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).
- 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.

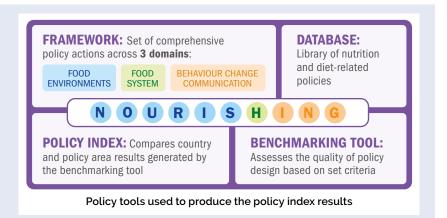
Overview of policy status	NO POLICIES IDENTIFIED	POOR	FAIR	MODERATE	GOOD	EXCELLENT
Nutrition label standards and regulations on the use of claims and implied claims on food					FAIR	
Offer healthy food and set standards in public institutions and other specific settings				FAIR		
Use economic tools to address food affordability and purchase incentives				MODERATE		
Restrict food advertising and other forms of commercial promotion				FAIR		
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		
Inform people about food and nutrition through public awareness			GOOD			
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.



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	Breakdown of policy index results (For full	(For full details on the policy design criteria, consult the policy brief)		
Meets up to 25% of policy design criteria Meets up to 99% of policy design criteria	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	Meets up to 50% of policy design criteria	Meets all aspirational standards		

N	Nutrients on back of pack	
	Front of pack labels	X
	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	
	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	X
	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	
1	Limit or removal of specific nutrients in food products	

S	Planning restrictions regarding food service outlets around schools	X
	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	X
	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	X
	Cooking skills	×
	Training in schools in growing food	×
	Training for caterers	X

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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