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).

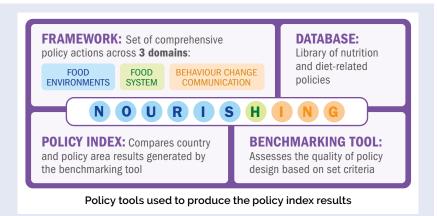
Overview of policy status NO PO	OLICIES IDENTIFIED POOR	FAIR	MODERATE	GOOD	EXCELLENT
Nutrition label standards and re	gulations on the use of claims	and implied	claims on food	MOD	ERATE
Offer healthy food and set stand	dards in public institutions and	other specific	settings	F.	AIR
U Use economic tools to address f	ood affordability and purchas	e incentives		MOD	ERATE
Restrict food advertising and oth	ner forms of commercial pron	otion		F.	AIR
Improve nutritional quality of the	e whole food supply			GC	OOD
S Set incentives and rules to creat	te a healthy retail and food se	rvice environn	nent	MOD	ERATE
H Harness supply chain and action	ns across sectors to ensure co	herence with	health	PC	OOR
Inform people about food and no	utrition through public awarer	ess		MOD	ERATE
Nutrition advice and counselling	in healthcare settings			NO POLICIE	S IDENTIFIED
G Give nutrition education and skil	lls			PC	OOR

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.



Breakdown of policy index results (For full details on the policy design criteria, consult the policy brief) No policy identified Meets up to 75% of policy design criteria Meets up to 25% of policy design criteria Meets up to 99% of policy design criteria Meets up to 50% of policy design criteria Meets all aspirational standards

	Nutrients on back of pack*	
	Front of pack labels*	
N	Warning labels	X
	Rules on nutrient claims	
	Rules on health claims*	
	Food and drink available in schools, including restrictions on unhealthy foods	
	Measures relating to sugar-sweetened beverage provision in schools	×
0	Fruit and vegetables initiatives in schools	X
	Food and drink available in immediate vicinity of schools	×
	Unhealthy food in out-of-education locations	
	Health-related food taxes or tariffs	
U	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	
	Marketing to young people through advertising*	
	Direct marketing to young people*	
	Marketing through sponsorship to young people	
R	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	X
	Limit or removal of specific nutrients in food products*	

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 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 multisectoral/stakeholder engagement* Nutrition standards for public procurement Supporting urban agriculture in health and planning policies Community food production
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Community food production
Development and communication of food-based dietary guidelines*
Public awareness, mass media and informational campaigns and social marketing on healthy eating*
Nutrition advice and counselling in primary care
Nutrition advice and counselling in school healthcare setting
Nutrition education in curricula
Training for educators
Training for educators Training for health professionals Cooking skills Training in schools in growing food Training for caterers
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





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