



WCRF International NOURISHING Framework

DOMAIN	POLICY AREA	POLICY OPTIONS/ACTIONS
FOOD ENVIRONMENT	N Nutrition label standards and regulations on the use of claims and implied claims on foods	e.g. Nutrient lists on food packages; clearly visible 'interpretive' and calorie labels; menu, shelf labels; rules on nutrient and health claims
	O Offer healthy foods and set standards in public institutions and other specific settings	e.g. Fruit and vegetable programmes; standards in education, work, health facilities; award schemes; choice architecture
	U Use economic tools to address food affordability and purchase incentives	e.g. Targeted subsidies; price promotions at point of sale; unit pricing; health-related food taxes
	R Restrict food advertising and other forms of commercial promotion	e.g. Restrict advertising to children that promotes unhealthy diets in all forms of media; sales promotions; packaging; sponsorship
	I Improve the quality of the food supply	e.g. Reformulation; elimination of trans fats; reduce energy density of processed foods; portion size limits
	S Set incentives and rules to create a healthy retail environment	e.g. Incentives for shops to locate in underserved areas; planning restrictions on food outlets; in-store promotions
FOOD SYSTEM	H Harness supply chain and actions across sectors to ensure coherence with health	e.g. Supply-chain incentives for production; public procurement through 'short' chains; health-in-all policies; governance structures for multi-sectoral engagement
BEHAVIOUR CHANGE COMMUNICATION	I Inform people about food and nutrition through public awareness	e.g. Education about food-based dietary guidelines; mass media, social marketing; community and public information campaigns
	N Nutrition advice and counselling in health care settings	e.g. Nutrition advice for at-risk individuals; telephone advice and support; clinical guidelines for health professionals on effective interventions for nutrition
	G Give nutrition education and skills	e.g. Nutrition, cooking/food production skills on education curricula; workplace health schemes; health literacy programmes

The WCRF International NOURISHING framework brings together the ten areas where governments need to take action to promote healthier diets and reduce obesity. This will help to achieve the World Health Organization's global target of reducing premature deaths from non-communicable diseases, including cancer, by 25% by 2025.



HOW YOU CAN USE THE NOURISHING FRAMEWORK

POLICYMAKERS: Use the NOURISHING framework to **identify where action is needed to promote healthy diets**, select and tailor options suitable for your populations and assess if your approach is **sufficiently comprehensive**. Use our up-to-date policy repository to see **what other countries are doing**. In the future, use NOURISHING to **access the latest updated evidence** for policies in each area.

CIVIL SOCIETY ORGANISATIONS: Use the NOURISHING framework to **monitor what governments are doing** around the world, **benchmark progress**, and **hold them to account**.

RESEARCHERS: Use the NOURISHING framework to **identify the evidence available for different policies**, identify research gaps, and as a resource for **policy monitoring and evaluation**.



www.wcrf.org/policy_public_affairs/nourishing_framework

About World Cancer Research Fund International

World Cancer Research Fund International is an umbrella organisation that leads a network of cancer charities and has a global reach. The network funds scientific research and updates and interprets the evidence on the relationship of food, nutrition, body weight, physical activity and alcohol to cancer risk. WCRF International advocates the wider implementation of effective policies to prevent cancer and other non-communicable diseases.

World Cancer Research Fund International

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