

# EVALUATION OF POLICY IMPLEMENTATION ACROSS 11 EUROPEAN COUNTRIES (FOOD-EPI RESULTS)

## SUMMARY

Food environments influence people's diets. They represent the link between the food system and the population as the physical, economic, policy, and sociocultural surroundings, opportunities, and conditions that influence people's food choices and nutritional status. Government policies have great potential to create healthy food environments to promote healthy diets. We evaluated food environment policy implementation by national governments in European countries and identified priority actions to create healthy food environments.

The study was conducted in eleven European countries: Estonia, Finland, Germany, Ireland, Italy, the Netherlands, Norway, Poland, Portugal, Slovenia, and Spain. Finland had the highest percentage (32%) of policies shaping food environments with a high level of implementation compared to international best practices. Slovenia, Italy, and Poland had the highest percentage of policies rated at very low implementation (42%, 42%, and 36% respectively).

Policies related to food provision, marketing, retail, funding, monitoring, and health in all policies were identified by experts as the most important gaps across the eleven European countries. In all countries actions in the food prices and food provision policy domains featured among the top five priorities. National expert panels recommended immediate action to:

1. Set standards which limit nutrients of concern in processed foods
2. Improve school food environments (i.e., implementation of nutrition standards)
3. Subsidise fruit and vegetable subsidies (i.e., a VAT exemption of 0% on fresh fruits and vegetables)
4. Tax unhealthy foods and beverages (i.e., sugar sweetened beverages)
5. Regulate unhealthy food marketing to children. Also, experts recommended the EU to require member states to implement restrictions or bans on (online) marketing on such foods to children and adolescents up to 19 years old.



For more information, visit [www.stopchildobesity.eu](http://www.stopchildobesity.eu)

