or removal of specific nutrients in food products (I1), followed by a moderate assessment for food standards in public institutions (O), financial incentives to increase affordability and accessibility of healthier food (U), and increasing public awareness of healthy eating through communication campaigns (I2).
- 2 Weaknesses in policies on sugar-sweetened beverages in schools and a lack of measures on food in the vicinity of schools lowered the outcome for policy area O, which included otherwise well-designed standards on school food and food in other out-of-education locations. Nutrition standards for food procurement and measures supporting food producers to increase healthy food in the supply chain have been implemented but need strengthening further as no other policy actions were identified referring to food system coherence with health (H).
- 3 No action was taken in improving the healthiness of food in the retail environment (S), on nutrition education on curricula (G), and on providing advice and counselling (N2). Even though Hungary implemented a sugar tax, greater action should be taken in this policy area, by using financial incentives to increase affordability and accessibility of healthier food (U). The important gaps in action to limit marketing to young people (R) should also be addressed.

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	FAIR
O	Offer healthy food and set standards in public institutions and other specific settings	MODERATE
U	Use economic tools to address food affordability and purchase incentives	MODERATE
R	Restrict food advertising and other forms of commercial promotion	POOR
I	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
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	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 Hungary.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Ireland

NOURISHING policy index

May 2023



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

Main messages

- 1 Ireland implements policy actions in eight out of the ten policy areas of the NOURISHING framework. One policy area received a good assessment, referring to public awareness of healthy eating through communication campaigns and social marketing (I2).
- 2 A moderate assessment was received for food standards in schools and other out-of-education settings (O), nutrient labels (N1), and limits or removal of specific nutrients in food products (I1). Gaps on limits on the availability of unhealthy food within the school vicinity and lack of food standards in out-of-education (O) impacted otherwise well-designed policies in this area. There were no actions on nutrition labelling (N1) beyond EU level or on policy actions which decrease young people's exposure to food marketing and advertising through point-of-sale measures and product packaging (R).
- 3 No action was taken in food systems and health (H) or to create a healthier retail and food service environment (S) therefore, implementation within these policy areas should be prioritised. Much more needs to be done to use financial incentives which increases the availability and affordability of healthy food, to accompany the existing sugary beverage tax (U).

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

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 Ireland.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

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 and regulations on the use of claims and implied claims on food	FAIR
O	Offer healthy food and set standards in public institutions and other specific settings	MODERATE
U	Use economic tools to address food affordability and purchase incentives	POOR
R	Restrict food advertising and other forms of commercial promotion	POOR
I	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
H	Harness supply chain and actions across sectors to ensure coherence with health	NO POLICIES IDENTIFIED
I	Inform people about food and nutrition through public awareness	MODERATE
N	Nutrition advice and counselling in healthcare settings	FAIR
G	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 Italy.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Latvia

NOURISHING policy index

May 2023



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

Main messages

- 1 Latvia implements policy actions in all ten policy areas of the NOURISHING framework. Two policy areas received the highest assessment of good, which was in food standards in schools and other out-of-education locations (O) and increasing public awareness of healthy eating (I2).
- 2 Weaknesses and gaps were identified on financial incentives that increase the availability and affordability of healthy food to accompany the existing health-related tax (U), and limits or removal of specific nutrients in food products (I1) and public food procurement (H).
- 3 Greater attention should be given to all policy areas to improve their assessment but particular attention is needed for all areas of nutrition label standards and regulations (N1), food marketing and advertising to young people (R), creating a healthier retail and food service environment (S), providing nutrition advice in school healthcare settings (N2) and nutrition education and skills (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	FAIR
O	Offer healthy food and set standards in public institutions and other specific settings	GOOD
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	MODERATE
S	Set incentives and rules to create a healthy retail and food service environment	FAIR
H	Harness supply chain and actions across sectors to ensure coherence with health	MODERATE
I	Inform people about food and nutrition through public awareness	GOOD
N	Nutrition advice and counselling in healthcare settings	FAIR
G	Give nutrition education and skills	MODERATE

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 Latvia.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

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

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	MODERATE
U	Use economic tools to address food affordability and purchase incentives	FAIR
R	Restrict food advertising and other forms of commercial promotion	POOR
I	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
H	Harness supply chain and actions across sectors to ensure coherence with health	POOR
I	Inform people about food and nutrition through public awareness	FAIR
N	Nutrition advice and counselling in healthcare settings	FAIR
G	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.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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/around schools	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	Training for caterers	

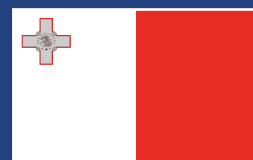
Note: The policy landscape in any country evolves over time. These findings reflect our knowledge as of May 2023. To see latest results and for further technical information on the policy indexes, please consult our website: wcrf.org/our-policy-work. For feedback or suggested updates, please email policy@wcrf.org. 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

Nutrition policy status in Malta

NOURISHING policy index

May 2023



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

Main messages

- 1 Malta implements policy actions in nine out of ten policy areas of the NOURISHING framework. A moderate assessment was achieved in only one policy area which related to limits or removal of specific nutrients in food products (I1). This was the highest assessment achieved.
- 2 Gaps and weaknesses were identified with regards to limits on sugar-sweetened beverage provision in schools and unhealthy food in out-of-education locations (O). Much more needs to be done to reduce exposure of food marketing and advertising to young people particularly in/around schools but also through other means of marketing (R), increasing nutrition education and skills (G), along with strengthening public food procurement policies by implementing further policy actions within this area (H).
- 3 No policy action was identified in nutrition advice and counselling in healthcare settings (N2), therefore, action in this policy area should be prioritised. Greater attention should be given to using financial incentives to increase the availability and affordability of healthy food (U), where a poor assessment also was achieved.

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	FAIR
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	POOR
R	Restrict food advertising and other forms of commercial promotion	POOR
I	Improve nutritional quality of the whole food supply	MODERATE
S	Set incentives and rules to create a healthy retail and food service environment	FAIR
H	Harness supply chain and actions across sectors to ensure coherence with health	POOR
I	Inform people about food and nutrition through public awareness	FAIR
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. 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 Malta.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Netherlands

NOURISHING policy index

May 2023



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

Main messages

- 1 The Netherlands implements nutrition and diet-related policy actions in nine out of the ten policy areas in the NOURISHING framework. Policy areas that receive a good assessment refer to limits or removal of specific nutrients in food products (I1), increasing public awareness of healthy eating through communication campaigns (I2) and nutrition advice and counselling in healthcare settings (N2).
- 2 Implementation is lacking on nutrition label standards and regulations (N1) beyond EU level policies. There is an absence of sugar-sweetened beverage provisions in schools and of regulations on food availability within the school vicinity which impact well-designed standards on school food and food in other out-of-education locations (O). Weaknesses are identified in training for healthcare professionals and caterers in nutrition education and skills (G).
- 3 No action was taken with regards to financial incentives to increase affordability and accessibility of healthier food (U). Greater action should be taken where a poor or fair assessment was received, such as reducing exposure to young people in food advertising and marketing, particularly in/around schools (R), increasing the healthiness of the retail environment (S), along with strengthening public food procurement policies by implementing additional policy actions within this area (H).

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	FAIR
O	Offer healthy food and set standards in public institutions and other specific settings	MODERATE
U	Use economic tools to address food affordability and purchase incentives	NO POLICIES IDENTIFIED
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	POOR
H	Harness supply chain and actions across sectors to ensure coherence with health	POOR
I	Inform people about food and nutrition through public awareness	GOOD
N	Nutrition advice and counselling in healthcare settings	GOOD
G	Give nutrition education and skills	MODERATE

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 Netherlands.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Northern Ireland

NOURISHING policy index

May 2023

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

Main messages

- 1 Northern Ireland implements national government policy actions in nine out of the ten policy areas of the NOURISHING framework. Three policy areas received a good assessment: limits or removal of specific nutrients in food products (I1), increasing awareness on food and nutrition through communication campaigns and social marketing based on food-based dietary guidelines (I2), and giving nutrition education and skills (G).
- 2 Within policy areas, weaknesses and gap were identified, for example, in the design of fruit and vegetable initiatives in schools and lack of measures on food and drink available in the immediate vicinity of schools impacted otherwise well-designed standards on food in schools (O). Similarly, gaps were identified with regards to unhealthy food advertising for young people through product design and packaging, point of sale measures, and in/around schools (R). Finally, current policy actions at national level to ensure coherence between food systems and health (H) can be strengthened.
- 3 No action was taken at national government level in nutrition advice and counselling in health care settings (N2); therefore, this policy area should be prioritised. Greater attention should be given to setting rules and incentives to create a healthy retail and food service environment (S).

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	MODERATE
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	POOR
H	Harness supply chain and actions across sectors to ensure coherence with health	FAIR
I	Inform people about food and nutrition through public awareness	GOOD
N	Nutrition advice and counselling in healthcare settings	NO POLICIES IDENTIFIED
G	Give nutrition education and skills	GOOD

This snapshot is based on national level policies only, which include UK-wide and Northern Ireland-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 Northern Ireland.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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*	
	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	
I	Limit or removal of specific nutrients in food products*	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Norway

NOURISHING policy index

May 2023



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

Main messages

- 1 Norway implements policy actions in all ten areas of the NOURISHING framework. Three policy areas received a good assessment, specifically limits or removal of specific nutrients in food products (I1), public awareness on food and nutrition (I2) and nutrition advice and counselling in healthcare settings (N2). This was followed by a moderate assessment for nutrition label standards and regulations (N1), standards on food in schools and other specific settings (O) and food advertising to young people (R).
- 2 Weaknesses and gaps were identified in food and drink availability within the immediate vicinity of schools and other out-of-education settings, which impacted otherwise well-designed standards for food offered in schools (O). Specific gaps were identified in marketing to young people through point-of-sale and product packaging (R) and planning restrictions regarding food service outlets around schools (S).
- 3 Although action was taken in all areas of NOURISHING, greater attention should be given to improve all policy areas, in particular those receiving a poor, fair or moderate assessment. Efforts should be taken to improve supply chains actions to ensure coherence between food systems and health, such as through food procurement (H) and to creating a healthy retail and food service environment (S).

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	MODERATE
U	Use economic tools to address food affordability and purchase incentives	FAIR
R	Restrict food advertising and other forms of commercial promotion	MODERATE
I	Improve nutritional quality of the whole food supply	GOOD
S	Set incentives and rules to create a healthy retail and food service environment	POOR
H	Harness supply chain and actions across sectors to ensure coherence with health	POOR
I	Inform people about food and nutrition through public awareness	GOOD
N	Nutrition advice and counselling in healthcare settings	GOOD
G	Give nutrition education and skills	FAIR

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 Norway.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Poland

NOURISHING policy index

May 2023



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

Main messages

- 1 Poland implements policy actions in seven out of the ten policy areas of the NOURISHING framework. Poland's highest assessment was moderate, which was received for three policy areas: financial incentives to increase the availability and affordability of healthy food to accompany the existing health-related tax (U), limits or removal of specific nutrients in food products (I1), and increasing public awareness of healthy eating (I2).
- 2 Weaknesses were identified in the area of nutrition label standards and regulations (N1), where only EU regulation were in place. Implementation of regulations need to go beyond EU policy to strengthen this policy area. Gaps were seen with a lack of regulations surrounding sugar-sweetened beverage provision in schools and food availability within the school vicinity (O) and providing nutrition education skills (G), where a fair assessment was achieved.
- 3 No policy action was taken to create a healthier retail and food service environment (S), public food procurement (H) and nutrition advice and counselling in healthcare settings (N2), therefore, these policy areas should be prioritised. Much more needs to be done in all areas of financial incentives to increase the availability and affordability of healthy food to accompany the existing health-related tax (U), and to strengthen regulations on food marketing and advertising to young people, such as in/around schools (R).

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	FAIR
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	POOR
I	Improve nutritional quality of the whole food supply	MODERATE
S	Set incentives and rules to create a healthy retail and food service environment	NO POLICIES IDENTIFIED
H	Harness supply chain and actions across sectors to ensure coherence with health	NO POLICIES IDENTIFIED
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	FAIR

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 Poland.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Portugal

NOURISHING policy index

May 2023



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

Main messages

- 1 Portugal implements nutrition and diet-related policy actions in nine of the ten policy areas of the NOURISHING framework. Policy areas that received a good assessment referred to limits or removal of specific nutrients in food products (I1) and increasing public awareness of healthy eating through communication campaigns and social marketing (I2).
- 2 There is a lack of implementation on nutrition label standards and regulations (N1) beyond EU level policies. Food availability within the school vicinity was lacking, impacting otherwise well-designed standards on school food (O). Weaknesses were seen in regulations of the food environment surrounding schools (S) and in providing nutrition advice in school healthcare settings (N2).
- 3 Greater action is needed in increasing nutrition education and skills (G), where no policy was identified at national level. Even though Portugal implemented a sugar tax, greater action should be taken to improve financial incentives to increase affordability and accessibility of healthier food (U), marketing to young people especially in/around schools to reduce their exposure to food marketing and advertising (R), along with 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

N	Nutrition label standards and regulations on the use of claims and implied claims on food	FAIR
O	Offer healthy food and set standards in public institutions and other specific settings	MODERATE
U	Use economic tools to address food affordability and purchase incentives	MODERATE
R	Restrict food advertising and other forms of commercial promotion	POOR
I	Improve nutritional quality of the whole food supply	GOOD
S	Set incentives and rules to create a healthy retail and food service environment	FAIR
H	Harness supply chain and actions across sectors to ensure coherence with health	POOR
I	Inform people about food and nutrition through public awareness	GOOD
N	Nutrition advice and counselling in healthcare settings	FAIR
G	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 Portugal.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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/around schools	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Romania

NOURISHING policy index

May 2023



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

Main messages

- 1 Romania implements policy actions in eight out of the ten policy areas of the NOURISHING framework. The highest assessment achieved was a good assessment in public awareness on food and nutrition (I2), setting food standards in public institutions (O) and nutrition advice and counselling in healthcare settings (N2).
- 2 Strengthening policy design is needed for nutrition label standards (N1), which include only EU regulations. More needs to be done to improve the food and drink availability in schools, including limits on the provision of sugar-sweetened beverages and unhealthy food within the school vicinity (O). Important gaps and weaknesses were identified in the policy areas of food marketing and advertising to young people (R) and improving nutrition education and skills (G).
- 3 No action was taken with regards to creating a healthy retail and food service environment (S) and public food procurement (H). Government action needs to be taken on policies targeting food environment and systems, specifically financial incentives which increase the availability and affordability of healthy food or health-related food taxes (U), marketing restrictions to young people (R) and providing nutrition education and skills (G) to improve the assessments.

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

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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*	
O	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	
	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*	
	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	
I	Limit or removal of specific nutrients in food products*	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Slovakia

NOURISHING policy index

May 2023



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

Main messages

- 1 Slovakia implements policy actions in only five out of the ten policy areas of the NOURISHING framework. Of these five policy areas, the highest assessment achieved was moderate in standards on food in schools and other specific locations (O), showing important gaps and weaknesses in nutrition and diet-related policy.
- 2 Notable gaps were identified in food and drink availability within the immediate vicinity of schools and other out-of-education settings, which impacted otherwise well-designed standards for food offered in schools (O). Similarly, a lack of public awareness campaigns that increase healthy eating (I2) led to a fair assessment in the policy area, which also includes food-based dietary guidelines. Much more needs to be done in food marketing and advertising to young people (R) to decrease exposure particularly in/around schools.
- 3 As no policy action was taken in five policy areas, coupled with weak policy design throughout the entire framework, greater action is needed in all policy areas. Priority should be given to areas where no policy action was identified, specifically creating a healthier retail and food service environment (S), public food procurement and other supply chain actions (H), limits or removal of specific nutrients in food products (I1), nutrition education and skills (N2), and nutrition counselling in healthcare (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	FAIR
O	Offer healthy food and set standards in public institutions and other specific settings	MODERATE
U	Use economic tools to address food affordability and purchase incentives	POOR
R	Restrict food advertising and other forms of commercial promotion	POOR
I	Improve nutritional quality of the whole food supply	NO POLICIES IDENTIFIED
S	Set incentives and rules to create a healthy retail and food service environment	NO POLICIES IDENTIFIED
H	Harness supply chain and actions across sectors to ensure coherence with health	NO POLICIES IDENTIFIED
I	Inform people about food and nutrition through public awareness	FAIR
N	Nutrition advice and counselling in healthcare settings	NO POLICIES IDENTIFIED
G	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 Slovakia.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Slovenia

NOURISHING policy index

May 2023



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

Main messages

- 1 Slovenia implements policy actions in nine out of the ten policy areas of the NOURISHING framework. One policy area received a good assessment, nutrient labelling (N1). Three policy areas received a moderate assessment: limits or removal of specific nutrients in food products (I1), standards on food in schools and other specific locations (O), and increasing public awareness of healthy eating (I2).
- 2 The lack of limits on the provision of sugar-sweetened beverages in schools and weak rules on unhealthy food availability in the immediate vicinity of schools affected otherwise well-designed standards for school food and food in out-of-education locations (O). Gaps and weaknesses were identified in nutrition advice and counselling in healthcare settings (N2) and increasing nutrition education and skills (G) which received a fair assessment.
- 3 Priority actions should be taken to use financial incentives to increase the availability and affordability of healthy food (U), and to improve the retail and food service environments (S). Further action should be taken to implement more policy actions within the two policy areas that receive a poor assessment: improve food marketing and advertising to young people (R) and use supply chain actions such as procurement standards to ensure between food systems and health (H).

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	GOOD
O	Offer healthy food and set standards in public institutions and other specific settings	MODERATE
U	Use economic tools to address food affordability and purchase incentives	FAIR
R	Restrict food advertising and other forms of commercial promotion	POOR
I	Improve nutritional quality of the whole food supply	MODERATE
S	Set incentives and rules to create a healthy retail and food service environment	NO POLICIES IDENTIFIED
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	FAIR
G	Give nutrition education and skills	FAIR

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 Slovenia.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Spain

NOURISHING policy index

May 2023



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

Main messages

- 1 Spain implements policy actions at national government level in nine out of ten policy areas of the NOURISHING framework. Two policy areas received a good assessment, specifically setting limits or removal of specific nutrients in food products (I1) and public awareness on food and nutrition (I2). This was followed by a moderate assessment for using financial incentives which increase the accessibility and affordability of healthy food (U).
- 2 Within policy areas, gaps and weaknesses were identified. These included no actions on limiting sugar-sweetened beverage provision in schools and unhealthy food in out-of-education locations, which impacted otherwise well-designed national level standards on food available in schools and other public institutions (O). Lack of food marketing and advertising to young people through direct marketing, point of sale measures and product packaging impacted the assessment for advertising of unhealthy food to young people (R), with the best assessment in this area received by national government action on marketing in/around schools.
- 3 No action was taken at national government level to set rules and incentives to improve retail and food service environments (S). Greater attention should be given to this policy area, as well as to actions on food systems coherence with health (H), by implementing policy actions beyond currently implemented policies on governance arrangements for multi-sectoral engagement and standards for public food procurement.

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	FAIR
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	NO POLICIES IDENTIFIED
H	Harness supply chain and actions across sectors to ensure coherence with health	POOR
I	Inform people about food and nutrition through public awareness	GOOD
N	Nutrition advice and counselling in healthcare settings	FAIR
G	Give nutrition education and skills	FAIR

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 Spain.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Sweden

NOURISHING policy index

May 2023



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

Main messages

- 1 Sweden implements policy actions in eight out of the ten policy areas of the NOURISHING framework. Nutrition label standards and regulations (N1) was the only policy area to receive a moderate assessment, which was the highest assessment for Sweden.
- 2 Sweden implements well-designed standards on school food, but lacks other measures such as provisions on sugar-sweetened beverages in schools, regulations on unhealthy food availability within the school vicinity or fruit and vegetable initiatives in schools (O). More needs to be done to reduce food marketing and advertising exposure to young people (R) and to improve nutrition education and skills (G). More supply chain policy actions to ensure coherence between food systems and health (H) should be taken, to accompany existing public food procurement policies.
- 3 Action should be taken in policy areas where no policies were identified, particularly on limiting specific nutrients in food products (I1), and creating a healthier retail and food service environment (S). Greater attention should be given to use financial incentives which increase the availability and affordability of healthy food (U) and improve this assessment beyond fair.

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	FAIR
R	Restrict food advertising and other forms of commercial promotion	POOR
I	Improve nutritional quality of the whole food supply	NO POLICIES IDENTIFIED
S	Set incentives and rules to create a healthy retail and food service environment	NO POLICIES IDENTIFIED
H	Harness supply chain and actions across sectors to ensure coherence with health	POOR
I	Inform people about food and nutrition through public awareness	FAIR
N	Nutrition advice and counselling in healthcare settings	FAIR
G	Give nutrition education and skills	FAIR

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 Sweden.

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 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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	
O	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	
	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	
	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	
I	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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

Nutrition policy status in Wales

NOURISHING policy index

May 2023



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

Main messages

- 1 Wales implements nutrition and diet-related policy actions at national government level in nine out of the ten policy areas of the NOURISHING framework. Two policy areas receive a good assessment: setting limits or removal of specific nutrients in food products (I1), and increasing public awareness on food and nutrition through communication campaigns (I2).
- 2 Fruit and vegetable initiatives in schools and rules on food and drink available in immediate vicinity of schools are lacking, impacting otherwise well-designed standards on food in schools and other out-of-education locations (O). Gaps were identified with regards to food marketing and advertising to young people particularly in/around schools, through product design and packaging and at the point-of-sale (R).
- 3 No action was taken at national government level on increasing the healthiness of the retail and food service environment (S); therefore, action in this area should be prioritised. Greater action needs to be taken on financial incentives which increase the availability and affordability of healthy food, to accompany the existing UK-wide tax on sugary drinks (U), nutrition education in schools (G), and food procurement policies to strengthen coherence between food system and health (H).

Overview of policy status

NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT
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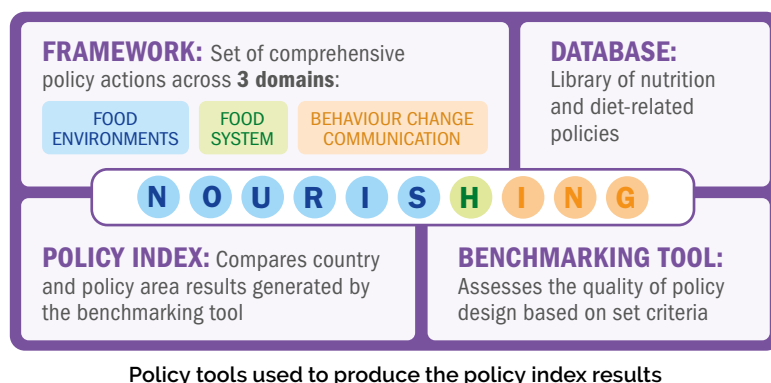
N	Nutrition label standards and regulations on the use of claims and implied claims on food	MODERATE
O	Offer healthy food and set standards in public institutions and other specific settings	MODERATE
U	Use economic tools to address food affordability and purchase incentives	MODERATE
R	Restrict food advertising 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	NO POLICIES IDENTIFIED
H	Harness supply chain and actions across sectors to ensure coherence with health	POOR
I	Inform people about food and nutrition through public awareness	GOOD
N	Nutrition advice and counselling in healthcare settings	FAIR
G	Give nutrition education and skills	POOR

This snapshot is based on national level policies only, which include UK-wide and Wales-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 Wales.



Breakdown of policy index results

(For full details on the policy design criteria, consult the [policy brief](#))



No policy identified



Meets up to 25% of policy design criteria



Meets up to 50% of policy design criteria



Meets up to 75% of policy design criteria



Meets up to 99% 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*	
O	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	
	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*	
	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	
I	Limit or removal of specific nutrients in food products*	

S	Planning restrictions regarding food service outlets around schools	
	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	
I	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	
	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