

N O U R I S		H	I N G
FOOD ENVIRONMENT		FOOD SYSTEM	BEHAVIOUR CHANGE
	POLICY AREA	POLICY ACTIONS FOR NUTRITION AND NCDs	
N	Nutrition label standards and regulations on the use of claims and implied claims on foods	Clearly visible ‘interpretative’ labels can influence people’s <b>awareness</b> of sugar in products and have the potential to limit the <b>availability</b> of sugar through product reformulation * E.g. Front-of-package symbols - see page 10 for details.	
O	Offer healthy foods and set standards in public institutions and other specific settings (e.g. workplaces)	Mandatory standards for food available in schools and hospitals, including restrictions on unhealthy foods containing sugar ( <b>availability</b> ) and measures to improve the <b>acceptability</b> of healthier foods * E.g. Hungary’s Aqua Promoting Programme in the Young (HAPPY) - see page 12 for details	
U	Use economic tools to address food affordability and purchase incentives	Health-related food taxes targeting sugar which can influence the <b>affordability</b> of sugary products * E.g. Mexico and France’s soda tax – see page 11 for details	
R	Restrict food advertising and other forms of commercial promotion	Mandatory regulation on food advertising to children, including sugary products, to reduce the <b>awareness, acceptability</b> and <b>availability</b> of the sugary products advertised	
I	Improve nutritional quality of the whole food supply	Voluntary reformulation of food products, including reductions of sugar which can influence the <b>availability</b> of sugary products * E.g. see page 10 for details	
S	Set incentives and rules to create a healthy retail and food service environment	Initiatives to increase the availability of healthier foods as alternatives to sugary products, which can influence the <b>acceptability</b> of alternatives * E.g. Shop Healthy NYC - see page 9 for details	
H	Harness the food supply chain and actions across sectors to ensure coherence with health	Initiatives that invest in clean water (which can influence the <b>availability</b> of water as an acceptable alternative to sugary drinks)	
I	Inform people about food and nutrition through public awareness	Public awareness campaigns about sugary products, or campaigns promoting alternatives, which can influence people’s <b>awareness</b> of sugar in products and increase the <b>acceptability</b> of alternatives * E.g. Los Angeles County’s “Sugar Pack” health marketing campaign - see page 13 for details	
N	Nutrition advice and counselling in health care settings	Advice in dental care settings about consuming sugary products which can influence people’s <b>awareness</b>	
G	Give nutrition education and skills	Nutrition literacy and food skills programmes to enable people to prepare healthy meals and snacks with no or minimal sugar which can influence people’s <b>awareness</b>	