## 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).

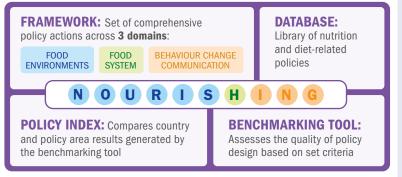
Overview of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT	
N Nutrition label standards and regulations on the use of claims and implied claims on food						AIR	
Offer healthy food and set standards in public institutions and other specific settings						FAIR	
U Use economic tools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

This snapshot is based on national level policies only. Policies issued by provincial, regional or local governments are outside the scope of this project.

## Methods

The NOURISHING policy index methods are fully explained in the associated **policy brief**. In short, the policy index combines values for a) policy presence, and b) policy design for 41 benchmarks.

The benchmarks are applied to policies in the **NOURISHING database** [2], collected through a comprehensive scan in 30 European countries, including Poland.



Policy tools used to produce the policy index results

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akdown of policy index results	(For full	details on th	ne policy design criteria, consult the policy	brie	
No policy identified		O Me	eets up to 75% of policy design criteria		
Meets up to 25% of policy design crite	ria	Me	eets up to 99% of policy design criteria		
Meets up to 50% of policy design crite	ria	Me	eets all aspirational standards		
Nutrients on back of pack			Planning restrictions regarding food service outlets around schools		
Front of pack labels	X		Planning restrictions on food service		
Warning labels	X	S	outlets Initiatives to increase the availability		
Rules on nutrient claims			of healthier food in stores and food service outlets		
Rules on health claims Food and drink available in schools, including restrictions on unhealthy foods			Measures to support food producers to increase healthy food and decrease unhealthy food in the supply chain		
Measures relating to sugar-sweetened beverage provision in schools	×		Measures to support food manufacturers to increase healthy food and decrease unhealthy food in the supply chain		
Fruit and vegetables initiatives in schools Food and drink available in immediate vicinity of schools	× ×	H	Measures to support food retailers to increase healthy food and decrease unhealthy food in the supply chain		
Unhealthy food in out-of-education locations			Governance structures for multi- sectoral/stakeholder engagement		
Health-related food taxes or tariffs			Nutrition standards for public		
Income related subsidies or initiatives to increase affordability and accessibility of healthy food	×		procurement Supporting urban agriculture in health and planning policies		
Targeted subsidies or initiatives to			Community food production		
increase affordability and accessibility of healthy food			Development and communication of food-based dietary guidelines	(	
Marketing to young people through advertising			Public awareness, mass media and informational campaigns and social		
Direct marketing to young people	X		marketing on healthy eating		
Marketing through sponsorship to young people	X		Nutrition advice and counselling in primary care		
Marketing to young people through point of sale measures	×		Nutrition advice and counselling in school healthcare setting		
Marketing to young people through product placement and branding	X		Nutrition education in curricula	(	
Marketing to young people through	×		Training for educators	· · · · · · · · · · · · · · · · · · ·	
			Training for health professionals		
Marketing in/or around schools	X	U	Cooking skills		
Limit or removal of specific nutrients			Training in schools in growing food		
in food products			Training for caterers	(	

Note: The policy landscape in any country evolves over time. These findings reflect our knowledge as of May 2023. To see latest results and for further technical information on the policy indexes, please consult our website: wcrf.org/our-policy-work. For feedback or suggested updates, please email **policy@wcrf.org**. More info in the CO-CREATE project can be found at **co-create.eu** 

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





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