## 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.

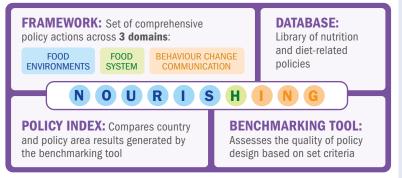
Overview of policy status NO POLICIES IDENTIFIED POOR FAIR MODE	RATE GOOD EXCELLENT
N Nutrition label standards and regulations on the use of claims and implied claims on	food FAIR
Offer healthy food and set standards in public institutions and other specific settings	GOOD
Use economic tools to address food affordability and purchase incentives	FAIR
<b>R</b> Restrict food advertising and other forms of commercial promotion	POOR
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
Harness supply chain and actions across sectors to ensure coherence with health	NO POLICIES IDENTIFIED
Inform people about food and nutrition through public awareness	GOOD
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.



Policy tools used to produce the policy index results

Nutrition policy status in Romania

ako	down of policy index results	(For full	l details d	on the policy design criteria, consult the policy k	ori
No policy identified				Meets up to 75% of policy design criteria	
	Meets up to 25% of policy design criteria		Meets up to 99% of policy design criteria		
	Meets up to 50% of policy design crite	ria		Meets 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		
	Rules on nutrient claims			Initiatives to increase the availability 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	
Fe in U	Fruit and vegetables initiatives in schools Food and drink available in immediate vicinity of schools		H	Measures to support food retailers	
	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	ecrease affordability and accessibility ealthy food geted subsidies or initiatives to		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 Marketing through sponsorship to young			marketing on healthy eating	
	people	X		Nutrition advice and counselling in primary care	
2	Marketing to young people through point of sale measures	×		Nutrition advice and counselling in school healthcare setting	(
	Marketing to young people through product placement and branding	×		Nutrition education in curricula	(
	Marketing to young people through	×		Training for educators	- - - - - - - - - - - - - - - - - - -
	product design and packaging		G	Training for health professionals	
Marke	Marketing in/or around schools	×		Cooking skills	
	Limit or removal of specific nutrients in food products			Training in schools in growing food	
	in rood 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





This project has received funding from the European Union's Horizon 2020 research and innovation programme under Grant Agreement No 774210.

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