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D2.3: Methods document for policy scan

World Cancer Research Fund (WCRF)
International
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Interim Methods Document

CO-CREATE deliverable D2.3

February 2019

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Note: The Methods Document will be updated with learning from the full comprehensive European scan of national nutrition and physical activity policies. Hence, this version of the Methods Document, submitted to the European Commission in February 2019, is the 'Interim' Methods Document.

Executive summary

This Methods Document sets out the process taken by WCRF International to identify and present national-level, implemented policy actions in physical activity and healthy diets around the world. It is one of the first deliverables in CO-CREATE (Confronting Obesity: Co-creating Policy with Youth), a project funded by the European Union's Horizon 2020 Research and Innovation Programme, under grant agreement #774210. It was presented to the European Commission by 28 February 2019, following review by both the CO-CREATE team and external experts.

The Methods Document begins by **summarising the frameworks** that have been developed by WCRF International in healthy diets (the NOURISHING framework) and in physical activity (the MOVING framework). Based on these frameworks, policy databases present the policy actions in a structured and consistent way. The information in the databases is verified externally and presented on a web platform in an easily accessible and searchable format.¹

This Methods Document sets out the **processes for two distinct scans of policy actions**, which will enable WCRF International to populate the databases in a consistent way over time:

- first, a **global scan** of policy actions aimed at promoting physical activity and healthy diets, which uses a wide variety of sources to provide a full overview from around the world as policy actions come into force. Updates are published several times a year;
- secondly, a **comprehensive European scan** (required by the CO-CREATE project), which takes a structured, systematic approach to searching for policy actions in 38 countries. This builds on the findings of the global scan but with additional specific steps within each of these countries, including searching legislation databases (using standard search terms) and ministries. This comprehensive scan will be undertaken twice.

The Methods Document states **the criteria for inclusion/exclusion and verification requirements**, and lists many of the most relevant **sources**, as well as providing a **flowchart** of the strategy that is used in undertaking the scans. Limitations and challenges of the process are set out.

A **Technical Annex** to this Methods Document is also available, which sets out the process in more detail, including the search terms and how the information is captured when carrying out the comprehensive European scan. It also details a set of **interviews** that were held as part of the research for this project – this Methods Document draws on the knowledge of others who have established and maintain databases of health legislation/policy/actions.

Information **specifically relevant to the comprehensive European scan** is presented in purple shaded boxes throughout for ease of reference.

¹ Note that the NOURISHING database predates the CO-CREATE project and will be updated by these scans. The MOVING database/web platform, however, is currently in development and will be entirely populated by the forthcoming scans as part of the CO-CREATE project.

Note:

CO-CREATE is a five-year project, of which this Methods Document is an early deliverable (month 10 – end of February 2019). Over the remaining 50 months of the CO-CREATE project, new sources of data on policy actions are likely to become available. Hence, this Interim Methods Document is presented as a living document. It will be updated during CO-CREATE to draw on:

- a) new sources of data on policy actions that become available;
- b) learnings from the creation of the MOVING database and web platform;
- c) feedback from the benchmarking process (a separate deliverable within CO-CREATE – see [Technical Annex](#)); and
- d) learning from the first policy scan itself.

Following this, it will be renamed the Methods Document (rather than Interim Methods Document).

Abbreviations

CO-CREATE	Confronting Obesity: Co-creating Policy with Youth project
COSI	WHO European Childhood Obesity Surveillance Initiative
GAPPA	Global Action Plan on Physical Activity (WHO 2018)
HBSC	WHO collaborative cross-national survey: Health Behaviour in School-aged Children
HEPA	health-enhancing physical activity
HEPA Europe	European network for the promotion of health-enhancing physical activity
HEPA-PAT	HEPA Europe Policy Audit Tool
HFSS	high in fat, salt and/or sugar
ISPAH	International Society for Physical Activity and Health
MOVING	the MOVING Framework/database on physical activity policy actions
NCD	non-communicable disease
NOURISHING	the NOURISHING Framework/database on diet and nutrition policy actions
PA	physical activity
SSB	sugar-sweetened beverage
WCRF	World Cancer Research Fund
WHO	World Health Organization
WP	work package of the CO-CREATE project

Definitions

Term	Definition
government-supported policy action	Support must be publicly communicated and may consist of financial sponsorship or an endorsement (public statement of support) by government. Programmes or interventions run by non-governmental actors, such as civil society organisations or companies, are not included unless these actions are supported in some way by government.
health-enhancing diet	A diet rich in wholegrains, vegetables, fruit and legumes and low in energy-dense, micronutrient-poor foods.
health-enhancing physical activity	Any form of physical activity that benefits health and functional capacity without undue harm or risk.
policy	The aims, objectives, targets, strategy, tactics, plans and action plans that guide the actions of a government.
policy action	Any form of <i>government action</i> including, but not restricted to, legislation, regulation, decrees, standards, policies, programmes, guidelines, fiscal measures and government-supported voluntary programmes, action and campaigns. All policy actions are part of public policy, but not all policies are policy actions.
policy implementation	Policy implementation is a complex change process and therefore can involve several stages or levels of implementation. For the purpose of updating the databases, we define implementation as the point when an adopted policy action first comes into effect. For example, draft or model laws, policy proposals, and laws that have been passed but not come into effect are not included in the databases.

The definitions were drawn up using a) existing definitions that have been reinforced through use in the NOURISHING database, b) expert advice, c) comparison with other databases' definitions and d) other official sources (e.g. WHO).

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 - Professor Mike Rayner, Director, Centre on Population Approaches for Non-Communicable Disease Prevention, University of Oxford
 - Professor Catherine Woods, Chair, Physical Activity for Health, Department of Physical Education and Sport Sciences, University of Limerick
- those interviewed about policy databases (see Appendix A5);
 - the experts who attended the ISPAH special interest group meeting held at WCRF International's office on 18 October 2018; and
 - the experts who attended the face-to-face meeting on benchmarking tools and indicators, held in London in February 2019.

1. The Methods Document in the context of CO-CREATE

CO-CREATE (Confronting Obesity: Co-creating Policy with Youth) is a project funded by the European Union's Horizon 2020 Research and Innovation Programme, under grant agreement #774210.

The overarching aim of CO-CREATE is:

'to reduce childhood obesity and its co-morbidities by working with adolescents, to create, inform and disseminate obesity-preventive evidence-based policies.... [It] applies a systems approach to provide a better understanding of how factors associated with obesity interact at various levels.'

The Methods Document is part of Work Package 2 (WP2) on Policy Assessment and Monitoring and is described in the CO-CREATE Grant Agreement as follows:

'Task 2.2: Establish methods for a global and specific European level policy scan related to diets and physical activity

Methods will be established for a global policy scan related to diets and physical activity based on WCRF International methods for maintaining the NOURISHING policy database, including inclusion criteria [section 5.2.1], search strategy [section 5.1], data extraction [Technical Annex] and verification process [section 5.3]. These methods will include a section detailing a targeted and much more comprehensive process for sourcing policies being implemented in European countries [integrated throughout – highlighted].

As with NOURISHING, only implemented government policies will be included in the database and the verification process will involve direct communication with in-country contacts to verify each policy's implementation and the accuracy of the policy description (we will collaborate with the WHO Regional Office of Europe² to identify appropriate contacts in each European country for in-depth European policy scan).'

The Methods Document is Deliverable D2.3:

Methods document for policy scan: A document will be prepared to make publicly available methodology for a global and targeted European policy scan.

More information about CO-CREATE is available on the website of the lead partner, the Norwegian Institute of Public Health: <https://www.fhi.no/en/studies/co-create/> This includes information on youth involvement throughout the project, which is concentrated in work packages 4–7.³

² The form of this collaboration will include translation of search terms into local languages and assistance with verification of the summaries of policy actions.

³ The CO-CREATE project focuses on adolescents (aged 10–19), and the benchmarking tools and indexing processes that form part of later work packages will focus on policy interventions that directly or indirectly impact on this age group. The NOURISHING and MOVING frameworks will continue to exist after CO-CREATE, and the policy scans will therefore search for all nutrition and physical activity policy actions, regardless of age.

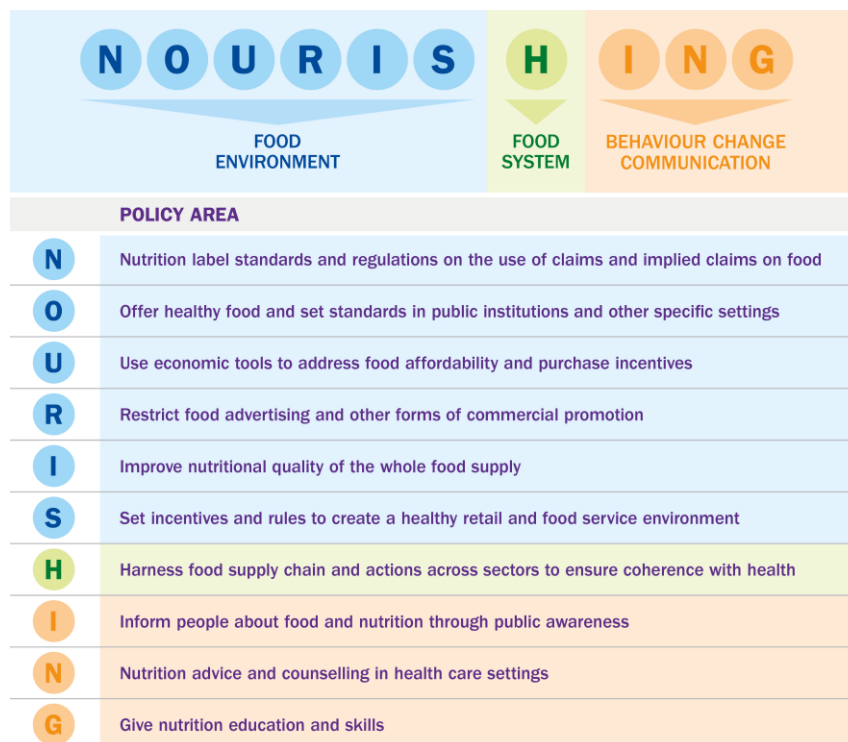
2. The NOURISHING / MOVING frameworks and policy databases

2.1 The NOURISHING framework and policy database

WCRF International's NOURISHING framework identifies ten areas for governments to take action to promote healthy diets and reduce overweight, obesity and diet-related NCDs.⁴ Its accompanying policy database aims to provide an extensive overview of implemented government policy actions from around the world, as well as links to published evaluations of included policy actions. It has been designed to be used as a tool for policymakers, civil society organisations and researchers (section 2.4). The NOURISHING framework:

- formalises a comprehensive package of policies to promote healthier eating and prevent overweight, obesity and diet-related NCDs that is applicable globally;
- provides options that allow policymakers flexibility to shape a response suitable and relevant for their national, regional and local contexts and target populations; and
- establishes a framework for reporting, categorising and monitoring policy actions around the world, and through which the policy evidence can be systematically categorised, updated, interpreted and then communicated.

The policy actions contained within the NOURISHING framework are categorised into 10 key policy areas that fall within three domains – the food environment, food system and behaviour change communication:



World Cancer Research Fund International launched its [NOURISHING database](#) in January 2014, structured around the NOURISHING framework. It is a library of government-implemented nutrition policy actions from around the world. The database aims to support and encourage national and international policymakers in taking comprehensive action to promote healthy diets and reduce overweight, obesity and diet-related NCDs.

⁴ It does not include policies to address undernutrition unless the policy action is serving a dual purpose.

A document describing the methods behind the NOURISHING policy database is available and is updated regularly.⁵ This was drawn up following advice from WCRF International’s Policy Advisory Group, to a) ensure that the WCRF international approach is as transparent as possible and b) increase the accuracy and replicability of the information sought.

2.2 The MOVING framework and policy database

The CO-CREATE project has provided a timely opportunity to build on the strong foundations provided by NOURISHING and develop a complementary framework on promoting physical activity. The MOVING framework is structured around three domains: active societies, active environments and active people. Within these domains are six key policy areas.⁶

ACTIVE SOCIETIES	M	Make programmes, opportunities and initiatives that promote physical activity a priority
	O	Offer training in physical activity promotion across multiple professions
ACTIVE ENVIRONMENTS	V	Visualise and enact active design guidelines for structures and surroundings
	I	Implement urban, rural and transport plans that support active societies
ACTIVE PEOPLE	N	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills
	G	Give physical activity education, assessment and counselling

In addition, there is an overarching domain: active systems:⁷

ACTIVE SYSTEMS	<p>Governance systems – includes accountability, managing conflicts of interest, roles and responsibilities for different actors.</p> <p>Leadership – promoting clear leadership to ensure physical activity is given priority.</p> <p>Physical activity surveillance – ensuring robust data collection on physical activity rates across the population is put in place.</p> <p>Interdisciplinary research funding – increased research capacity across all sectors on the rates of physical inactivity or activity and policy interventions etc.</p> <p>Financing mechanisms to fund research, surveillance and interventions.</p> <p>Monitoring and evaluation of policy actions – incorporating monitoring and evaluation of policy actions at the outset to ensure effect is measured.</p> <p>Life course/health in all policies approach – using a lens that ensures physical activity is promoted across the whole population, across the life course, especially those that are the least active, vulnerable or have different needs.</p>
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⁵ Available to download at <https://www.wcrf.org/int/policy/nourishing/methodology>

⁶ The MOVING physical activity framework is Deliverable D2.1 within WP2, submitted 31 October 2018.

⁷ The ‘active systems’ domain has been included to align with GAPP and note that the scope of this domain is so extensive that implemented policy actions cannot be included within the MOVING database in a fully comprehensive way. Instead, best-practice examples will be identified that illustrate the range of issues covered by active systems.

This framework was developed by WCRF International, as part of CO-CREATE, in 2018 and is based on an analysis of the global physical activity policy literature (including the World Health Organization’s 2018 Global Action Plan for Physical Activity, GAPP). The MOVING framework’s six policy areas and the active systems domain align with the four policy domains in the GAPP: active societies, active environments, active people and active systems.⁸

Policy actions underpinning the MOVING framework will be stored in a database that will sit beside and complement the NOURISHING database. The databases will be hosted on a searchable web platform.

2.3 Web platform

2.3.1 Aim of the web platform

The aim of presenting the NOURISHING and MOVING databases in an accessible, searchable web platform is to provide information on implemented policy actions that promote, support or encourage healthy diets and physical activity. Together, the databases form a library of implemented government policy actions that promote nutrition and physical activity around the world.

2.3.2 Updating the web platform

The NOURISHING database is populated by a global scan that is conducted on a rolling basis (and this approach will be extended to the MOVING database). Ongoing oversight of newsletters, listservs and research into key topics (for sources, see [Technical Annex](#)) ensures that the Policy & Public Affairs Team in WCRF International stay abreast of current debates and reforms – keeping track of future developments (revisions of existing policies as well as new policy actions, and tracking strategies to see what is then turned into actual policy action). This information is assessed (section) 5.2 and uploaded to the web platform about three times a year.

This process will now be supplemented with two comprehensive searches of national-level diet/nutrition and physical activity policy action in a number of European countries (section 4.3) as required by CO-CREATE.

Within the context of CO-CREATE, the information gathered into the NOURISHING and MOVING databases will be used to compare policy environments across Europe (see [Technical Annex](#) (section T7) for more information on this aspect of CO-CREATE). CO-CREATE will also work with young people to use this web platform for better in-country advocacy and awareness raising of what more can be done to improve implementation of policy that impacts on overweight and obesity in children and adolescents.

2.4 Target audiences

The information captured in the NOURISHING and MOVING databases can be used by stakeholders for a variety of purposes, including tracking progress and speeding up the diffusion of innovation. For example:

⁸ For a detailed mapping of how the GAPP actions fit with the six MOVING policy areas, see the MOVING framework deliverable.

- **policyholders** can:
 - identify where action is needed to promote healthy diets and physical activity;
 - select and tailor options for their population and contexts, assessing if their approach is sufficiently comprehensive; and
 - see how the country is matching up to other jurisdictions (for example, other countries within the EU or a WHO region) in the scope of their efforts;
- **advocacy groups and civil society organisations** can:
 - track policy action and better choose where to focus their resources;
 - monitor what governments are doing around the world;
 - use the information in the databases to create benchmarks;
 - hold governments to account;
 - promote examples of successful interventions;
 - identify strategies that can be adapted to their local context; and
 - share progress;
- **researchers** can:
 - access a comprehensive library of data;
 - compare policy actions with health outcomes over time;
 - identify the evidence available for different policies from the policy evaluations included in the database; and
 - track progress of in-country policy actions over time;
- **the public** (including the media) have ready access to key health policy actions in their country.

3. Why a Methods Document for the databases on nutrition and physical activity policy actions?

To develop a consistent and structured approach to populating the two databases on nutrition and physical activity policy actions

3.1 Objective of the Methods Document

The objective of this Methods Document is to:

- describe how the NOURISHING and MOVING databases are populated and updated;
- underpin users' confidence about the quality of the information in the databases because of the transparent structured process.

A **Technical Annex** that accompanies this Methods Document describes in detail the structured processes that are used to gather and present the information.

The Methods Document spells out the what, how, who, where and when of the sourcing and verification of the policy actions that are contained within the NOURISHING and MOVING databases – both the global scan and the comprehensive European scan. It also details the way in which the presentation of

the information is standardised, to smooth the transfer of information between the policy analysts, the IT expertise behind the database, and the final users of the database.

This Methods Document is both a tool that can be used to direct a scan of policy actions (i.e. the ‘how-to’) and the public-facing rationale for what is included in the databases (i.e. the ‘why-we-did-it’).

3.2 Value of the Methods Document

The value of this consistency of approach lies in making it easier to compare policy actions across jurisdictions. The structured approach ensures that the databases are suitable for use in further research by other organisations⁹ and that the information can be used to hold governments to account where implementation is found to be falling short and to call for the introduction of new or improved policy actions when a country comparison finds that national action is lagging behind what other countries are doing.

A further benefit of the Methods Document is to set out sufficient detail to allow new researchers / policy analysts to undertake a similar process for themselves. It also has the potential to be used as a template for others to draw up methods documents in different areas (e.g. alcohol policy actions).

Appendix A4 sets out the process behind developing this Methods Document itself – the research, interviews and expert opinion that was sought to make it as comprehensive and practical as possible.

4. What is included in the databases?

Government-implemented or government-supported policy actions that promote healthy eating and physical activity are included

4.1 Scope of policy scans

The updates of the NOURISHING database have always had a global focus and will continue to do so. The new MOVING database will be built on the comprehensive European scans and will also include good-practice examples globally.

The comprehensive scan for both NOURISHING and MOVING will happen twice during CO-CREATE. This scan will look specifically at policy action in 38 countries within Europe (listed below).

Note that details on the inclusion criteria for the policy actions are set out in section 5.2.1.

4.2 Global scan

Most policy actions in the global scan are at national level. However, the global scan also includes exemplars of policy action at **sub-national** (regional, municipal or local) level, for example:

- NOURISHING: New York City’s Food Standards, which set nutritional standards for all food purchased or served by city agencies.
- MOVING: The Ciclovía Open Streets programme, which began in Bogotá, Colombia.

⁹ WCRF International knows that the NOURISHING database is used regularly by policymakers, researchers and civil society organisations from around the world, who have welcomed it as a reliable, accurate, well-structured and user-friendly repository of implemented nutrition and health policies.

The NOURISHING database will continue to be updated regularly, based on the ten domains and following the existing methods document.

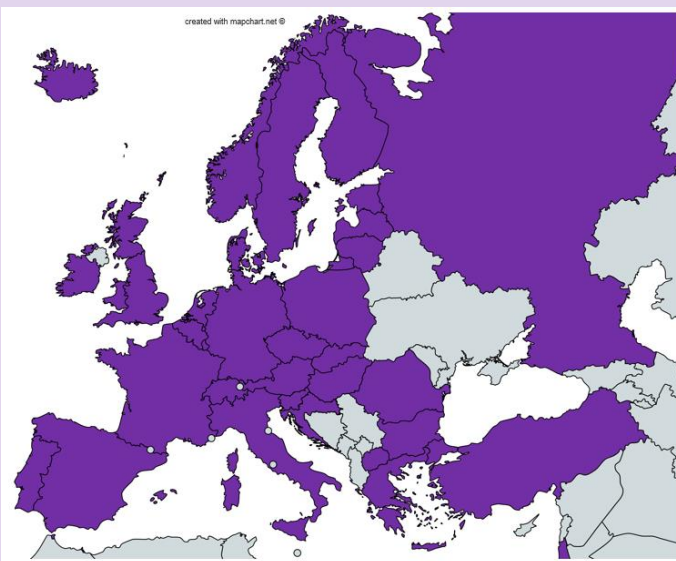
The new MOVING database will also be regularly updated across the six domains (the period of time between updates will depend on the results of initial scans – it is too early to be prescriptive). Additionally, a small number of policy actions related to **‘active systems’** will be included on the web platform, for example: governance systems, leadership, physical activity surveillance, interdisciplinary research funding, and financing mechanisms to fund research, surveillance and interventions.

4.3 Comprehensive European scan

CO-CREATE stipulates that, for 38 European countries (below), the policy scan of nutrition and physical activity policy actions that is **as comprehensive as possible** – i.e. it will cover as many relevant policies as possible. It will take a systematic approach, set out in the [Technical Annex](#) to this Methods Document. It will focus on **national-level** policies only and will take place twice during CO-CREATE.

The standardisation set out in the [Technical Annex](#) provides consistency between the two comprehensive scans, ensuring that benchmarks and baselines can then be created and updates more easily sought, tracked and analysed. (For more on benchmarking as part of the CO-CREATE project, see [Technical Annex](#).)

Countries included in the comprehensive European scan



Austria	Hungary	Romania
Belgium	Iceland	Russian Federation
Bulgaria	Ireland	Scotland
Croatia	Israel	Slovakia
Czech Republic	Italy	Slovenia
Denmark	Latvia	Spain
England	Lithuania	Sweden
Estonia	Luxembourg	Switzerland
Finland	Malta	TFYR Macedonia
France	Netherlands	Turkey
Germany	Norway	Ukraine
Greece	Poland	
Greenland	Portugal	

The countries chosen for inclusion were dictated by the wider aims of CO-CREATE:

- 1) As an initiative funded by the EU Horizon 2020 Research and Innovation Programme, Europe is the geographical focus.
- 2) A further aim of the CO-CREATE project is to study the association between policy environments (of which NOURISHING/MOVING scans are a part) and the prevalence rates of childhood obesity. For this study to be consistent, data collection on prevalence must also be consistent – and the HBSC (Health Behaviour in School-aged Children) Survey has been chosen as the appropriate source of data. Hence, only countries in the HBSC Survey can be included here (e.g. Northern Ireland and Cyprus are not part of the Survey and are therefore omitted).

5. How do policies make it into the database?

A structured search for policy actions is undertaken, with those identified as possibilities for inclusion then subject to in-house research, assessment and verification by external experts

5.1 Search strategy and sources

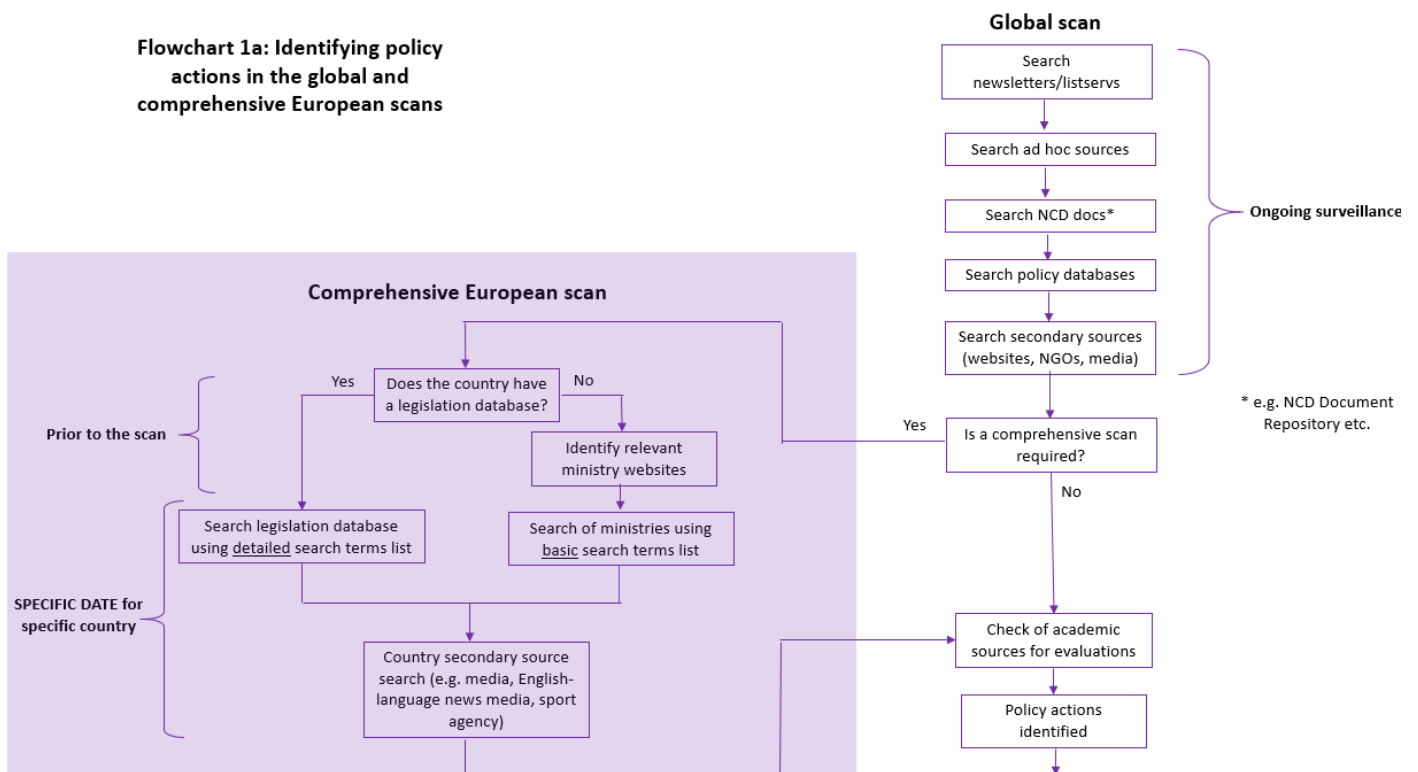
5.1.1 Search strategy

Search strategies for the scans must be transparent and reproducible to ensure that the information gathered is consistent across countries; this is particularly important if several policy analysts are involved in the search process. An in-depth search protocol also ensures that the scan is as comprehensive as possible – using the same search terms and using the equivalent sources within each country.

To help structure the databases, the policy areas of NOURISHING and MOVING are organised into sub-policy areas (these are listed in Appendix A1). This effectively groups policy actions into more specific sub-policy areas, which helps people navigating the databases. The existing NOURISHING database is organised by these sub-policy areas and the new web platform will also take this approach.

Flowchart 1a outlines the strategy that is used by policy analysts in undertaking a global scan of nutrition and physical activity policy actions (as has been used in the NOURISHING updating process since 2014) and the extra steps required for the comprehensive European scan. The global scan is ongoing (and will entail regular updates to the NOURISHING and MOVING databases) and CO-CREATE requires that the comprehensive European scan be undertaken twice.

More detail on this process, including search terms (which have already been identified), is provided in the [Technical Annex](#) to this Methods Document.



5.1.2 Sources of information

Having a clear idea of where to look online before beginning the scan will save time and effort. WCRF International and experts have identified a range of sources, below, as being appropriate (and the [Technical Annex](#) then provides a more detailed list of sources, including URLs).

1. There are many sources of relevant **NCD documentation**, including the WHO NCD Document Repository and WHO Europe's physical activity factsheets. Reports from international agencies can also provide valuable insights (e.g. WHO, European Commission's Joint Research Centre).

Example search terms for NCD documentation and policy databases

[country name] + physical activity
+ policy

2. **Policy databases and surveys** collect information about and can be searched for recent policy actions – both internationally (e.g. the WHO GINA database) or nationally (e.g. the Canadian Prevention Policies Directory or the Rudd Center for Food Policy and Obesity's Legislation Database).

3. **Secondary sources**: include **national organisations**, such as the national sports body, **newsletters** (e.g. World Obesity Federation (global) and NYC Food Policy Watch (USA)), **listservs** (e.g. Center for Science in the Public Interest SSB listserv), **national media** (e.g. the BBC) and **civil society websites** (e.g. NCD Alliance or national consumer websites).

Secondary sources

- provide context
- assist in initial identification of relevant policies
- narrow the scope of the data being collected
- check that everything is being picked up
- are helpful where official websites contain information/policies only in the local language
- can be used as a quality-control check of the data

4. **Ad hoc sources** are often valuable, such as conversations with policymakers or experts at meetings, communications sent by users of the databases with suggestions for updates. There will also be incidental discoveries of information, through unexpected and unanticipated channels. In-country contacts are sources of up-to-date information on policy actions (including being able to comment on implementation – see section 5.3.2 and [Technical Annex](#)). Users of the database are encouraged to submit implemented policy actions to the Policy & Public Affairs Team for review and verification.

Google will be used for an initial overview and to check for any new policy databases (national, regional or global), to search for recent news, and to find information in more detail than may appear in official government websites.

Academic sources are particularly important for searching for evaluations of policy actions. Electronic databases such as PubMed are used to access relevant articles.

Note that the [Technical Annex](#) sets out how policy actions are stored and recorded within WCRF International.

5.1.3 Extra steps and sources for the comprehensive European scan

Compiling a list of national sources – e.g. relevant ministries – is one of the first steps to be taken in the comprehensive scan of a specific country.

Many countries have a formal legislation database, which should be searched in the first instance using a detailed set of search terms. Where no legislation database is available, ministry websites will be searched instead (using a reduced number of basic search terms), including the Ministry of Health, the Ministry of Finance, Ministry of Transport, Ministry of Environment and the Ministry of Education. (The detailed and basic search terms are set out in the [Technical Annex](#) – these may be adapted during the first comprehensive European scan but will be used consistently.) The search terms are based on the sub-policy areas of NOURISHING and MOVING, to ensure a structured approach.

In-country secondary sources are also searched, including news media and any national sports agency.

This approach to the comprehensive European scan was developed and tested during preliminary scans of Ireland, Malta, France and Denmark, undertaken in December 2018/January 2019.

More detail on the in-country sources that should be scanned as part of the comprehensive European search is in Appendix A2.

Example search terms for legislation databases

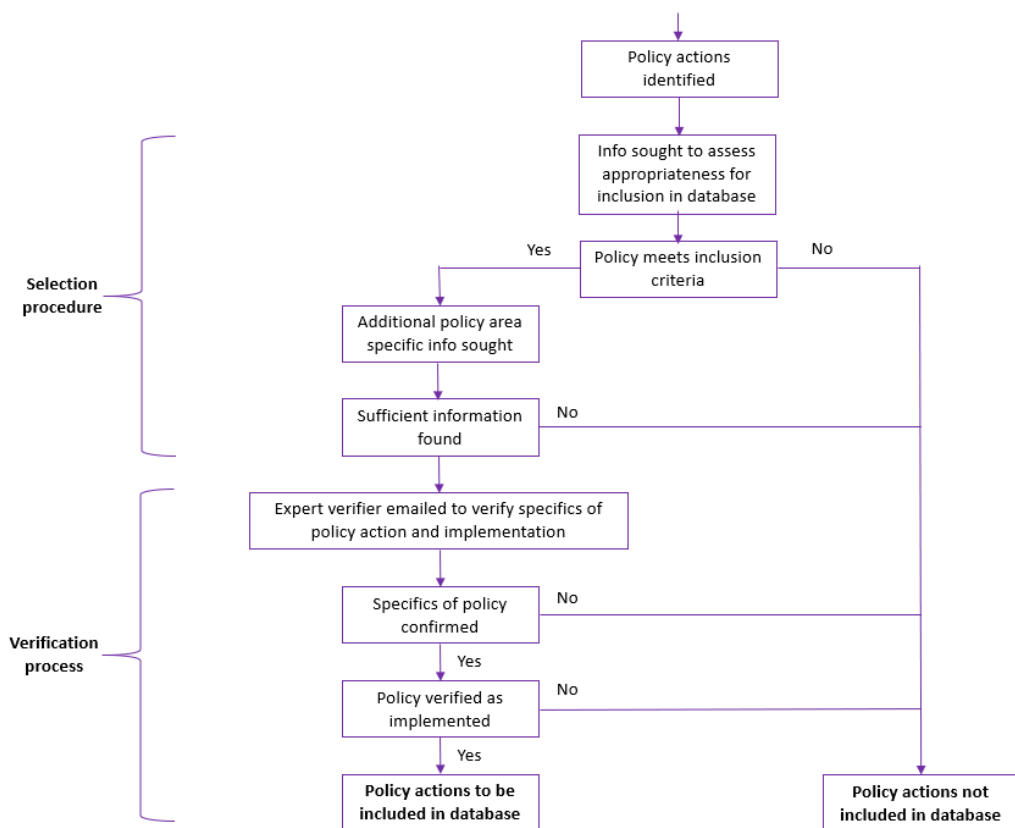
physical activity
 AND primary care
 AND assessment OR
 referral OR counselling

Example basic search terms for ministry websites

nutrition
 AND primary care OR
 counselling

5.2 Policy selection

The policy selection and verification processes are shown on Flowchart 1b.



Flowchart 1b: Policy selection procedure and verification process*

* This process is the same for the global scan and for the comprehensive European scan

A structured approach is taken to identifying policies, using the sources set out above (and in the [Technical Annex](#)) and the methods already tested in NOURISHING (extended to include physical activity). This includes a targeted search (using academic electronic databases) to check for peer-reviewed evaluations of policy actions.

Once identified, each policy action is researched to ensure that sufficient information is available for its inclusion in the database.

Official government websites are often where the official versions of policies are stored and should be consulted to find the original document as part of the assessment of appropriateness of a policy action for inclusion in the database, wherever possible. However, policies do not need to be publicly available online for inclusion in the databases: some countries do not publish their legislation online, so secondary sources will be key sources of information.

A note on language (see also [Technical Annex](#)): It is common for information on policies relevant to NOURISHING/MOVING to be in languages other than English. When this is the case, a web search is conducted to locate additional information about the policy, in-country expert(s) may be consulted, in-house foreign language capabilities are used where available and, where necessary, Google Translate and/or [linguee.com](#) is used to interpret foreign-language information sources on specific policies to assess their appropriateness for the database.

5.2.1 Inclusion and exclusion criteria for policy actions

The inclusion criteria for the NOURISHING and MOVING databases set out the types of policy actions to be included, the required implementation status, and the characteristics of the policies that will be included.

The aim of the inclusion criteria is to ensure that the scan can pick up as much relevant information as possible in a streamlined way: it is as comprehensive as possible, but by the time of publication may not be exhaustive.

This list of inclusion criteria for policy actions draws heavily on the NOURISHING inclusion criteria, which have been tested in practice over the last five years, providing valuable proof of concept. The additional requirement to perform a scan in specific European countries (listed in section 5.3) that is ‘as comprehensive as possible’ has meant that the criteria and search process have been amended to ensure that as many national-level policy actions as possible are identified.

1. Must be a government action, an action implemented in partnership with government, or an action that is formally supported, sponsored or endorsed by government

- Programmes or interventions run by non-governmental actors (such as civil society organisations or the private sector) are included *only* if these actions are supported, sponsored or endorsed by government. Such government support has to be publicly communicated and may consist of financial sponsorship or an endorsement (public statement of support) by government.

2. Must be at relevant level of government

- Global scans: For inclusion in the NOURISHING and MOVING global scans, policies can be at national, regional, provincial/territorial, municipal or local level. (NB It is not the intention to collect all regional, provincial/territorial, municipal or local level policy actions, but exemplar policy actions are included.)

- Comprehensive European scan: The comprehensive scan will seek out *national*-level policies only.

3. Must be related to reducing obesity and/or diet-related NCDs by promoting healthy diets or physical activity

- The policy action may have multiple objectives (e.g. health, environmental sustainability etc.), but public health must be a clear aim or co-benefit (e.g. improving nutrition, reducing overweight/obesity, increasing availability of healthy food, increasing active travel, increasing the time children spend on physical activity in school)).
- Additionally, policy actions will be considered for inclusion in the database where there are clear benefits for healthy diet and/or physical activity; inclusion of these policies is made on a case-by-case basis at the discretion of the Policy & Public Affairs team within WCRF International.

4. Must be related to one of the policy areas outlined in the NOURISHING and MOVING frameworks

- Policies must fit within the scope of the NOURISHING framework's 10 policy areas or of the MOVING framework's six policy areas. These are then categorised within sub-policy areas, by which the database and web platform are structured (see Appendix A1).
- If a policy action cuts across both NOURISHING and MOVING, the action appears twice – once in each of the two databases.
- Where a policy fits one of the NOURISHING/MOVING policy areas but does not directly fit one of the existing sub-policy areas in that policy area, sub-policy areas can be added or edited to appropriately reflect the policy actions.

Note: Between the two comprehensive European scans, the sub-policy areas will remain unchanged for consistency (particularly important for benchmarking purposes: see [Technical Annex](#)).

5. Must be implemented and in force

- The policy action, law or regulation must be implemented wholly or in part. For example, draft or model laws, policy proposals, election commitments and laws that have been passed but not come into effect are not included in the databases.
- Policy implementation is a complex change process and therefore can involve several stages or levels of implementation. For the purpose of updating the database, implementation is defined as the point in time at which an adopted policy (or component of policy) first comes into effect.
- Exceptions:
 - When a policy has 'expired', been withdrawn or is no longer enforced, it remains in the public-facing database *only if it has been evaluated* (see section 4.2.3 and the [Technical Annex](#)). Where possible, a brief explanation of the reason for the policy 'expiring' is included (e.g. a change of government).
 - Public awareness campaigns, either run by or endorsed by government (included in 'I – Inform people about food and nutrition through public awareness' in NOURISHING and 'N – Normalise and increase physical activity through public communication' in MOVING) may also remain in the policy database even if they are no longer running as they often last for only a short time. The summary of the campaign includes the start and end date. To be included, a campaign must have taken place in the past five years and have had national scope; after this time, it is retained only if it has been evaluated.

Section 5.3 sets out the verification process that is in place to ensure that an in-country expert has verified that policies included in the database have been implemented or partially implemented *in practice*. More detail is also provided in the [Technical Annex](#).

6. Must be sufficient information about the policy action

- There must be sufficient information about the policy action. In addition to the name of the policy, the date of implementation of the policy and a link to any published evaluation of the policy, policy descriptions for each of the policy areas within NOURISHING and MOVING require additional information (a guide to which is set out in the [Technical Annex](#)). If this information cannot be provided (either by desk research or by the in-country contacts), the policy action will not be included – this is at the discretion of the Policy & Public Affairs Team at WCRF International.
- Examples of additional information include:
 - within ‘O’ of NOURISHING (Offer healthy food and set standards in public institutions and other specific settings): the type of institution and what is covered within the institution’s premises;
 - within ‘N’ of MOVING (Normalise and increase physical activity through public communication that motivates and builds behaviour change skills): the types of media used e.g. TV, radio, social media, website, brochures.

5.2.2 Additional exclusion criteria

Policies related to the following are not included:

- undernutrition, breastfeeding and infant and young child feeding – these were not included in the existing NOURISHING database and are not a requirement of CO-CREATE;
- alcohol policies – these are outside the scope of NOURISHING and are not a requirement of CO-CREATE;
- professional sport – the MOVING database is concerned with health-enhancing physical activity, not professional sport.

5.2.3 Inclusion criteria for evaluations

Since October 2016, a phased approach has been taken to include existing evaluations of policy actions in the NOURISHING database, and this is now also applied to the MOVING database.

Evaluations have to fulfil a number of requirements to be considered for inclusion, including that they must be available online in English and are of sufficient quality (for more information, see the [Technical Annex](#)).

5.2.4 Updating the inclusion criteria

The process is iterative: a test scan was undertaken in December 2018 using the inclusion criteria, search process, search terms and sources, which were then revised to overcome identified problems. For example:

- it became clear that searching each ministry in turn with over 100 search terms was impractical and would reveal little more than searching the legislative database; hence, the decision was made to focus primarily on legislative databases, searching the ministries only in the absence of a legislative database (and with a reduced set of search terms);
- an initial inclusion criterion that ‘health is a stated aim’ of a policy action was altered to ‘public health must be a clear aim or co-benefit’.

Advice has also been given by expert advisors (including from the World Health Organization) on the inclusion criteria.

5.3 Verifying the policies

It is crucial to have verification on the information gathered on policy actions – and, although it can often be a challenge to get the policy actions verified for inclusion in the database and web platform, this is an essential final step in the process. It is anticipated that in many countries two expert verifiers will be required – one in nutrition and one in physical activity.

5.3.1 Drafting the description

The verification experts¹⁰ can be used early in the search process, when insufficient information can be found to draft the policy description for the database. This may be because sources of information on policy actions are insufficiently documented on official or secondary-source websites or because there are too few resources available in English. The experts may also be able to direct the policy analysts to available documentation.

5.3.2 Verifying the descriptions

The policy action descriptions are sent to the experts to check for accuracy and to confirm that it is being implemented; the definition of ‘implemented’ may be somewhat subjective, requiring a perspective to be sought from more than one in-country expert.

There may be cases where the WCRF International Policy & Public Affairs Team have to determine whether to include a policy: for example, if a tax on an unhealthy commodity has been enacted, is the tax being collected by the government?

Verification of the description is required for all policy actions included in the NOURISHING and MOVING databases.

5.4 Final check: comprehensive European scan

Before publication of the comprehensive European scan, a final email to the in-country verifiers should be sent, to check that there have not been any unanticipated new policy actions that have been implemented since the date of the scan and that must be included. If a new policy action is identified, its inclusion will depend on whether it can be verified in the time available; if not, it will be included in the second comprehensive scan or in a future global scan update.

Note that this is not required for the regular scans (for which new information can be added at the next update) – but it is necessary to ensure that the two European scans are as up to date as possible.

Note: **Quality control** is intrinsic to the process:

- drafts of the Methods Document were reviewed by experts in both nutrition and physical activity;
- the preliminary scan ensured that the methods are fit for purpose (and the methods document was adapted accordingly); and
- verification by in-country experts ensures that all the policies in the database are appropriate for inclusion.

¹⁰ More information on the verification experts is provided in the [Technical Annex](#). The experts are anticipated to include WHO in-country experts.

6. Presentation of policies

6.1 Format of public-facing material

All entries in the NOURISHING and MOVING databases must include as a minimum:

- the name of the policy action (e.g. name of campaign, or title of an act);
- the date on which the policy action was implemented; and
- a reference and link to any published evaluation of the policy action (URLs to the original documentation of policy actions are not included in the databases, as these are likely to change over time).

In addition, each of the policy actions then requires additional information (set out in the [Technical Annex](#)) – this acts as a guide to ensure that the information that is collected is as consistent as possible: a helpful compare-and-contrast for users. The policy actions in the database are all summarised in layman’s terms (i.e. in plain English). The purpose of the database is not to discuss or comment on the policies, but users of the database are well placed to then research this for themselves.

6.2 Tagging

Consistent storage of and accurate tagging of material is crucial to the ongoing utility and accuracy of the databases. Structured storage and labelling of the information facilitates easier updating in the future and tagging allows users of the database to find the information that they need quickly and easily.

Every policy action entered in the NOURISHING and MOVING databases is tagged with the relevant geography and with a number of topic-specific tags. Currently, 45 topic tags make up the taxonomy of the NOURISHING database (with three more proposed) and 39 of the MOVING database (see Appendix A3). The tags are amended or added to as and when new areas for action come to the fore. The system of tags in the NOURISHING database has been used since October 2017, so has been tested to show it is fit for purpose.

7. Limitations and challenges

7.1 Limitations

While the European scans will attempt to be as comprehensive as possible, the updates cannot be exhaustive or fully up to date when launched:

- Legislation is constantly changing – e.g. it may be timebound or the government may change between scan and publication. It can only be accurate as at the day on which each website is scanned, and the comprehensive search will take a considerable amount of time.
- The level of implementation may also vary – it will be verified by in-country experts but the reality on the ground may be patchy.
- It addresses only national action but, as noted above, much of the innovation and policy action may be at regional/local (e.g. at city level). While examples are captured and included as exemplars as part of the wider global scan, this cannot be, and is not intended to be, comprehensive.

In addition:

- Language will be a limitation in the scanning. WHO in-country contacts will be used to translate the search terms ahead of the comprehensive European scan. Google Translate and linguee.com will be used to translate search results (see [Technical Annex](#)).
- WCRF International does not currently have the means to use a paid-for, automated service to sweep for the latest legislation in specific jurisdictions – and there is no single global service that could perform this function. However, machine-learning/AI techniques will make automated searching quicker, cheaper and more effective over the next few years, so may be an option in the future.
- It is not possible to be completely sure of the level of implementation of policies – for example, the reporting of in-country verification experts may include conscious or unconscious biases.

There are also specific limitations on the inclusion criteria, which are driven by the practicalities of undertaking the scans:

- Were all proposed policies and policies included and policies that are no longer in force to remain in the public-facing database, it could **rapidly become unwieldy** for users.¹¹ However, there is an exception to the rule that policies no longer in force are removed: policies that have been evaluated (process and impact evaluations), which will be retained within the database (along with relevant links) because of the lasting value of the evaluation to users.
- The comprehensive European scan cannot realistically cover regional, provincial/territorial, municipal and local level policy action, as this would require a commitment of resource and time that is out of scope. However, the global scan, which is ongoing and thorough but not as structured as the comprehensive European scan, will continue to cover policy actions at sub-national level (see section 4.2).

7.2 Challenges

This process is not without its challenges.

- The inclusion/exclusion criteria need to be set to find the balance between capturing too many policies or too few.
- Physical activity policy is often less obvious than for nutrition – for example, there is no equivalent in physical activity to a ban on trans fats. While there are some clear physical activity policy actions (such as national curriculum requirements), many of the policy actions that affect physical activity are indirect: speed limits and vehicle emissions penalties.
- There is a relative lack of information on physical activity policy actions: There are many databases of legislation, policy and policy action in the nutrition space, particularly in the United States – but fewer that touch on physical activity (see list in [Technical Annex](#)). However, it is a growing space and WCRF International has consulted widely with experts to find the best sources of information.
- There may not be much policy action at national level in physical activity, as innovation and action often sits more locally. The inclusion criteria need to be drawn up in a way that captures as much as possible, as it is not feasible to conduct a comprehensive scan at a sub-national level.

¹¹ Some policy databases (such as the Rudd Center for Food Policy and Obesity's legislation database) do include proposed, unimplemented and out-of-date policies – see [Technical Annex](#) – but an advantage of the NOURISHING/MOVING approach is that the streamlining makes it easier for users to identify what is actually in force.

Appendix A1: NOURISHING and MOVING sub-policy areas and policy options

The MOVING and NOURISHING frameworks are organised as a hierarchy: a small number of overarching domains, the key policy areas and a number of sub-policy areas. The sub-policy areas are used to structure the way that the policy actions are presented in the database and web platform (see [Technical Annex](#) for an example).

The sub-policy areas can be altered according to changing circumstances – for example if an innovative policy begins to be used and needs adding as a sub-policy area. However, between the two comprehensive European scans, the sub-policy areas should remain unchanged for consistency.

A1.1 NOURISHING

NOURISHING comprises three domains – the food environment, food system and behaviour change communication. Within these domains are 10 key policy areas, which are divided into a number of sub-policy areas around which the database and web platform are structured.

Domain	Policy area	Sub-policy area
Food environment	Nutrition label standards and regulations on the use of claims and implied claims on foods	<ul style="list-style-type: none"> • Mandatory nutrient lists on packaged food • Trans fats included in mandatory nutrient labels • Clearly visible 'interpretative' labels and warning label • On-shelf labelling • Calorie and nutrient labelling on menus and displays in out-of-home venues • Warning labels on menu and displays in out-of-home venues • Rules on nutrient claims (i.e. nutrient content and nutrient comparative claims) • Rules on health claims (i.e. nutrient function and disease risk reduction claims)
	Offer healthy food and set standards in public institutions and other specific settings	<ul style="list-style-type: none"> • Fruit and veg initiatives in schools • Mandatory standards for food available in schools, including restrictions on unhealthy food • Mandatory standards for food available in schools and in their immediate vicinity • Voluntary guidelines for food available in schools • Bans specific to vending machines in schools • Standards in social support programmes • Standards in other specific locations (e.g. health facilities, workplaces)
	Use economic tools to address food affordability and purchase incentives	<ul style="list-style-type: none"> • Health-related food taxes • Voluntary health-related food taxes • Increasing import tariffs on specified 'unhealthy' food • Lowering import tariffs on specified 'healthy' food • Targeted subsidies for healthy food
	Restrict food advertising and other forms of	<ul style="list-style-type: none"> • Mandatory regulation of broadcast food advertising to children • Mandatory regulation of food advertising on non-broadcast communications channels

Domain	Policy area	Sub-policy area
	commercial promotion	<ul style="list-style-type: none"> • Mandatory regulation of food advertising through any medium • Mandatory regulation of specific marketing techniques • Mandatory regulation of marketing of specific food items and beverage • Mandatory regulation of food marketing in schools • Mandatory requirement that ads must carry a health message or warning • Government engage with industry to develop self-regulation to restrict food marketing to children • Government support voluntary pledges developed by industry
	Improve nutritional quality of the whole food supply	<ul style="list-style-type: none"> • Voluntary reformulation of food products • Voluntary commitments to reduce portion sizes • Mandatory limits on level of salt in food products • Mandatory removal of trans fats in food products • Limits on the availability of high-fat meat products • Limits on the availability of high-sugar food products and beverages
	Set incentives and rules to create a healthy retail and food service environment	<ul style="list-style-type: none"> • Incentives and rules for stores to locate in underserved neighbourhoods • Initiatives to increase the availability of healthier food in stores and food service outlets • Incentives and rules to reduce trans fat in food service outlets • Incentives and rules to offer healthy food options as a default in food service outlets • Incentives and rules to restrict SSB consumption • Incentives and rules to reduce salt in food service outlets • Planning restrictions on food outlets
Food system	Harness supply chain and actions across sectors to ensure coherence with health	<ul style="list-style-type: none"> • Working with food suppliers to provide healthier ingredients • Nutrition standards for public procurement • Public procurement through 'short' chains (e.g. local farmers) • Supply chain incentives for food production • Supporting urban agriculture in health and planning policies • Community food production • Governance structures for multi-sectoral/stakeholder engagement
Behaviour change communication	Inform people about food and nutrition through public awareness	<ul style="list-style-type: none"> • Development and communication of food-based dietary guidelines • Development and communication of guidelines for specific food groups • Public awareness, mass media and informational campaigns and social marketing on healthy eating • Public awareness campaigns specific to fruit and veg • Public awareness campaigns concerning specific unhealthy food and beverages • Public awareness campaigns concerning salt
	Nutrition advice and counselling	<ul style="list-style-type: none"> • Guidelines and progs to provide support in primary care to people who are overweight and obese • Nutrition counselling in primary care

Domain	Policy area	Sub-policy area
	in healthcare settings	<ul style="list-style-type: none"> • Training for health professionals
	Give nutrition education and skills	<ul style="list-style-type: none"> • Nutrition education on curricula • Community-based nutrition education • Cooking skills • Initiatives to train schoolchildren on growing food • Workplace or community health schemes • Training for caterers and food service providers

A1.2 MOVING

MOVING aligns with the 2018 WHO Global Action Plan on Physical Activity (GAPPA) in organising policy actions into four domains: active societies, active environments and active people, together with active systems. Within these domains are six key policy areas, which are divided into a number of sub-policy areas around which the database and web platform are structured.

Domain	Policy area	Sub-policy area
Active societies	Make programmes, opportunities and initiatives that promote physical activity a priority	<ul style="list-style-type: none"> • Programmes and initiatives to increase physical activity in and outside of classrooms • Programmes/initiatives promoting active transport to and from school • Community initiatives across the life course • Mass participation initiatives across the life course • Programmes promoting/supporting physical activity for least active groups and vulnerable/marginalised people. • Programmes promoting/supporting physical activity for people of all ages and abilities. • Financial and non-financial incentives to promote physical activity.
	Offer training in physical activity promotion across multiple professions	<ul style="list-style-type: none"> • Pre- and in-service training within health care • Pre- and in-service training for relevant professions outside of health care (i.e. relevant sectors outside of health – educators, architects, planners, landscape architects, park and recreation professionals etc.)
Active environments	Visualise and enact active design guidelines for structures and surroundings	<ul style="list-style-type: none"> • Design guidelines and regulations for buildings that prioritise equitable, safe, and universal access by all, that encourage occupants to be physically active. • Active design guidelines outside buildings • Active design guidelines for people of all ages and abilities. • Active design guidelines for open/green spaces
	Implement urban, rural and transport plans	<ul style="list-style-type: none"> • Walking and cycling infrastructure • Public transport

Domain	Policy area	Sub-policy area
	that support active societies	<ul style="list-style-type: none"> • Integrated urban design and land-use policies prioritising compact, mixed-land use. • Access to quality public open space and green spaces • Road safety actions including safety of pedestrians, cyclists etc. • People of all ages and abilities considered and accounted for in all planning decisions.
Active people	Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	<ul style="list-style-type: none"> • Mass communication campaigns including social marketing to increase awareness and knowledge about benefits of physical activity through the life course. • Mass communication campaigns including social marketing to change social norms about the accessibility and need for physical activity. • Mass communication campaigns to increase awareness of co-benefits of PA (environment, social, and economic) through the life course. • Develop and communicate physical activity guidelines
	Give physical activity education, assessment and counselling	<ul style="list-style-type: none"> • Physical education in schools • Primary care (assessment, counselling and PA prescriptions) • Health care and outpatient settings • Community-based • Social care providers

In addition, there is an overarching domain in MOVING: active systems. This does not have sub-policy areas or identified policy options – and note that the scope of the ‘active systems’ domain is so extensive that implemented policy actions cannot be included in the comprehensive European scan.

Active systems	<p>Governance systems – includes accountability, managing conflicts of interest, roles and responsibilities for different actors.</p> <p>Leadership – promoting clear leadership to ensure physical activity is given priority.</p> <p>Physical activity surveillance – ensuring robust data collection on physical activity rates across the population is put in place.</p> <p>Interdisciplinary research funding – increased research capacity across all sectors on the rates of physical inactivity or activity and policy interventions etc.</p> <p>Financing mechanisms to fund research, surveillance and interventions.</p> <p>Monitoring and evaluation of policy actions – incorporating monitoring and evaluation of policy actions at the outset to ensure effect is measured.</p> <p>Life course/health in all policies approach – using a lens that ensures physical activity is promoted across the whole population, across the life course, especially those that are the least active, vulnerable or have different needs.</p>
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Appendix A2: In-country sources

A systematic approach to how many and which sources to scan provides consistency across the countries analysed for the comprehensive European scan. Below are the national-level organisations whose websites may be searched for policies. (Note that the legislation database is the first port of call; the ministries will be systematically searched only when there is no legislation database – see section 5.1.3.)

	Nutrition	Physical activity
Government websites	Legislation database Ministry of health Ministry of public health Ministry of finance Ministry of education Ministry responsible for food Ministry of labour Ministry of trade Ministry of the environment Ministry of agriculture Ministry responsible for youth Ministry responsible for consumer affairs/media/culture	Legislation database_ Ministry of health Ministry of public health Ministry of finance Ministry of education Ministry of transport Ministry responsible for environment Ministry responsible for sport/recreation Ministry of labour Ministry of communities/local government (urban design/planning) Ministry responsible for youth Ministry responsible for consumer affairs/media/culture
Other organisations	Youth agency National consumer organisation Major disease-specific/obesity NGOs	Government-supported sport agency Youth agency Major disease-specific/obesity/sport NGOs
Media	News media	News media

Appendix A3: Database tags

A3.1 Tags used in the NOURISHING database (45 plus four further options – February 2019)

Advertising	Front-of-pack	Nutrient profile model	Supply chain
Campaign	Fruit and veg	Portion size	<i>Tariff</i>
Catering	Gardens	<i>Pre-school children</i>	Tax
Children	Health professionals	Procurement	Traffic light
Civil society	Hospitals	Reformulation	Trans fats
Cooking skills	<i>Inequalities</i>	Salt	University
Curriculum	Import duty	Saturated fat	Urban agriculture
Dietary guidelines	Label	Schools	Vending machines
Digital marketing	Low-income	Subsidies	Voluntary measures
Energy drinks	Marketing	Sugar	Warning
Fast food restaurants	Menus	Sugary drinks	Workplace
Fat	Multi-sector	Sugary drinks tax	Young people
	Nutrient claims		

Italic indicates proposed tag for the updated NOURISHING database

A3.2 Tags proposed for use in the MOVING database (39 – as of February 2019)

Active play	Cycling	Older people	Schools
Active travel	Design guidelines	Patients	Sedentary behaviour
Air pollution	Disability	Physical activity as treatment	Sports facilities
Building design	Funding	Physical education coaching	Stairs
Campaign	Green space	Physical literacy	Subsidies
Children	Health professionals	Pre-school children	Town planning
Civil society	Incentives	Public transport	Walking
Congestion charge	Inequalities	Recreation	Workplace
Counselling	Life course	Road safety	Voluntary measures
Curriculum	Multi-sector		Young people

Appendix A4: Development of the Methods Document

A4.1 Process timeline

Date (2018–19)	Process	External review?
Sept–Oct	Review existing NOURISHING methods document and database, identify and interview relevant external database stakeholders, identify External Review Group (see A2.2 below)	
Oct	Develop zero draft of Methods Document	
Nov	Share zero draft for internal consultation within WCRF International	
Nov	Incorporate internal feedback into first draft	
Nov	First draft reviewed by External Review Group (see A4.3 below)	✓
Nov	Incorporate external feedback into second draft	
Dec	Share second draft for internal consultation within WCRF International	
Dec	Incorporate internal feedback	
Dec–Jan	Use this draft to do a preliminary European physical activity policy scan (i.e. the Methods Document policy analyst and one other WCRF staff member undertake a 'light' testing of the methods)	
Jan	Analyse test results with other WCRF International staff and incorporate into third draft	
Jan	Third draft reviewed by External Review Group	✓
Feb	Incorporate external feedback into fourth draft	
mid-Feb	Present fourth draft at expert face-to-face meeting in London (see A4.5 below)	✓
Feb	Incorporate feedback from expert face-to-face meeting The Interim Methods Document is now finalised	
Feb	Project quality assurance by CO-CREATE (Norwegian Institute of Public Health)	✓
28 Feb	Submit the Interim Methods Document to the European Commission as deliverable D2.3 of WP2	

A4.2 Research

A4.2.1 Start point: existing knowledge

The start point for the Methods Document was a) the existing NOURISHING methods document and b) the experience of the WCRF International staff who have been responsible for updating the NOURISHING database. Regular meetings with these staff were held throughout the process, drawing both on their experience of the practical application of the NOURISHING methods document and other knowledge such as that obtained at a Temple University (USA) convening event that looked in detail at the discipline of policy surveillance within public health (January 2018).

A4.2.2 Comparator databases and interviews

Many policy databases were identified (see list in the [Technical Annex](#)), of which 12 were selected for further research and follow-up by interview, to ascertain their methods and learn from their experience. (See section A5.)

A4.3 Reviewers

A4.3.1 Internal expertise

WCRF International has significant in-house expertise on nutrition and physical activity policy and also on the practicalities of updating the policy database.

- Katy Cooper, Policy Analyst (author of this Methods Document and Technical Annex)
- Bryony Sinclair, Senior Policy and Public Affairs Manager (led NOURISHING updates to end 2018)
- Fiona Sing, Policy and Public Affairs Manager (leads NOURISHING updates)
- Professor Martin Wiseman, Medical and Scientific Advisor
- Louise Meincke, Head of Policy and Public Affairs
- Dr Giota Mitrou, Acting Director of Research and Public Affairs

A4.3.2 External Review Group

The External Review Group,¹² who advised on this Methods Document, are drawn from:

- a subgroup of WCRF International's Policy Advisory Group, which was set up in 2015 – and some of whom were also involved in drawing up the NOURISHING methods document; and
- academics and practitioners, whose expertise was solicited specifically for this project – these include experts with whom WCRF International has worked in the past and others who were approached for their knowledge of relevant areas (i.e. nutrition, physical activity and policy scanning).

The External Review Group had two opportunities to comment on the Methods Document: in November 2018 on the first draft and then again in January 2019 on the third draft.

A4.4 Iteration

In December 2018, a preliminary scan using the process and search terms set out in the Methods Document was undertaken by policy analysts at WCRF International. The learning from this was incorporated into the Methods Document, adding nuance and helping to balance aspiration and practicality.

A note on a future iteration: The Methods Document will be updated with learning from the full comprehensive European scan of national nutrition and physical activity policies. This is why the version of the Methods Document submitted to the European Commission in February 2019 is the 'Interim' Methods Document.

A4.5 Face-to-face expert meeting

The draft Methods Document was presented at a face-to-face CO-CREATE expert meeting held in February 2019 (Deliverable 2.7 of CO-CREATE).

The primary aim of this meeting was to validate the benchmarks for both nutrition and physical activity policy actions, which will inform the policy index to assess and grade the policy status of a country (for more on the benchmarking and policy index – themselves deliverables of the CO-

¹² Members of the External Review Group are listed in the Acknowledgements to this Methods Document.

CREATE project – see [Technical Annex](#)). However, an important supplementary aim was briefly to present the Methods Document (in near-final form) and to solicit and encourage feedback on the Methods Document (following the meeting) from this new group of experts. These suggestions have been incorporated in the interim final version submitted at the end of February.

More information on this expert meeting is available in Deliverable 2.7 of CO-CREATE.

Appendix A5. Policy database interviews

An important aspect of the research (and due diligence) for this Methods Document was an in-depth discussion with the researchers responsible for other policy databases, at EU, WHO and national level, from which learnings and comparisons could be drawn. A mix of international and national databases were selected for interview; some project leaders were already known to WCRF International, but others were not. In addition, WCRF International spoke with a leading expert on policy surveillance and healthy policy databases, for views on, for example, the global scan and on the comprehensive European scan (see also the [Technical Annex](#)).

Twelve interviews were conducted in October–December 2018 and a summary of each interview is provided in the [Technical Annex](#). In addition, a comparison table of the health policy databases (including their geography, the format of the information and number of entries) has been compiled (below).

- Scott Burris, Temple University, Philadelphia (policy surveillance)
- Melanie Cowan, WHO (NCD Document Repository)
- Kaitlin Donley, Campaign for Tobacco Free Kids (Tobacco Laws Legislation database)
- Kaia Engesveen, WHO (GINA database)
- Jack Fisher, WHO (Knowledge Action Portal)
- Michelle Halligan and Kendall Tisdale, Canadian Partnership Against Cancer (Canadian Prevention Policies database)
- Maisha Hutton, Healthy Caribbean Coalition (Childhood Obesity Prevention Scorecard)
- Rachel Jackson Leach, World Obesity (Interactive Global Atlas)
- Sally Mancini, UConn Rudd Center for Food Policy and Obesity (Rudd Center Legislation Database)
- Tracy Nau, Sydney University (ASAPa)
- Janice Osborn, Centre for Agriculture and Bioscience International (CAB International databases)
- Giulia Paolini, European Commission (EU Youth Wiki)

It is indicative of the importance of this project that almost everyone to whom WCRF International reached out was both interested in the new NOURISHING/MOVING database and web platform and also, crucially, eager to help.

Many other policy databases were identified but were not contacted for further information. These are also listed in the [Technical Annex](#).

Database comparison table

For more information, see [Technical Annex](#).

Database and URL	Parent organisation(s)	Topic description	Geography	Approx # of database items (Nov 2018)	Info format (e.g. pdf/link/ description/ abstract)	Search functionality	Data automation?*
Childhood Obesity Prevention Scorecard	Healthy Caribbean Coalition	Scorecard to facilitate strengthened awareness of national policy responses to childhood obesity	Caribbean	224	Link to external government URL where possible	No word search functionality; search by country	X
EU Youth Wiki	European Commission (EACEA)	National policies on youth, including 'health and wellbeing'	Europe (34 countries)	Single entry on health/wellbeing per country	Description of national policy across specific health areas	No word search functionality	X
GINA	WHO	Information on the implementation of nutrition policies, mechanisms and interventions	Global	9,000 (of which ≈2,100 are policies)	Description, pdf of the policy, URL	Category filters and free word search	X
Healthy Food Policy database	CAFS, PHLC and the UConn Rudd Center for Food Policy and Obesity	Identifies local laws that seek to promote access to healthy food, and also contribute to strong local economies, an improved environment, and health equity	United States	260	Description of the policy and link to the legislation on Municode	Category filters and free word search of the summary	✓
Interactive Obesity Atlas	World Obesity Federation	Mapping of obesity statistics, actions (including policies and interventions), drivers and impacts	Global	800 policy/ intervention entries	Short description and external URL	Country or category search	X
Knowledge Action Portal	WHO	Community-driven platform for NCD information, interaction and inspiration	Global	700	Short description and link to pdf on external site	Category filters (inc region and language)	X

Database and URL	Parent organisation(s)	Topic description	Geography	Approx # of database items (Nov 2018)	Info format (e.g. pdf/link/ description/ abstract)	Search functionality	Data automation?*
NCD Document Repository	WHO	Documents containing NCD targets, policies, and guidelines submitted by Member States to WHO	Global	2,900	pdf stored within the Repository website	Category/ country search and (document titles only) keyword search	X
NOURISHING	World Cancer Research Fund International	Implemented government policy actions to promote healthy diets and reduce obesity	Global	515	Description of key attributes	Category and country search	X
Prevention Policies Directory	Canadian Partnership against Cancer	Healthy public policies focused on cancer and NCD prevention	Canada	2,100	Short description and link to CANLII legislation database	Category (location and risk factor) search, plus keyword search	✓
Rudd Center Legislation Database	UConn Rudd Center for Food Policy and Obesity	Tracks state and federal policies related to obesity and diet-related diseases	United States	3,050	Short summary and pdf (from Westlaw)	Category, year and jurisdiction filters	✓
Tobacco Control Laws database	Tobacco Free Kids	Tobacco-control laws in three policy areas: smoke free / advertising, promotion and sponsorship / packaging and labelling	Global (206 countries) but primarily LMICs	1,980	pdf of the legislation (translated) and short summary	Free word search (and categorised by policy type)	X

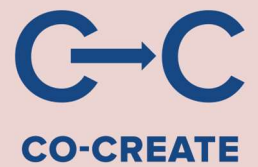
* Indicates that policies/legislation are initially sourced using a) a webscraper or robot or b) using a third-party legislative search service (this information is then filtered in-house for inclusion in the databases).

Note that ASAPa (Australian Systems Approaches to Physical Activity) and CAB International (Centre for Agriculture and Bioscience International) were interviewed but are not included here as ASAPa has not yet launched and CAB International is a broader database including abstracts etc.

2019



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D2.3: Methods document for policy scan – Technical Annex

World Cancer Research Fund (WCRF)
International
28.02.2019



Technical Annex

to the Interim Methods Document, CO-CREATE Deliverable D2.3

February 2019

This Technical Annex sits behind the Interim Methods Document that describes the scan of policy actions to update the NOURISHING and MOVING databases.

The Interim Methods Document and Technical Annex were submitted to the European Commission on 28 February 2019 as Deliverable D2.3 of the CO-CREATE project.

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Note: This Technical Annex provides information additional to that supplied in the Methods Document. It is not intended to be a standalone document.

Information **specifically relevant to the comprehensive European scan** is presented in purple shaded boxes throughout for ease of reference.

T1. NOURISHING and MOVING frameworks

T1.1 Domains, policy areas, sub-policy areas and policy options

The MOVING and NOURISHING frameworks are organised as a hierarchy: a small number of overarching domains, the key policy areas and a number of sub-policy areas. In addition, a number of possible policy options that are likely to fall under each policy area have been identified (section T1.3 below).

The existing NOURISHING database is organised by the sub-policy areas and the new web platform will also take this approach.

The sub-policy areas can be altered according to changing circumstances – for example if an innovative policy begins to be used and needs adding as a sub-policy area – but note that between the two comprehensive European scans, the sub-policy areas should remain unchanged for consistency.

Note: This information also appears in the Methods Document as Appendix A1.

T1.2 NOURISHING

NOURISHING comprises three domains – the food environment, food system and behaviour change communication. Within these domains are 10 key policy areas, which are divided into a number of sub-policy areas around which the database and web platform are structured.

Domain	Policy area	Sub-policy area
Food environment	Nutrition label standards and regulations on the use of claims and implied claims on foods	<ul style="list-style-type: none"> • Mandatory nutrient lists on packaged food • Trans fats included in mandatory nutrient labels • Clearly visible 'interpretative' labels and warning label • On-shelf labelling • Calorie and nutrient labelling on menus and displays in out-of-home venues • Warning labels on menu and displays in out-of-home venues • Rules on nutrient claims (i.e. nutrient content and nutrient comparative claims) • Rules on health claims (i.e. nutrient function and disease risk reduction claims)
	Offer healthy food and set standards in public institutions and other specific settings	<ul style="list-style-type: none"> • Fruit and veg initiatives in schools • Mandatory standards for food available in schools, including restrictions on unhealthy food • Mandatory standards for food available in schools and in their immediate vicinity • Voluntary guidelines for food available in schools • Bans specific to vending machines in schools • Standards in social support programmes • Standards in other specific locations (e.g. health facilities, workplaces)

	Use economic tools to address food affordability and purchase incentives	<ul style="list-style-type: none"> • Health-related food taxes • Voluntary health-related food taxes • Increasing import tariffs on specified 'unhealthy' food • Lowering import tariffs on specified 'healthy' food • Targeted subsidies for healthy food
	Restrict food advertising and other forms of commercial promotion	<ul style="list-style-type: none"> • Mandatory regulation of broadcast food advertising to children • Mandatory regulation of food advertising on non-broadcast communications channels • Mandatory regulation of food advertising through any medium • Mandatory regulation of specific marketing techniques • Mandatory regulation of marketing of specific food items and beverage • Mandatory regulation of food marketing in schools • Mandatory requirement that ads must carry a health message or warning • Government engage with industry to develop self-regulation to restrict food marketing to children • Government support voluntary pledges developed by industry
	Improve nutritional quality of the whole food supply	<ul style="list-style-type: none"> • Voluntary reformulation of food products • Voluntary commitments to reduce portion sizes • Mandatory limits on level of salt in food products • Mandatory removal of trans fats in food products • Limits on the availability of high-fat meat products • Limits on the availability of high-sugar food products and beverages
	Set incentives and rules to create a healthy retail and food service environment	<ul style="list-style-type: none"> • Incentives and rules for stores to locate in underserved neighbourhoods • Initiatives to increase the availability of healthier food in stores and food service outlets • Incentives and rules to reduce trans fat in food service outlets • Incentives and rules to offer healthy food options as a default in food service outlets • Incentives and rules to restrict SSB consumption • Incentives and rules to reduce salt in food service outlets • Planning restrictions on food outlets
Food system	Harness supply chain and actions across sectors to ensure coherence with health	<ul style="list-style-type: none"> • Working with food suppliers to provide healthier ingredients • Nutrition standards for public procurement • Public procurement through 'short' chains (e.g. local farmers) • Supply chain incentives for food production • Supporting urban agriculture in health and planning policies • Community food production • Governance structures for multi-sectoral/stakeholder engagement

Behaviour change communication	Inform people about food and nutrition through public awareness	<ul style="list-style-type: none"> • Development and communication of food-based dietary guidelines • Development and communication of guidelines for specific food groups • Public awareness, mass media and informational campaigns and social marketing on healthy eating • Public awareness campaigns specific to fruit and veg • Public awareness campaigns concerning specific unhealthy food and beverages • Public awareness campaigns concerning salt
	Nutrition advice and counselling in healthcare settings	<ul style="list-style-type: none"> • Guidelines and progs to provide support in primary care to people who are overweight and obese • Nutrition counselling in primary care • Training for health professionals
	Give nutrition education and skills	<ul style="list-style-type: none"> • Nutrition education on curricula • Community-based nutrition education • Cooking skills • Initiatives to train schoolchildren on growing food • Workplace or community health schemes • Training for caterers and food service providers

T1.3 MOVING

MOVING aligns with the 2018 WHO Global Action Plan on Physical Activity (GAPPA) in organising policy actions around four domains: active societies, environments and active people, with an additional domain of active systems. Within these domains are six key policy areas, which are divided into a number of sub-policy areas around which the database and web platform are structured.

In addition, a number of possible policy options (i.e. examples) that are likely to fall under each sub-policy area of the MOVING framework have been identified. These have been drawn up because the MOVING database is not yet fully populated, so they are an indication to analysts conducting the physical activity scans as to what types of policy actions will be categorised within each of the different sub-policy areas. (No list of policy options is needed for NOURISHING because the database is already populated.) These policy options have been used to help to develop the search terms for the physical activity scan (section T2.4.2).

Domain	Policy area	Sub-policy area	Policy options
Active societies	Make programmes, opportunities and initiatives that promote physical activity a priority	<ul style="list-style-type: none"> • Programmes and initiatives to increase physical activity in and outside of classrooms • Programmes/initiatives promoting active transport to and from school • Community initiatives across the life course • Mass participation initiatives across the life course • Programmes promoting/supporting physical activity for least active groups and vulnerable/marginalised people. • Programmes promoting/supporting physical activity for people of all ages and abilities. • Financial and non-financial incentives to promote physical activity. 	<ul style="list-style-type: none"> • Minimum physical activity requirements (e.g. minutes) during the school day • Programmes supporting active transport to and from school (e.g. walking and cycling) • Physical activity programmes and events in parks and trails • Subsidies for extracurricular PA programmes outside of school system • Incentives, tax deductions and targeted subsidies to support participation in physical activity • Tax incentives to encourage workplaces to implement active travel policies for staff to use alternative forms of transport • Congestion charges and fuel levies • Reduced tax on sporting goods and bicycles for active transport

	<p>Offer training in physical activity promotion across multiple professions</p>	<ul style="list-style-type: none"> • Pre- and in-service training within health care • Pre- and in-service training for relevant professions outside of health care (i.e. relevant sectors outside of health – educators, architects, planners, landscape architects, park and recreation professionals etc.) 	<ul style="list-style-type: none"> • Pre-service and in-service curricula across medical and allied health professionals that include the importance/benefits of PA for patients • Education guidelines in training curricula to train educators to teach the value of active play, physical education, inclusive physical activity, fundamental movement skills and physical literacy • Qualification requirements for teachers providing physical education in schools • Education guidelines for including physical activity in the professional education of relevant sectors outside of health – transport, urban planning, education, social care, tourism, recreation and sports and fitness • Education guidelines to educate road safety stakeholders about providing safe systems to improve road safety for pedestrians, cyclists and public transport users
<p>Active environments</p>	<p>Visualise and enact active design guidelines for structures and surroundings</p>	<ul style="list-style-type: none"> • Design guidelines and regulations for buildings that prioritise equitable, safe, and universal access by all, that encourage occupants to be physically active. • Active design guidelines outside buildings • Active design guidelines for people of all ages and abilities. • Active design guidelines for open/green spaces 	<ul style="list-style-type: none"> • Planning restrictions that require a ratio of green/open space per square foot of building development • School design guidelines that provide accessible and safe environments for physical activity, (e.g. line markings in play areas, sports and physical activity equipment, quality recreational spaces), reduce sitting in class (e.g. active lessons, active lesson breaks) and promote physical activity during daily breaks • Design guidelines for workplaces to provide infrastructure that facilitates activity by providing appropriate end of trip facilities (e.g. showers, bike racks) supporting breaking up sitting (e.g. height adjustable desks), and reducing car spaces • Building design guidelines that make stairs conspicuous, attractive and accessible

			<ul style="list-style-type: none"> • Design guidelines for recreational and sports facilities that optimise location that ensure equitable, safe, quality and universal access • Design guidelines that create prompts and cues in the environments/buildings to promote movement (e.g. signage to encourage stair use, signage for parks) to regularly break up sitting • Design guidelines for public open spaces and green spaces that include quality paths/trails, amenities, play facilities, sports facilities, drinking fountains, toilets, signage
	<p>Implement urban, rural and transport plans that support active societies</p>	<ul style="list-style-type: none"> • Walking and cycling infrastructure • Public transport • Integrated urban design and land-use policies prioritising compact, mixed-land use. • Access to quality public open space and green spaces • Road safety actions including safety of pedestrians, cyclists etc. • People of all ages and abilities considered and accounted for in all planning decisions. 	<ul style="list-style-type: none"> • Relevant transport, spatial and urban planning policies that make walking, cycling and public transport preferred modes of travel • Safe and connected cycling paths/systems in urban and rural areas • Mixed use, compact urban planning regulations including zoning rules and planning consent rules • Planning and transport policy, guidelines and regulations that redistribute urban space from private motorised transport to support increased walking, cycling and use of public transport as well as provision of public open and green spaces, including regulations to limit car parking options for single occupancy private vehicles • Increase and enforce traffic speed restrictions and traffic calming interventions and demand management strategies • Land use and spatial policies that require the provision of a connected network of green infrastructure to enable access to safe and high-quality public or recreational spaces • Plans that increase access to quality public open space in rural areas

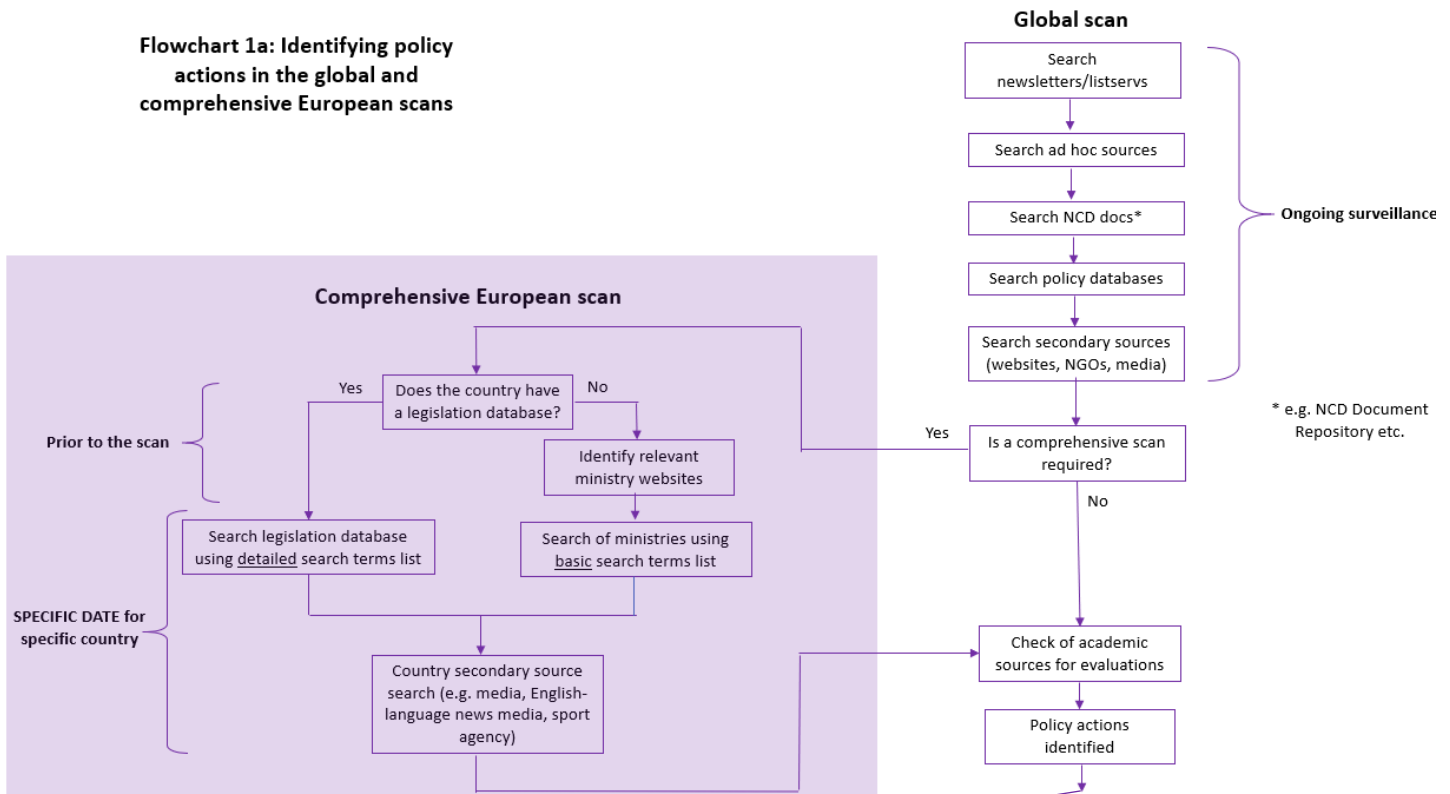
Active people	<p>Normalise and increase physical activity through public communication that motivates and builds behaviour change skills</p>	<ul style="list-style-type: none"> • Mass communication campaigns including social marketing to increase awareness and knowledge about benefits of physical activity through the life course. • Mass communication campaigns including social marketing to change social norms about the accessibility and need for physical activity. • Mass communication campaigns to increase awareness of co-benefits of PA (environment, social, and economic) through the life course. • Develop and communicate physical activity guidelines 	<ul style="list-style-type: none"> • Physical activity guidelines across the life course • Mixed media campaign targeting least active population segments addressing overcoming barriers and making PA and an overall active lifestyle a habit • Mixed media campaign advising on the health benefits of PA • Mixed media campaign promoting the economic and environmental co-benefits of walking/cycling or using public transport • Partnerships between health and other sectors to engage in global promotion days/weeks/ months to raise awareness of PA and sedentary behaviour • Media campaigns aimed at increasing safe behaviours among all road users, notably driver behaviour to reduce speed, and reduce the use of mobile devices
	<p>Give physical activity education, assessment and counselling</p>	<ul style="list-style-type: none"> • Physical education in schools • Primary care (assessment, counselling and PA prescriptions) • Health care and outpatient settings • Community-based • Social care providers 	<ul style="list-style-type: none"> • Physical education included in the curricula mandated at national level • National standardised protocol on patient assessment and advice on PA in primary care and social care settings, including green prescriptions from doctors • Guidelines for patient assessment, advice and referral, about PA in treatment and rehabilitation pathways for patients diagnosed with long term conditions • Guidelines for educators to follow when counselling students on PA and assessing high risk students • Referral schemes from primary care, educators etc to service providers that increase PA • Physical activity advice incorporated into health service discharge policies

In addition, there is an overarching domain in MOVING: active systems. This does not have sub-policy areas or identified policy options – and note that the scope of the ‘active systems’ domain is so extensive that implemented policy actions cannot be included in the comprehensive European scan.

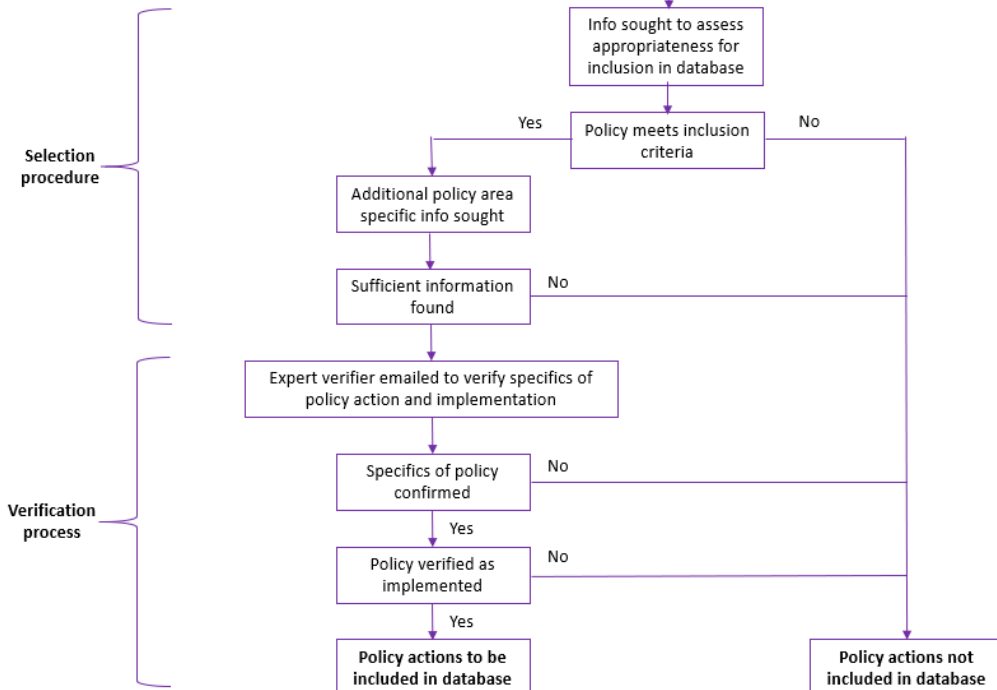
Active systems	<p>Governance systems – includes accountability, managing conflicts of interest, roles and responsibilities for different actors.</p> <p>Leadership – promoting clear leadership to ensure physical activity is given priority.</p> <p>Physical activity surveillance – ensuring robust data collection on physical activity rates across the population is put in place.</p> <p>Interdisciplinary research funding – increased research capacity across all sectors on the rates of physical inactivity or activity and policy interventions etc.</p> <p>Financing mechanisms to fund research, surveillance and interventions.</p> <p>Monitoring and evaluation of policy actions – incorporating monitoring and evaluation of policy actions at the outset to ensure effect is measured.</p> <p>Life course/health in all policies approach – using a lens that ensures physical activity is promoted across the whole population, across the life course, especially those that are the least active, vulnerable or have different needs.</p>
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Flowchart of the process

Flowchart 1a: Identifying policy actions in the global and comprehensive European scans



Flowchart 1b: Policy selection procedure and verification process*



T2. The scans

T2.1 Introduction

This section documents (in more detail than the Methods Document) the global and comprehensive European scans: the process (summarised in flowchart 1a), the many sources of information that will be relevant and the search terms that should be used.

- The **global scan** mirrors the process that has been successfully used in the past on NOURISHING. This structured process is followed as set out in the flowchart.
- The **comprehensive European scan** builds on the information gathered in the global scan, adding a more systematic approach across 38 European countries. The search strategy sets out to be transparent, systematic and reproducible, to ensure that the information gathered is consistent across countries; this is particularly important if several policy analysts are involved in the search process. It also ensures that the search is as comprehensive as possible – using the same search terms and using the equivalent sources within each country.

The rigour of the information gathered means that the databases can be reliably used as a library of information to support further research and analysis by users.

Note, however, that the databases are not a timeline: the information is cross-sectional (sorted by topic) not longitudinal. Only policy actions that are currently implemented are included: no scan is done for expired policy actions, and those that are known to no longer be in force are removed from the database – the exception being that the database includes expired policies that have been evaluated (section T2.5). Current policy actions may, however, refer back to previous policies/legislation – but users of the database need to work through this information themselves if they are researching the development of policy ideas, as timelines are not set out in NOURISHING/MOVING.

To reiterate: there are two levels of scan required as part of the CO-CREATE project. The global scan broadly follows the process set out in the NOURISHING methods document (and on which this Technical Annex builds).

Additional to this – a requirement of CO-CREATE – are two structured and systematic scans of 38 European countries (below), which are intended to provide information on nutrition and physical activity policy actions that is as comprehensive as possible within those countries. The comprehensive European scan will be carried out twice.

Countries included in the comprehensive European scan

Austria	Finland	Israel	Poland	Spain
Belgium	France	Italy	Portugal	Sweden
Bulgaria	Germany	Latvia	Romania	Switzerland
Croatia	Greece	Lithuania	Russian Federation	TFYR Macedonia
Czech Republic	Greenland	Luxembourg	Scotland	Turkey
Denmark	Hungary	Malta	Slovakia	Ukraine
England	Iceland	Netherlands	Slovenia	Wales
Estonia	Ireland	Norway		

The countries chosen for inclusion were dictated by the wider aims of CO-CREATE:

- 1) As an initiative funded by the EU Horizon 2020 Research and Innovation Programme, Europe is the geographical focus.
- 2) A further aim of the CO-CREATE project is to study the association between policy environments (of which NOURISHING/MOVING scans are a part) and the prevalence rates of childhood obesity. For this study to be consistent, data collection on prevalence must also be consistent – and the HBSC (Health Behaviour in School-aged Children) Survey has been chosen as the appropriate source of data. Hence, only countries in the HBSC Survey can be included here (e.g. Northern Ireland and Cyprus are not part of the Survey and are therefore omitted).*

* The countries in the WHO Europe region not included in this scan are: Albania, Andorra, Armenia, Belarus, Bosnia and Herzegovina, Cyprus, Georgia, Kazakhstan, Kyrgyzstan, Monaco, Montenegro, Republic of Moldova, San Marino, Serbia, Tajikistan, Turkmenistan and Uzbekistan.

T2.2 Sources for the scans

This presents information additional to section 5.1.2 in the Methods Documents on the sources for the scans; section T2.3 also provides further information about the sources and process specifically for the comprehensive European scan.

T2.2.1 Relevant NCD documentation

Understanding the overall national policy environment and context for nutrition and physical activity policy in each country is an essential starting point: an initial scan for top-level strategies and policies can be further researched to identify implemented policy actions.

Sources for this initial information on diet and physical activity include:

- WHO: [NCD progress monitor 2017](#): provides data on 19 key NCD indicators across all WHO member states, including measures to reduce unhealthy diets and promote physical activity
- WHO: [NCD country profiles](#): present key data on NCD mortality, risk factor prevalence, national systems capacity to prevent and control NCDs and existence of national targets
- WHO: [Knowledge Action Portal](#): this new resource provides users with access to campaigns, media, publications, data etc. in an interactive format (see also section T8.3.2).
- WHO Europe: [physical activity fact sheets](#), published every 2–3 years (most recently 2018 for EU countries) and based on a questionnaire that is being adapted for all 53 Member States of the WHO Regional Office for Europe. These set out:
 - Are there national documents and action plans, recommendations, goals and surveillance for physical activity?
 - Who takes leadership?
 - Are there intersectoral networks on health-enhancing physical activity?
 - Examples of physical activity programmes and policy actions
- [Global Observatory for Physical Activity \(GOPA\)](#): this is a joint initiative of ISPAH and the Lancet Physical Activity Series Working Group. It produces physical activity cards for countries – an infographic of core indicators related to physical activity research, surveillance and policy.

This focuses on adults, and therefore complements the Active Healthy Kids report cards (below).

- [European Health Information Gateway](#): entrance point for a range of health information, including country profiles and themed information on obesity, physical activity and nutrition.
- [Physical activity report card for children](#): developed by the Active Healthy Kids Global Alliance, report cards are drawn up nationally as a synthesis of the most recently available published or unpublished data related to the physical activity of children/young people in a country (currently 49 countries).
- [Country commitments](#) for the UN Decade of Action on Nutrition:: the Decade is to accelerate implementation of commitments made at the Second International Conference on Nutrition (ICN2), achieve the Global Nutrition and diet-related NCD targets by 2025 and contribute to the realisation of the Sustainable Development Goals (SDG) by 2030 – countries are called on to translate commitments into national commitments for action.
- International agencies regularly produce reports comparing policies between countries – e.g. WHO Europe’s 2018 report on [Evaluating Implementation of the WHO Set of Recommendations on the Marketing of Foods and Non-alcoholic Beverages to Children: Progress, Challenges and Guidance for Next Steps in the WHO European Region](#). Press releases that accompany these reports may also be picked up in searches of news media.

T2.2.2 Policy databases and surveys

Existing **policy databases** collect information and are a good way to access new policy action – including links to the policies themselves.

- International
 - WHO: [NCD Document Repository](#) (section T8.3.3)
 - WHO: [Global database on the Implementation of Nutrition Action \(GINA\)](#) (section T8.3.1)
 - World Obesity Federation: [Interactive Obesity Atlas](#) (section T8.4.6)
 - Active Healthy Kids Global Alliance: [Global Matrix 3.0 on Physical Activity for Children and Youth](#).
- National/regional
 - **Australia**: Australian Systems Approaches to Physical Activity (ASAPa) (forthcoming) (section T8.4.4)
 - **Canada**: [Prevention Policies Directory](#) (section T8.4.1)
 - **Caribbean**: [Healthy Caribbean Coalition: Childhood Obesity Prevention Scorecard](#) (section T8.4.7)
 - **Europe**: [HEPA Europe](#); [EU Youth Wiki](#) (section T8.2.1)
 - **United States**: [Rudd Center for Food Policy and Obesity legislation database](#) (section T8.4.2); [Healthy Food Policy database](#) (section T8.4.3)

Policy surveys can be useful to check whether a policy exists (although sometimes they give little further information).

- [Global Nutrition Policy Review](#): the second iteration of the GNPR (conducted in 2016–17) published in November 2018. This is a comprehensive survey on policy, government

mechanisms and actions implemented on all forms of malnutrition. There has been an 89 per cent country response rate (163 WHO member states responded).

- [WHO Country Capacity Surveys](#): periodic assessments of national capacity for NCD prevention and control, completed by national NCD focal points (or designated colleagues within the ministry of health or a national institute/agency). (NB The supporting documentation provided with these surveys is housed in the NCD Document Repository, above.)
- [HEPA PAT](#) (Health-Enhancing Physical Activity Policy Audit Tool): a policy audit tool that can provide a comprehensive overview of the breadth of current policies related to health-enhancing physical activity and can identify synergies and discrepancies between policy documents, as well as possible gaps
- Regional reports e.g. [Better Food and Nutrition in Europe: A Progress Report Monitoring Policy Implementation in the WHO European Region](#) (2018) (progress achieved in the WHO European Region and Member States in implementing the [European Food and Nutrition Action Plan 2015–2020](#)).
- The Policy Evaluation Network mapping of diet and physical activity policies (forthcoming).

T2.2.3 Secondary sources

(1) National organisations

Nationally based organisational websites can be very useful in identifying government or government-supported policies or for providing extra information – for example:

- government blog sites;
- government-supported sports agency;
- consumer organisations;
- organisations with an interest in a specific policy action – e.g. major tax consultancies will produce briefs for companies to explain new taxes (including on foods or beverages high in fat, salt and sugar);
- national websites devoted to policy research on nutrition and physical activity.

(Note that there will be overlap with the websites that produce newsletters, below.)

(2) Newsletters, listservs and websites

Newsletters, listservs and the websites of civil society organisations working in nutrition and physical activity are useful alerts on new developments, providing an ongoing stream of information to be captured ahead of an update of the database. Some newsletters are available online and are searchable (and the websites may include other relevant information); other newsletters are not searchable online so must be subscribed to.

- Nutrition and physical activity: NCD Alliance, World Obesity Federation, European legal newsletters (e.g. EUR-LEX), FAO-LEX, International Food and Beverage Alliance.
- Nutrition: Rudd Center for Food Policy and Obesity (newsletter and monthly legislation update), NYC Food Policy Watch (weekly – USA), Eating Better (monthly – UK), Food Navigator (UK), Healthy Caribbean Coalition News Roundup, International Food Policy Research Institute.
- Physical activity: Global Physical Activity Network (ISPAH newsletter), Active Living NSW (Australia – but also global), SSEHS Active (the School of Sport, Exercise and Health Sciences at Loughborough University), ISBNPA (no longer has a newsletter), Walk 21, EU's PASTA initiative.

Note: There may be physical activity research collaborations that have access to physical activity policies – e.g. Scottish Physical Activity Research Collaboration (SPARColl) and one is currently being developed in Ireland.

(3) National media sources and regional media

National media can be very useful in identifying recent changes and in piecing together the details of national policy action and implementation. They may also pick up on press releases by international agencies (see above) when major international reports are released, and on statements by ministers (e.g. health ministers) – the press statement may have more detail than is available elsewhere, particularly when full documentation is not available in the public domain on the internet. Industry media (e.g. Food Navigator) can also be searched.

T2.2.4 Ad hoc sources and in-country contacts

Information about policy changes can also come to light from **ad hoc sources**:

- conversations with policymakers and policy experts in person, at meetings or conferences, or by email/phone;
- communications from stakeholders about updates to include in the database; and
- emails sent to the policy@wcrf.org policy mailbox.

Incidental discoveries of policies – through unanticipated sources, such as academic articles – are also likely (and how they were discovered should be recorded).

In-country contacts are invaluable in ensuring that policy actions have been identified and to clarify whether (or not) policies are being implemented. Legislation is not always available online in English, so WCRF International's contacts can direct the policy analysts undertaking the search to new information. In-country contacts can also be contacted for information on which are the most reliable national media source(s) on diet and physical activity policy action (e.g. the national broadcaster). WHO Regional Office for Europe in-country experts can also be consulted.

T2.2.5 Google

Google is an invaluable resource (as confirmed not only by previous NOURISHING experience but by many of those interviewed for this Methods Document). It can be used to supplement every stage of the search: to provide an initial overview, to search for recent news, and to find information in more detail than may appear on official government websites.

T2.3 Comprehensive European scan

The **comprehensive European scan** requires a) a systematic search of each country's national legislation database using the detailed search terms (sections T2.4.1 and T2.4.2) or, where no national database is available, b) a systematic search of ministries using a shorter, basic set of search terms (section T2.4.3 below).

T2.3.1 Legislation databases

The comprehensive European scan requires a systematic search of the national/federal legislation database of each country, wherever such a database exists. The N-LEX website (http://eur-lex.europa.eu/n-lex/index_en) provides links to national legislation databases of EU countries, many of which can be searched directly on the N-LEX website itself:

Austria	Finland	Latvia	Romania
Belgium	France	Lithuania	Slovakia
Bulgaria	Germany	Luxembourg	Slovenia
Croatia	Greece	Malta	Spain
Czech Republic	Hungary	Netherlands	Sweden
Denmark	Ireland	Poland	United Kingdom
Estonia	Italy	Portugal	NB Scotland and Wales legislation can be searched by filtering 'document type' to include only acts of the Scottish Parliament or measures of the Welsh Assembly).

Not included in N-LEX:

Greenland	Norway	Switzerland	Turkey
Iceland	Russian Federation	TFRY Macedonia	Ukraine
Israel			

T2.3.2 Ministries

Where no national database is available, relevant national ministries should be searched using the shorter set of search terms:

- Nutrition and physical activity: health, public health, education, environment, labour (workplaces), prisons, finance
- Nutrition: agriculture, trade, food
- Physical activity: sport and recreation, tourism, transport, communities/local government (urban design/planning)

If there are government agencies for youth / older people, these should be searched, along with national sports agencies (such as Sport England).

T2.3.3 Secondary sources

Where there is an English-language news service within the country, this should also be sought and searched.

T2.4 Comprehensive European scan search terms

The search terms build on the existing sub-policy areas or ‘policy options’ of MOVING and NOURISHING (sections T1.2 and T1.3 above) and also draw on the approaches/information supplied during the interviews for this project (e.g. the Rudd Center for Food Policy and Obesity). They are systematically used (and documented) in the comprehensive European scan (and can also be used in the global scan, as required).

A detailed list of search terms (tables at T2.4.1 and T2.4.2) will be sent to in-country WHO representatives for translation into the different languages relevant for the countries in the comprehensive European scan.* These terms will then be used to search the legislation database (and, where appropriate, a subset, set out in T2.4.3) will be used to search the ministries). Some of the search terms (e.g. ‘nutrient declaration’ or ‘nutrition claim’) have specific, technical meanings that must be captured accurately by the translation.

Some search terms are nested – e.g. sugar and fat are nested under ‘import tariff’:

import tariff + sugar

import tariff + fat etc.

However, there are never more than three such levels – e.g. physical activity + programme + pregnancy.

Note: These search terms may need to be adapted to reflect the indicators that are currently (February 2019) being developed for the benchmarking and index (section T7), so should be considered as provisional. They will be updated in later versions of this Technical Annex.

* Practical note: The translated terms must be provided electronically, as the preliminary scan suggests that, even with neat handwriting, the chance of mis-transcription is significant. The table of terms must have the language of the ‘translated terms’ column set to the relevant language before sending the translation list (this avoids Word making automatic changes to spelling – e.g. prevents ‘deklaration’ (Danish) autocorrecting to ‘declaration’).

T2.4.1 Detailed search terms for NOURISHING sub-policy areas – legislation database

To take a consistent approach (and to ensure that the search for the European scan is as comprehensive as possible), specific search terms relevant to each of the NOURISHING sub-policy areas have been drawn up, which will be used to search the legislation database. Where a legislation database is not available, a shorter list of search terms will be used to search individual ministry websites (section T2.4.3).

Note that **the search terms are systematically used in this way only for the comprehensive European scan**; the search terms are relevant to the global scan but will not systematically be used within legislation databases.

Sub-policy area	Detailed search terms
Nutrition label standards and regulations on the use of claims and implied claims on foods	
Mandatory nutrient lists on packaged food	nutrient declaration
Trans fats included in mandatory nutrient labels	label
Clearly visible 'interpretative' labels and warning label	+ nutrition [or nutrition label etc.]
On-shelf labelling	+ menu
Calorie and nutrient labelling on menus and displays in out-of-home venues	+ calorie
Warning labels on menu and displays in out-of-home venues	nutrient claim
Rules on nutrient claims (i.e. nutrient content and nutrient comparative claims)	health claim
Rules on health claims (i.e. nutrient function and disease risk reduction claims)	front-of-pack
Offer healthy food and set standards in public institutions and other specific settings	
Fruit and veg initiatives in schools	school nutrition
Mandatory standards for food available in schools, including restrictions on unhealthy food	school food
Mandatory standards for food available in schools and in their immediate vicinity	nutrition standards
Voluntary guidelines for food available in schools	food-based standards
Bans specific to vending machines in schools	nutrition guidelines
Standards in social support programmes	+ hospitals
Standards in other specific locations (e.g. health facilities, workplaces)	+ workplace
Use economic tools to address food affordability and purchase incentives	
Health-related food taxes	+ prison
Voluntary health-related food taxes	food procurement
Increasing import tariffs on specified 'unhealthy' food	vending machines
Lowering import tariffs on specified 'healthy' food	zoning
Targeted subsidies for healthy food	sugar tax sugar levy SSB tax sugar-sweetened beverage tax sugar* drink tax soda tax fat tax [healthy] food subsid* import tariff + sugar + fat + fruit + vegetable

Sub-policy area	Detailed search terms
Restrict food advertising and other forms of commercial promotion	
Mandatory regulation of broadcast food advertising to children	food marketing
Mandatory regulation of food advertising on non-broadcast communications channels	+ restriction
Mandatory regulation of food advertising through any medium	++ television
Mandatory regulation of specific marketing techniques	++ broadcast
Mandatory regulation of marketing of specific food items and beverage	++ digital
Mandatory regulation of food marketing in schools	++ packag*
Mandatory requirement that ads must carry a health message or warning	+ regulation
Government engage with industry to develop self-regulation to restrict food marketing to children	++ television
Government support voluntary pledges developed by industry	++ broadcast
	++ digital
	++ packag*
	+ self-regulation
	+ pledge
	food advertising
	+ restriction
	++ television
	++ broadcast
	++ digital
	++ packag*
	+ regulation
	++ television
	++ broadcast
	++ digital
	++ packag*
	+ self-regulation
	+ pledge
	school food marketing
Improve nutritional quality of the whole food supply	
Voluntary reformulation of food products	food reformulation
Voluntary commitments to reduce portion sizes	+ fat
Mandatory limits on level of salt in food products	+ sugar
Mandatory removal of trans fats in food products	+ salt
Limits on the availability of high-fat meat products	portion size
Limits on the availability of high-sugar food products and beverages	
Set incentives and rules to create a healthy retail and food service environment	
Incentives and rules for stores to locate in underserved neighbourhoods	incentive
Initiatives to increase the availability of healthier food in stores and food service outlets	+ food
	++ default

Sub-policy area	Detailed search terms
Incentives and rules to reduce trans fat in food service outlets	++ fat
Incentives and rules to offer healthy food options as a default in food service outlets	++ salt ++ sugar
Incentives and rules to restrict SSB consumption	++ socioeconomic
Incentives and rules to reduce salt in food service outlets	initiative + food
Planning restrictions on food outlets	++ default ++ fat ++ salt ++ sugar ++ socioeconomic planning + food zoning + food
Harness supply chain and actions across sectors to ensure coherence with health	
Working with food suppliers to provide healthier ingredients	nutrition standards
Nutrition standards for public procurement	public procurement
Public procurement through 'short' chains (e.g. local farmers)	healthy food + supply chain urban agriculture
Supply chain incentives for food production	community garden
Supporting urban agriculture in health and planning policies	governance structure + nutrition
Community food production	
Governance structures for multi-sectoral/stakeholder engagement	
Inform people about food and nutrition through public awareness	
Development and communication of food-based dietary guidelines	dietary guidelines
Development and communication of guidelines for specific food groups	food + guide
Public awareness, mass media and informational campaigns and social marketing on healthy eating	+ pyramid + plate
Public awareness campaigns specific to fruit and veg	healthy eating
Public awareness campaigns concerning specific unhealthy food and beverages	+ campaign + awareness
Public awareness campaigns concerning salt	+ social marketing campaign + fruit and vegetables + salt + sugar + fat

Nutrition advice and counselling in healthcare settings	
Guidelines and programmes to provide support in primary care to people who are overweight and obese	nutrition
Nutrition counselling in primary care	+ primary care
Training for health professionals	+ brief advice
	+ brief intervention
	nutrition counselling
	nutrition training
Give nutrition education and skills	
Nutrition education on curricula	nutrition education
Community-based nutrition education	+ school
Cooking skills	+ community
Initiatives to train schoolchildren on growing food	cooking
Workplace or community health schemes	garden
Training for caterers and food service providers	nutrition + cater*

T2.4.2 Detailed search terms for MOVING sub-policy areas – legislation database

To take a consistent approach (and to ensure that the search for the European scan is as comprehensive as possible), specific search terms have been drawn up for each of the sub-policy areas, drawing on the MOVING policy options identified (these are listed in section T1.3). These will be used to search the legislation database. Where a legislation database is not available, a shorter list of search terms will be used to search individual ministry websites (section T2.4.3).

Note that **the search terms are systematically used in this way only for the comprehensive European scan**; the search terms are relevant to the global scan but will not systematically be used within legislation databases.

The fourth domain of MOVING (active systems) is not included, as this is outside the scope of the comprehensive European scan.

It may also be necessary to search for 'exercise' as well as 'physical activity' for each of the searches (and the in-country verifiers may have opinions on the best term to use).

Sub-policy area	Detailed search terms
Make programmes, opportunities and initiatives that promote physical activity a priority	
Programmes and initiatives to increase physical activity in and outside of classrooms	active transport
Programmes/initiatives promoting active transport to and from school	+ school
Community initiatives across the life course	+ incentive
Mass participation initiatives across the life course	physical activity

Sub-policy area	Detailed search terms
Programmes promoting/supporting physical activity for least active groups and vulnerable/marginalised people	+ min*
Programmes promoting/supporting physical activity for people of all ages and abilities	+ community
Financial and non-financial incentives to promote physical activity	+ incentive + programme ++ pregnan* ++ early year* ++ child ++ adolescen* ++ older ++ income ++ disab* congestion + levy + health
Offer training in physical activity promotion across multiple professions	
Pre- and in-service training within health care	physical activity
Pre- and in-service training for relevant professions outside health care (i.e. relevant sectors outside of health – educators, architects, planners, landscape architects, park and recreation professionals etc.)	+ training ++ primary health ++ teacher ++ architect ++ planner ++ transport
Visualise and enact active design guidelines for structures and surroundings	
Design guidelines and regulations for buildings that prioritise equitable, safe, and universal access by all, that encourage occupants to be physically active	physical activity
Active design guidelines outside buildings	+ design guideline ++ building
Active design guidelines for people of all ages and abilities.	++ green ++ public space
Active design guidelines for open/green spaces	++ school ++ prison ++ hospital
Implement urban, rural and transport plans that support active societies	
Walking and cycling infrastructure	walk* infrastructure
Public transport	cycl* infrastructure
Integrated urban design and land-use policies prioritising compact, mixed-land use	physical activity + air pollution
Access to quality public open space and green spaces	+ conservation
Road safety actions including safety of pedestrians, cyclists etc.	+ integrated urban design
People of all ages and abilities considered and accounted for in all planning decisions	+ land use + open space + road safety

Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	
Mass communication campaigns including social marketing to increase awareness and knowledge about benefits of physical activity through the life course	physical activity guideline physical activity + campaign + social marketing + awareness
Mass communication campaigns including social marketing to change social norms about the accessibility and need for physical activity	
Mass communication campaigns to increase awareness of co-benefits of physical activity (environment, social, and economic) through the life course	
Develop and communicate physical activity guidelines	
Give physical activity education, assessment and counselling	
Physical education in schools	cycle training physical education + school physical activity + primary care ++ assessment ++ referral ++ counselling + outpatient ++ assessment ++ referral ++ counselling + social care ++ assessment ++ referral ++ counselling
Primary care (assessment, counselling and PA prescriptions)	
Health care and outpatient settings	
Community-based	
Social care providers	

T2.4.3 Ministry website search terms

The list presented in here is a shortened list of terms that is to be used to search specific ministry websites (as indicated). This is a requirement for the comprehensive European scan where there is no central legislation database. (Where a central legislation database does exist, it is to be searched using the full lists in T2.4.1 and T2.4.2.)

When the first scan is run, further terms may be added or entries amended (drawn from the lists at T2.4.1 and T2.4.2) if it becomes clear that this is both possible and beneficial. The same terms will then be used during the second scan.

	Ministry													
	Health	Public Health	Education	Finance	Food	Labour	Trade	Environment	Agriculture	Youth	Consumer Affairs	Transport	Communities / Local Government	Sport
NOURISHING														
dietary guidelines	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓		✓	
food advertising + children	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓		✓	
food campaign	✓	✓	✓		✓	✓		✓	✓	✓	✓		✓	
food marketing + children	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓		✓	
food reformulation + fat / + salt / + sugar	✓	✓			✓		✓		✓		✓			
healthy food + supply chain	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	
import + sugar + tariff	✓	✓		✓	✓	✓	✓	✓	✓			✓		

	Ministry													
	Health	Public Health	Education	Finance	Food	Labour	Trade	Environment	Agriculture	Youth	Consumer Affairs	Transport	Communities / Local Government	Sport
incentive + food	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		✓	
initiative + food	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	
nutrition counselling	✓	✓	✓		✓	✓				✓				
nutrition education	✓	✓	✓		✓	✓				✓	✓			
nutrition + primary care	✓	✓			✓	✓				✓				
nutrition + label	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓			
nutrition standards	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓			
planning + food	✓	✓	✓	✓	✓			✓	✓	✓		✓	✓	
school nutrition	✓	✓	✓		✓				✓	✓	✓			
soda tax	✓	✓		✓	✓		✓		✓	✓				
sugar tax	✓	✓		✓	✓		✓		✓	✓	✓		✓	
zoning + food	✓	✓	✓	✓	✓			✓		✓	✓	✓	✓	
MOVING														
active transport	✓	✓	✓	✓		✓		✓		✓		✓	✓	✓
congestion + levy + health	✓	✓		✓				✓				✓	✓	
cycling infrastructure	✓	✓	✓	✓		✓		✓		✓		✓	✓	✓

	Ministry													
	Health	Public Health	Education	Finance	Food	Labour	Trade	Environment	Agriculture	Youth	Consumer Affairs	Transport	Communities / Local Government	Sport
physical activity campaign	✓	✓	✓			✓		✓		✓	✓		✓	✓
physical activity + design guideline	✓	✓	✓					✓			✓	✓	✓	✓
physical activity guideline	✓	✓	✓			✓		✓		✓	✓	✓	✓	✓
physical activity + primary care	✓✓	✓								✓			✓	✓
physical activity + social care	✓	✓								✓			✓	✓
physical activity programme	✓	✓	✓			✓		✓		✓		✓	✓	✓
physical activity training	✓	✓	✓			✓				✓			✓	✓
physical education + school	✓	✓	✓							✓				✓
walking infrastructure	✓	✓	✓	✓		✓		✓		✓		✓	✓	✓

* It may also be necessary to search for 'exercise' as well as 'physical activity' for each of the relevant searches.

T2.5 Evaluations of policy actions

T2.5.1 The evaluation search

In addition to the scan for policy actions:

- a) a targeted search is conducted using academic electronic databases (e.g. EBSCOhost, PubMed, Google Scholar) to check for any peer-reviewed evaluations of policy actions; and
- b) a Google search is conducted to identify evaluations of implemented policy actions that exist in the grey literature.*

These searches may also identify implemented policy actions.

These evaluations appear in the database alongside the descriptions of the policy actions themselves. Policy actions that have been evaluated in this way will remain in the database even once they are no longer in force (e.g. the Danish 'fat tax').

Since October 2016, a phased approach has been taken to include existing evaluations of policy actions in the NOURISHING database, and this will also be applied to the MOVING database.

T2.5.2 Inclusion criteria

Evaluations must fulfil the following **inclusion criteria**:

- process or impact evaluation of a policy that is contained in the NOURISHING or MOVING databases;
- published in English;
- available online (full text or abstract) – and both the reference and link to the evaluation are included in the database;
- conducted by universities/research institutions, civil society organisations or governments; and
- of sufficiently high quality (e.g. using validated questionnaires, sufficient number of respondents, etc. – see section T2.5.3 below on assessing quality).

If more than one evaluation of a national policy action exists, the PPA Team will decide which evaluation(s) to include, based on the form of the review (e.g. peer reviewed), its quality (see below), its relevance to policymakers, how recently it published, and how fully referenced it is (the latter will direct users of the database to further publications/evaluations of relevance). Evaluations will be listed in descending order by publication year; if evaluations were published in the same year, they will be ordered alphabetically by the name of the first author.

T2.5.3 Assessing evaluation quality

If an evaluation is included in a peer-reviewed journal (and is not a predatory journal – a list is available to check [here](#), although a formal list does not exist), the review process is assumed to have been sufficient and the evaluation will be included if it fulfils the other criteria above.

Where an evaluation has not been peer-reviewed (e.g. it has been drawn up by a CSO or government), the Policy & Public Affairs Team at WCRF International assess it using adapted

* Defined by the Grey Literature International Steering Committee as 'Information produced on all levels of government, academics, business and industry in electronic and print formats not controlled by commercial publishing i.e. where publishing is not the primary activity of the producing body.' Grey literature is self-published and can include reports from government, research institutes or NGOs.

National Heart, Lung and Blood Institute (NHLBI) [guidance on quality assessment](#) (particularly on observational studies and pre–post studies, from which this has been drawn up), assessing each as CD (cannot determine), NA (not applicable) or NR (not reported).

- Was the study question (effect of the policy action) clearly stated and defined?
- Was the study population clearly specified?
- Were there any conflicts of interest or declarations?
- Was the sample size sufficiently large to provide confidence in the findings?
- Was the intervention clearly described and delivered consistently across the study population?
- Were the outcome measures prespecified, defined and assessed consistently?
- Were the exposures of interest measured prior to the outcomes being measured?
- Was the timeframe sufficient to reasonably expect to see an association between policy action and outcome measure?
- Was the exposure assessed more than once over time?
- Did the study examine different levels of exposure?
- Were key potential confounding variables measures and adjusted for impact on the relationship between exposure and outcome?
- If the policy action was examined at a group level (e.g. a whole community), did the analysis take into account the use of individual-level data to determine effects at group level?

Where necessary, a second opinion is sought from another member of the PPA Team.

T2.6 A note on language

It is common for available information on policies relevant to NOURISHING/MOVING to be in different languages. For example, a news story may report on a new policy in English, but additional information about the policy is in a different language. When this is the case:

- a web search is conducted to locate additional information about the policy (note that policy documentation in its original form is preferable as source material, although the original document may not always be available online, requiring secondary sources to be used more extensively);
- in-country expert(s) (section T5.2) are consulted for more information about the policy and to request an English translation of the policy source document (if available);
- in-house foreign language capabilities are used where available;
- where necessary, Google Translate and linguee.com are used to interpret any foreign-language information sources on specific identified policies to assess their appropriateness for the database. This information may be reviewed by an in-country expert to ensure the essence of the policy has been appropriately translated.

Additional assistance to ensure accurate translation of search terms is required prior to the first comprehensive European scan. The English-language search terms (section T2.4 above) are sent to in-country contacts for translation, which ensures that the appropriate terms are used in the search. The same translations will be used in both scans, to ensure consistency between the two comprehensive European scans.

T3. Gathering the information

T3.1 The global scan

An extraction sheet (Excel spreadsheet) is used to document policy actions as they are identified. It includes notes on progress on specific policy actions that are currently being considered or that are under development, with notes as to the follow-up searches that should be undertaken in the future. The Policy & Public Affairs Team remain in close touch about the sources and scans that they have done. For topical issues such as a sugar tax, targeted searches are done more often than for topics that change less frequently. Official government websites should be used to verify the source document, official title and accuracy of policy actions that have been identified in the global scan.

T3.2 The comprehensive European scan

T3.2.1 Documenting the scan

The comprehensive European scan must be particularly carefully documented to ensure consistency between the way in which the information is sought in each of the 38 countries and between the two scans. Search terms must be captured in the local language and documented to ensure that the same terms are consistently used (section T2.6).

This search is documented in detail to ensure that the next comprehensive European scan takes a comparable approach and that the resulting information can be used for benchmarking. Research notes are kept, showing which of the terms in section T2.4 have been used to search which country's legislation databases or government websites. Documenting avoids duplication by the analysts undertaking the search and provides consistency both across the different countries of the comprehensive European scan and between the two scans. Information gathered in the first scan will help to direct the second scan, streamlining time and effort. An example of the data-collection sheet is provided at section T6.3.2.

For each of the NOURISHING and MOVING sub-policy areas, the research notes capture:

- the official websites searched (e.g. legislation database, ministry of health) (section T3.2 below);
- the search terms used to search each of these official websites;
- the date on which the search took place;
- whether anything relevant was found; and
- confirmation that the relevant item has been added to the extraction sheet.

Once a relevant item is found, it is moved into the extraction sheet. This (including the level of detail of the research notes) aims to strike the balance between being thorough and being overly onerous.

T3.2.2 National information sources

As part of the comprehensive European scan, a table of national information sources is completed for each country, to ensure that legislation databases have been systematically searched, supplemented by searches of ministries and national organisations. This information is carefully recorded (in part, to act as a guide for the second of the two comprehensive European scans, and also to ensure consistency between the scan of each country). Completed examples of this table are presented below. Many of these relevant in-country websites will remain unchanged between scans (e.g. health ministry or national sport association) so, once documented, these sources can be used in later scans.

	Nutrition sources	Physical activity sources
England		
Government websites	Legislation site https://www.legislation.gov.uk/ Department of Health and Social Care Public Health England Treasury Department of Education Department for Environment, Food & Rural Affairs (DEFRA) Department for Work and Pensions (DWP) Department for Education	Legislation site https://www.legislation.gov.uk/ Department of Health and Social Care Treasury Department for Culture, Media and Sport Department for Education Department for Transport Ministry of Housing, Communities and Local Government Department for Work and Pensions (DWP)
Other organisations (examples)	Which?	Sport England
Media	News media: e.g. The Telegraph, The Guardian, BBC news	

T3.3 What information is required for inclusion in the database?

All the entries in the NOURISHING and MOVING databases – whether identified through the global or the comprehensive European scan – must include:

- the **name of the policy action** (e.g. name of campaign, or title of an act);
- the **date on which the policy action was adopted** (if applicable) and **date of implementation**; and
- a reference and link to any **published evaluation** of the policy action.

In addition, each of the policy areas then requires additional information, as set out in the tables below. This is a guide to ensure that the information that is collected is as consistent as possible.

T3.3.1 NOURISHING

Policy area	Additional information
Nutrition label standards and regulations on the use of claims and implied claims on food	<ul style="list-style-type: none"> • Specific details about the policy action design, including specified nutrient levels or limits • Information about compliance, including date full compliance is required, and any consequences if not met (if available)
Offer healthy food and set standards in public institutions and other specific settings	<ul style="list-style-type: none"> • Standards clearly identified – including specified nutrient levels or limits • Terms defined within policy action (e.g. low nutritional value) • Coverage (type of institution, what is covered within the institution's premises)
Use economic tools to address food affordability and purchase incentives	<ul style="list-style-type: none"> • Size and type (e.g. excise tax) of tax, tariff or subsidy, including conversion from local currency to value in US\$. Where possible, include what percentage the tax makes up of the total price of a beverage or food item (e.g. a 10% tax) • What products the fiscal measure is specifically applied to, including specific levels if applicable • Whether a tax is earmarked for health
Restrict food advertising and other forms of commercial promotion	<ul style="list-style-type: none"> • Restricted marketing techniques and channels • Foods that can be marketed and foods that cannot, including how these are defined (e.g. nutrient profile model) • Definition of “marketing audience” (e.g. children’s programmes, or programmes with a minimum percentage of children watching) • Definition of “child” (e.g. age of a child)
Improve nutritional quality of the whole food supply	<ul style="list-style-type: none"> • As appropriate, details of targets for reformulation (including food category-specific targets) • Information about evaluation/monitoring of targets and penalties for non-compliance • Coverage (e.g. if voluntary, how many companies have signed on?) and food categories covered
Set incentives and rules to create a healthy retail and food service environment	<ul style="list-style-type: none"> • Coverage of policy action (e.g. food outlets with a specific number of locations) • Explanation of what incentive involves (e.g. exceptions to zoning restrictions)
Harness supply chain and actions across sectors to ensure coherence with health	<ul style="list-style-type: none"> • Coverage of policy action • Explanation of what the policy action involves (e.g. nutrition standards for public procurement) • Details of other sectors involved (e.g. Ministry of Agriculture, international agencies)
Inform people about food and nutrition through public awareness	<ul style="list-style-type: none"> • Where applicable, name of communication campaign • Aim and objective(s) of campaign (if not obvious) • Geographical coverage of campaign and target audience • Key components of campaign, including types of media used e.g. TV, radio, social media, website, brochures • Accessibility of public awareness activities (e.g. language)

Policy area	Additional information
	<ul style="list-style-type: none"> End date (if applicable)
Nutrition advice and counselling in health care settings	<ul style="list-style-type: none"> Target population Explanation of what the policy action involves (e.g. requirement to provide counselling; eligibility to receive counselling; credentials needed for providers; coverage of costs)
Give nutrition education and skills	<ul style="list-style-type: none"> Target population Explanation of what the policy action involves Who provides education (e.g. Ministry of Education)

T3.3.2 MOVING

Policy area	Additional information
Make programmes, opportunities and initiatives that promote physical activity a priority	<ul style="list-style-type: none"> Key components of the programme, including aim and objective, geographical coverage, target audience Explanation of initiatives and incentives
Offer training in physical activity promotion across multiple professions	<ul style="list-style-type: none"> Explanation of what the policy action involves (e.g. requirement to include physical activity in core curricula; credentials needed for providers of education) Who provides education
Visualise and enact active design guidelines for structures and surroundings	<ul style="list-style-type: none"> Explanation of what policy action involves, with guidelines clearly described Coverage (types of structures)
Implement urban, rural and transport plans that support active societies	<ul style="list-style-type: none"> Explanation of what policy action involves Details of other sectors involved (e.g. planners, transport) Terms defined within the policy action
Normalise and increase physical activity through public communication that motivates and builds behaviour change skills	<ul style="list-style-type: none"> Where applicable, name of communication campaign/activity Aim and objective(s) of campaign /activity (if not obvious) Geographical coverage of campaign/activity and target audience Key components of campaign, including types of media used e.g. TV, radio, social media, website, brochures Accessibility of public awareness activities (e.g. language) Start and end dates (if applicable)
Give physical activity education, assessment and counselling	<ul style="list-style-type: none"> Target population Explanation of what the policy action involves (e.g. requirement to provide assessment and/or counselling, eligibility to receive counselling, credentials needed for providers, coverage of costs, requirement to include physical activity in core curricula) Who provides education (e.g. Ministry of Education, health care providers)

T4. Updating the database

There are two processes for NOURISHING/MOVING databases: an ongoing, regular update of the global scan on nutrition and physical activity policy actions, plus two separate comprehensive scans of 38 European countries, as required as part of the CO-CREATE project.

T4.1 The global scan: regular updating

The Policy & Public Affairs Team at WCRF International will continue to keep NOURISHING up-to-date and will also take on responsibility for keeping MOVING up-to-date.

The NOURISHING and MOVING databases will be published regularly at an interval to be determined (NOURISHING updates are currently published three times a year), summarising new policy actions that have been implemented and removing actions that are no longer in force. An ongoing list of not-yet-implemented policies is kept, so that these can be included as and when they come into force.

Ongoing oversight of newsletters, listservs and research into key topics ensures that the Policy & Public Affairs Team to stay abreast of current debates and reforms – keeping track of what is coming down the line (revisions of existing policies as well as new policy actions, and tracking strategies to see what is then turned into actual policy action).

T4.2 The comprehensive European scan: two updates

The CO-CREATE project requires that two comprehensive scans are undertaken of national-level policy action in 38 European countries (section T2.1). This necessitates the process set out in section T2.3: a full scan of all the relevant national ministries and key in-country organisational websites.

T4.3 Removing policies

Policy actions that have expired, been withdrawn or are no longer enforced are removed from the databases unless they have been evaluated to show a public-health impact (benefit or harm) or evaluated to show no effect (section T2.5). If this is the case, the policy description includes an end date for the policy action and a brief description of the reasons for expiry or ending (e.g. a change of government, change of evidence). Expired policy actions are also clearly identified in the NOURISHING or MOVING database with a bolded 'Expired policy' below the policy description text to differentiate them from ongoing policies

Expired policy actions are removed to coincide with the next update once we become aware of the policy's expiry. WCRF International maintains a list of removed policies, including the date and reason for removal.

T5. Verification

T5.1 Why verify?

It is crucial for the purposes of quality control to have verification on the information gathered on policy actions and, although it can be a challenge to get the policy actions verified for inclusion in the database and web platform, this is an essential final step in the process.

T5.2 In-country expertise

In-country experts are identified to verify the policies across each of the 10 policy areas of NOURISHING and six of MOVING. At least one verification expert should be used in each country, as having multiple opinions will reduce the chances of reporting bias – and it is anticipated that in many countries separate verifiers will be required in nutrition and physical activity. There is regular contact with the verification experts.

WCRF International's first choice of verification expert is ideally from within government. Civil society organisations can be very helpful at suggesting who the right person is within government to whom to speak. The WHO Regional Office for Europe is also supporting the process of verifying and/or identifying relevant government expert(s). WCRF International takes a practical and pragmatic approach to identifying and working with the experts – often based on personal relationships.

Caution should be exercised if the verification experts are not known to the policy analyst or to WCRF International or its partner organisations, as some sources' reporting may be generous with the truth in an effort to make their government seem more progressed than it is in practice.

If it transpires that a verification expert is no longer available to advise, he or she is asked to recommend a replacement (which is a form of initial quality control on the new expert). Churn of experts is generally low – they are keen to remain involved. (Note that the names and titles of the verification experts are not publicly available in the database.)

Current, reliable in-country expertise is constantly being sought.

T5.3 Using the verification experts

T5.3.1 Drafting the description

The policy action descriptions are sent to the experts to check for accuracy and to confirm that it is being implemented; the definition of 'implemented' may be somewhat subjective, requiring a perspective to be sought from more than one in-country expert and the WCRF International Policy & Public Affairs Team will determine whether to include the policy on a case-by-case basis.

The verification experts can be used early in the search process, when insufficient information can be found to draft the policy description for the database. This may be because sources of information on policy actions are insufficiently documented on official or secondary-source websites or because there are too few resources available in English. The experts may also be able to direct the policy analysts to available documentation.

T5.3.2 Verifying the descriptions

The policy action descriptions are sent to the experts to check for accuracy and to confirm that it is being implemented; the definition of 'implemented' may be somewhat subjective, requiring a perspective to be sought from more than one in-country expert and the WCRF International Policy & Public Affairs Team will determine whether to include the policy on a case-by-case basis.

Ultimately, inclusion in the database is at the discretion of the Policy & Public Affairs Team in conjunction with the verification experts.

Note: As set out in section 5.4 of the Methods Document, immediately before publication of the comprehensive European scan, an email to the in-country verifiers should be sent, to check that there have not been any unexpected new developments that must be taken into account. This is not required for the regular scans (for which new information can be added at the next update) – but is a requirement to ensure that the two comprehensive European scans are as up to date as possible.

T6. Database structure

Consistent storage and accurate tagging of material is crucial to its ongoing utility and to the accuracy and ease of use of the databases:

- structured storage and labelling of the information facilitates easier updating in the future by the Policy & Public Affairs Team and
- clear formatting of the front end of the database allows users to find the information that they need quickly and easily.

T6.1 Format of back-end material

T6.1.1 Consistent storage of policy actions

As new policy actions are identified (on an ongoing basis and as part of the comprehensive European scan), they are a) saved in a WCRF International folder and clearly identified and b) recorded as follows in an Excel spreadsheet known as the extraction sheet for each of the following data points:

- Policy identifier, which is similar to the reference identifier (section T6.1.2) and labelled in the following way: **Country_M/N letter_Policy area letter_Policy name**)
- Implementation year (if the policy is not yet implemented, the future implementation year if known, otherwise 000)
- Policy name
- Policy level (international, regional, national, state/territorial/provincial, local)
- Key policy characteristics (see section T3.3 for specific information needed for the different policy areas)
- Policy description
- References (using the unique reference identifier) [source documents]
- Source (URL to the websites used; title of publication if not available online; name of expert who provided unpublished information)
- Expert(s) who verified the policy action
- Level of implementation (full/partial/not)
- Evaluated (Y/N): if there is any information available about an evaluation of the policy (including evaluation of intermediary outcomes or process), mark “Y”

- Link to published evaluation (if applicable)
- Evaluation identifier (similar to reference identifier, below – i.e. Country_M/N letter_Policy area letter_Policy name_Journal year)
- Reason for not including a policy in the database (if applicable)
- WHO region (<http://www.who.int/about/regions/en/>)

Note that if a policy action cuts across both NOURISHING and MOVING, the action is stored twice – once in each of the two databases.

T6.1.2 Consistent labelling of information sources

Source documents used to develop policy descriptions are saved on WCRF International's internal fileserver. Each document is saved with a unique reference identifier and referenced in the extraction document.

The unique reference identifier has the following structure:

Country_M/N letter_Policy area letter_Name of document

where

'M/N letter' refers to whether the document relates to a policy action in MOVING or NOURISHING and

'Policy area letter' refers to the letter in the word 'MOVING' or 'NOURISHING'. For example:

- in MOVING, O = Offer training in physical activity promotion across multiple professions
- in NOURISHING, U = Use economic tools to address food affordability and purchase incentives

Note:

In NOURISHING, where letters appear twice then the letter is followed by a number

i.e. N1 = Nutrition label standards; N7 = Harness the whole food supply

I5 = Improve nutritional quality of the whole food supply; I8 = Inform people about food and nutrition through public awareness

For example:

[Chile_N_N1_Ley 20606](#) is a document called Ley 20606 from Chile, which is housed in the NOURISHING database and is filed under 'Nutrition label standards' (N1).

For sub-national policies (global scan only), the reference identifier has the following structure:

Country_M/N letter_Locality_Letter_Name of document.

For example:

[USA_N_Davis_S_Ordinance 2451](#) is ordinance 2451 from Davis in the United States, which is housed in the NOURISHING database and is filed under 'Set incentives and rules to create a healthy retail and food service environment' (S).

T6.2 Format of public-facing material

T6.2.1 Presentation of material

All the entries in the NOURISHING and MOVING databases must include the information set out at section T3.3 above – this standardisation of information means that the databases are a helpful compare-and-contrast for users. The policy actions in the database are all summarised in layman’s terms (i.e. in plain English). There is no discussion or commentary, because there is not the capacity to offer that level of analysis for every policy – but users of the database are well placed to then research this for themselves.

T6.2.2 Tagging

Every policy action entered in the MOVING and NOURISHING databases is tagged with the relevant geography and further topic tags. As of February 2019, 45 topic tags make up the taxonomy of the NOURISHING database (with three more proposed) and 39 of the MOVING database, below.

The tags can be amended or added to as and when new areas for action come to the fore. New tags are not backdated across the existing policy actions, as this would be too resource-intensive, so caution should be exercised in adding tags. (If tags are deleted, however, these can relatively easily be searched for and removed.)

The tags were developed on an iterative basis. The system of tags in the NOURISHING database has been used since October 2017, so have been well tested and are fit for purpose.

The tagging is particularly important it is the primary way in which users search the databases.

NOURISHING tag taxonomy:

Advertising	Front-of-pack	Nutrient profile model	Supply chain
Campaign	Fruit and veg	Portion size	<i>Tariff</i>
Catering	Gardens	<i>Pre-school children</i>	Tax
Children	Health professionals	Procurement	Traffic light
Civil society	Hospitals	Reformulation	Trans fats
Cooking skills	<i>Inequalities</i>	Salt	University
Curriculum	Import duty	Saturated fat	Urban agriculture
Dietary guidelines	Label	Schools	Vending machines
Digital marketing	Low-income	Subsidies	Voluntary measures
Energy drinks	Marketing	Sugar	Warning
Fast food restaurants	Menus	Sugary drinks	Workplace
Fat	Multi-sector	Sugary drinks tax	Young people
	Nutrient claims		

Italic indicates proposed tag for the updated NOURISHING database

MOVING tag taxonomy:

Active play	Cycling	Older people	Schools
Active travel	Design guidelines	Patients	Sedentary behaviour
Air pollution	Disability	Physical activity as treatment	Sports facilities
Building design	Funding	Physical education coaching	Stairs
Campaign	Green space	Physical literacy	Subsidies
Children	Health professionals	Pre-school children	Town planning
Civil society	Incentives	Public transport	Walking
Congestion charge	Inequalities	Recreation	Workplace
Counselling	Life course	Road safety	Voluntary measures
Curriculum	Multi-sector		Young people

T6.2.3 URLs

URLs to original documentation of policy actions are not included in the policy database. To mitigate this, the specific name and reference number of the policy action are included to assist with a search of the original document (where possible). Links are, however, included for evaluations of included policy actions.

T6.3 Sample documentation*

T6.3.1 The extraction sheet

POLICY IDENTIFIER	IMPLEMENTATION YEAR	POLICY NAME	POLICY LEVEL (INT., REGIONAL, NATIONAL, PROV/TER/STATE, LOCAL)	KEY POLICY CHARACTERISTICS	REFERENCES	SOURCE	VERIFICATION CONTACT(S)	IMPLEMENTED (full/partial/not)	EVALUATED (Y/N)	LINK TO PUBLISHED EVALUATION	REFERENCE OF EVALUATION	FLAGGED FOR UPDATE (Y/N)	Reason for not including in NOURISHING	WHO REGION (AFRO, EMRO, EURO, PAHO, SEARO, WPRO)
Brunei_N1_Choices logo	2017	Healthy Choice logo		<p>Questions sent</p> <p>What products may bear the logo? Only imported cooking oils?</p> <p>What requirements do the products have to fulfil to be allowed to bear the logo?</p> <p>Which agency/organisation has the authority to allow use of the logo?</p> <p>When has the logo been implemented? 2004?</p> <p>Is the logo used on menus/labels?</p>		<p>http://www.slideshare.net/Adrienna/current-status-of-nutrition-health-claims-in-brunei-107391087next_slideshow=1</p> <p>http://www.moh.gov.bn/Lists/Latest%20news/NewDispForm.aspx?ID=64</p>								
France_N1_Nutri-Score	decree to be in place in April		National	<p>France has decided to recommend the Nutri-Score system, "a straightforward labelling system that uses colour codes to guide consumers at a glance on the nutritional value of food products"</p> <p>voluntary (due to EU regulation)</p> <p>Decree to be announced in April, at which point companies can begin using label.</p> <p>Nutri-score was chosen after 4 types of label were trialed in 80 supermarkets in September 2016.</p>		<p>http://www.euro.who.int/en/countries/france/news/news/2017/03/france-becomes-one-of-the-first-countries-in-region-to-recommend-colour-coded-nutrition-labelling-system</p> <p>http://www.leparisien.fr/societe/mariol-fouralme-annonce-pour-avril-le-logo-qui-classe-les-aliments-par-couleur-15-03-2017-6762966.php</p> <p>http://presse.inserm.fr/en/the-colour-nutritional-labelling-system-is-the-most-effective-for-</p>								
India_N1_calorie labelling in restaurants	under discussion		National	<p>Proposal to have fine-dining restaurants label calories on their menus</p>		<p>http://www.hindustantimes.com/india-news/food-regulator-wants-restaurants-to-declare-details-of-calorie-intake-nutrition/story-Sr4fs748DksMmP1xk9vM.html</p> <p>http://www.foodnavigator-asia.com/Policy/Minister-mulls-tobacco-style-health-warnings-on-food-packaging/</p>	not	N			N	not yet adopted	SEARO	
India_N1_health warnings on packaged foods	under discussion					<p>http://www.foodnavigator-asia.com/Policy/Minister-mulls-tobacco-style-health-warnings-on-food-packaging/</p>	not	N			N	not yet adopted	SEARO	
Ireland_N1_Calorie labelling in restaurants	2017?		National	<p>The Department of Health is currently preparing Heads of Bills for Government on the introduction of calorie labelling on menus.</p>				not						
Macedonia_N1_Keyhole FOP labelling	2017?	Nordic Keyhole programme	National	<p>In the second half of 2015 the Food and Veterinary Agency of the Republic of Macedonia has signed a contract with the Swedish National Food Agency for using the Keyhole logo in my country. In that regard, the Food and Veterinary Agency of the Republic of Macedonia with the authorization from the National Food Agency of Sweden, provides trademark protection for the Keyhole in accordance with the national legislation in force in the Republic of Macedonia</p> <p>At this (summer 2016), we are in process of transposition of the KEYHOLE regulation, we are planning to organize trainings for the staff of the Food and Veterinary Agency, staff from laboratory and the business sector and after completion of these activities we will proceed with the implementation of the</p>				not				Y (2017)		EURO
Malaysia_N1_interpretative FOP labelling	mid-2017			<p>Malaysia has almost completed the criteria for the major eight product groups in good dialogue with industry and is expected to launch its positive logo in mid-2017.</p>		<p>Choices International newsletter</p>								
Netherlands_N1_FOP labelling	2016/2017?		national	<p>The use of the Dutch Choices logo will be discontinued.</p>		<p>Gerrund Daal</p>		N				Y (Q1)		

* In future, a screenshot of the public-facing database will also be made available, but at the time of submission of the Methods Document this was not yet available.

T6.3.2 The data-collection sheet (comprehensive European scan only)

Note: This will be refined as the initial scans begin, and there will be a different data-collection sheet for countries without a legislation database (i.e. one using a shorter set of search terms, focused on ministry websites rather than the legislation database).

A	B	C	D	E	F	G
Source	Date searched	Search terms	Checked?	Relevant doc	URL	In extraction sheet?
Country PA factsheet		Denmark Danmark				
GNPR		Denmark Danmark				
NCD Document Repository		Denmark Danmark				
<i>etc. (list in section T2.2)</i>						
Secondary source search terms (media etc.)		physical activity policy Denmark fysisk aktivitet politik Danmark nutrition policy Denmark ernæringspolitik Danmark diet policy Denmark diætpolitik Danmark				

General | Legislation dbase - NOURISHING | Legislation dbase - MOVING | Ministry search - NOUR ...

Source	Date searched	Letter	Search terms	Translated terms	Checked?	Relevant doc	URL	In extraction sheet
Legislation database https://www.retsinformation.dk/Forms/R0210.aspx		Make programmes, opportunities and initiatives that promote physical activity a priority	active transport + school + incentive physical activity + minutes + minimum + community + incentive + programme ++ pregnant* ++ early year* ++ child	aktiv transport skole opfordre fysisk aktivitet minutter minimum fællesskab /samfund opfordre program graviditet tidlige år barn				

T7. Indexing and benchmarking

The MOVING framework, this Methods Document and the global and comprehensive policy scans are the first World Cancer Research Fund International deliverables to the CO-CREATE project and will result in a database of implemented policy actions from around the world. WCRF International's next deliverables for CO-CREATE are:

- a) to develop a policy index to benchmark and assess the overall 'policy status' in nutrition/physical activity across Europe (i.e. the countries assessed by the comprehensive European scan), using the information stored on the NOURISHING/MOVING database; and
- b) hold a face-to-face meeting in London with experts in the nutrition policy and physical activity policy field and youth representatives to validate the benchmarking tool.

Both of these further deliverables will be validated by an external group of experts and youth representatives.

The benchmarking assessment will be carried out twice during CO-CREATE, following the two iterations of the comprehensive European scan. This will allow for initial tracking of trends across the 38 countries.

The CO-CREATE consortium will present information on the policy index on an easy-to-use web platform, accessible to policymakers, youth, researchers and civil society.

T8. Policy databases

'We are all coming at things slightly differently, but there is real learning across fields!'

Kaitlin Donley, Campaign for Tobacco Free Kids

T8.1 Introduction

T8.1.1 Interviews

An important aspect of the research (and due diligence) for this Methods Document was an in-depth discussion with the researchers responsible for other policy databases, at EU, WHO and national level, from which learnings and comparisons could be drawn. 12 interviews were conducted in October/November 2018, using the questions below as the start point.

Semi-structured interview

- Describe, in your own words, what the database does and what you do...

Use the questions below to fill in the gaps in the information

- Where do you initially gather your information (e.g. directly from the legislation itself, from NGO sites or from individual contacts)?
- Do you have a list of the in-country data sources for each of the countries you look at, such as like legislation websites?
- How many people do you have working on your database, both in-house and externally?
- How often is the database updated?
- How do you go about updating the database?
- How do you work around language issues?
- What are the particular challenges beyond the initial sourcing – e.g. is it clear when policies end and how do you track broken links?
- What is the search functionality (e.g. keyword search by topic or is free text search)?
- How do you choose the keywords or topics?
- Is there a methods document that you could share with me?
- If you were starting from scratch, what would you do differently?

The databases all make policy information available (sometimes covering only implemented/ actioned policy; sometimes covering a much broader spectrum), but they vary in the way in which this information is presented – for example, some provide pdfs of the policies; others provide URLs to the policies on third-party websites, and some (like NOURISHING) include a précis of the policies. Several interviewees shared supplemental documentation that was reviewed in drawing up the Methods Document.

A table summarising some of the top-level information about the health databases is provided below, and summaries of all the interviews conducted are presented in sections T8.2–8.5.

In addition, an interview on policy surveillance was conducted with Professor Scott Burris, Temple University Beasley School of Law in the United States (section T8.5).

T8.1.2 Database comparison table

Below is a table comparing the 11 health databases (plus NOURISHING) about which interviews were undertaken as part of the process of developing the Methods Document.

Database and URL	Parent organisation(s)	Topic description	Geography	Approx # of database items (Nov 2018)	Info format (e.g. pdf/link/ description/ abstract)	Search functionality	Data automation?*
Childhood Obesity Prevention Scorecard	Healthy Caribbean Coalition	Scorecard to facilitate strengthened awareness of national policy responses to childhood obesity	Caribbean	224	Link to external government URL where possible	No word search functionality; search by country	X
EU Youth Wiki	European Commission (EACEA)	National policies on youth, including 'health and wellbeing'	Europe (34 countries)	Single entry on health/wellbeing per country	Description of national policy across specific health areas	No word search functionality	X
GINA	WHO	Information on the implementation of nutrition policies, mechanisms and interventions	Global	9,000 (of which 2,100 are policies)	Description, pdf of the policy, URL	Category filters and free word search	X
Healthy Food Policy database	CAFS, PHLC and the UConn Rudd Center for Food Policy and Obesity	Identifies local laws that seek to promote access to healthy food, and also contribute to strong local economies, an improved environment, and health equity	United States	260	Description of the policy and link to the legislation on Municode	Category filters and free word search of the summary	✓
Interactive Obesity Atlas	World Obesity Federation	Mapping of obesity statistics, actions (including policies and interventions), drivers and impacts	Global	800 policy/ intervention entries	Short description and external URL	Country or category search	X

Database and URL	Parent organisation(s)	Topic description	Geography	Approx # of database items (Nov 2018)	Info format (e.g. pdf/link/ description/ abstract)	Search functionality	Data automation?*
Knowledge Action Portal	WHO	Community-driven platform for NCD information, interaction and inspiration	Global	700	Short description and link to pdf on external site	Category filters (inc region and language)	X
NCD Document Repository	WHO	Documents containing NCD targets, policies, and guidelines submitted by Member States to WHO	Global	2,900	pdf stored within the Repository website	Category/ country search and (document titles only) keyword search	X
NOURISHING	World Cancer Research Fund International	Implemented government policy actions to promote healthy diets and reduce obesity	Global	515	Description of key attributes	Category and country search	X
Prevention Policies Directory	Canadian Partnership against Cancer	Healthy public policies focused on cancer and NCD prevention	Canada	2,100	Short description and link to CANLII legislation database	Category (location and risk factor) search, plus keyword search	✓
Rudd Center Legislation Database	UConn Rudd Center for Food Policy and Obesity	Tracks state and federal policies related to obesity and diet-related diseases	United States	3,050	Short summary and pdf (from Westlaw)	Category, year and jurisdiction filters	✓
Tobacco Control Laws database	Tobacco Free Kids	Tobacco-control laws in three policy areas: smoke free / advertising, promotion and sponsorship / packaging and labelling	Global (206 countries) but primarily LMICs	1,980	pdf of the legislation (translated) and short summary	Free word search (and categorised by policy type)	X

* Indicates that policies/legislation are initially sourced using a) a webscraper or robot or b) using a third-party legislative search service (this information is then filtered in-house for inclusion in the databases).

Note that ASAPa and CABI are not included (ASAPa has not yet launched and CABI is a broader database including abstracts etc.).

T8.2 European Commission

T8.2.1 EU Youth Wiki

The [EU Youth Wiki](#) presents information from 34 European countries (including all four countries of the United Kingdom) plus all three Belgian regions.* It sets out national-level policies relating to young people between 15 and 29, including a ‘Health and wellbeing’ section with subsections on ‘Sport, youth fitness and physical activity’ and ‘Healthy lifestyles and healthy nutrition’ (e.g. national strategy, healthy-lifestyles education in schools and youth-targeted information campaigns).

The information is produced by national correspondents, based in-country in a relevant ministry (usually the ministry responsible for youth). They are given a detailed Guide to Content (i.e. what information to gather), which includes national strategies and, below that, the policies, programmes projects or initiatives that are relevant – and they are encouraged to be as transparent as possible. The information required will be housed in different ministries in different countries (EU Youth Wiki does not keep a central list of these sources). (The names and contact details of some of the national correspondents are available [here](#).)

The national correspondents draft the information themselves and this is put directly into the Youth Wiki – there is no editing phase because the information is owned by the member states themselves. The national correspondents’ contracts require at least an annual revision of the information, and they are also encouraged to provide an update whenever a new law comes into force; keeping the information up to date is thought to be *‘basically a full-time role’*. External experts are also regularly asked to read the information and give recommendations on quality and completeness (including where member states have failed to bring in policies). The text is not covered by copyright – anyone can quote it. There is no word or tag search functionality, and the texts are available only in English.

Future plans include comparative overviews, the first of which (which is on volunteering) went live in December 2018. It is hoped that these will be a spur for member states that are not at the forefront of, for example, providing financial aid for young people who wish to volunteer. *‘The success of the Youth Wiki (and its potential to become even richer in the future) depends on the very collaborative spirit demonstrated by all countries in the network, which value the Wiki as an opportunity for peer learning and cross-contamination of youth policies.’*

With thanks to Giulia Paolini, Education, Audiovisual and Culture Executive Agency (EACEA), Education and Youth Policy Analysis – Unit A7

T8.3 WHO

T8.3.1 GINA

The WHO’s [Global database on the Implementation of Nutrition Action \(GINA\)](#) provides information on the implementation of numerous nutrition policies/interventions worldwide. It was established in 2012, building on an offline database that had existed since the International Conference on Nutrition in 1992. It is a repository of policies (i.e. policy, strategy, action plan or legislation – an actual document), actions (i.e. implemented actions) and mechanisms (i.e. coordination, monitoring mechanisms). It also tracks countries’ [SMART commitments on the UN Decade of](#)

* Of the 38 countries in the comprehensive European scan, Greece, Ireland and Italy are soon to join the EU Youth Wiki. Only countries in the Erasmus+ programme can join the EU Youth Wiki, which excludes Greenland, the Russian Federation, Switzerland and Ukraine.

[Action](#). (An additional section about lessons learned and best practice is dependent on external input and is less comprehensive.)

GINA is a repository, not a timeline – information is not removed from the database when it is no longer in force. The information is presented as extracts from the official documents; information is not rewritten, because it would be too complex and time-consuming to seek WHO approval for anything other than extracts. There are currently approximately 2,100 policies, 6,400 actions and 500 mechanisms in GINA.

There are three sources of data:

1) WHO policy monitoring, including:

- policy surveys (e.g. Global Nutrition Policy Reviews or the International Code of Marketing of Breast-milk Substitutes survey). Nutrition/diet-related information is also sourced from other WHO surveys, (e.g. NCD CCS and the Maternal, Newborn, Child and Adolescent Health Policy Indicators Survey). Generally, WHO questionnaires go via WHO regional advisors and country focal points to the Ministry of Health and also, where necessary, other sectors (e.g. Finance Ministry); this is often explicitly requested in the questionnaire;
- regular monitoring and reporting by regional and country contacts in the WHO network whenever there are new policies;
- regular monitoring by the secretariat, through systematic searches on ministry websites. This is often facilitated by interns with specific language skills;

2) partners – e.g. WCRF International; and

3) registered users – anyone can sign up and use this function, but data submission has traditionally been done primarily consultants and interns, or a regional office may commission someone to do this for a particular set of countries.

As the information usually comes from official channels, it has already effectively been validated.

GINA data are tagged by various taxonomy, including nutrition goals and indicators as well as actions to promote healthy diets and prevent overweight and obesity, among others. These are available as [search filters](#) in each page, to help users narrow down the data they want to explore.

With thanks to Kaia Engesveen, WHO

T8.3.2 Knowledge Action Portal

The WHO's [Knowledge Action Portal \(KAP\)](#), phase 1 of which went online on 1 November 2018, is a repository of information and a social network for the non-communicable disease community.

Information within the 'country action' section of the KAP (including policy and policy action) is drawn from existing WHO data, including the Country Capacity Survey (CCS), a self-administered questionnaire that is completed by member states every two years. [Note: The CCS includes a couple of questions on physical activity, but it is hoped more will be included in the 2018/19 iteration.] For each country, there is an NCD snapshot setting out the risk factors and demographic information drawn from the NCD country profiles and Progress Monitor (which tracks broad policy). There are also links to other WHO databases such as the NCD Document Repository, and there is a table mapping action nationally, regionally/globally and by stakeholder.

The 'knowledge' section brings together different resources from the WHO, UN and non-state actors. It is structured by topic, which are linked to the WHO NCD Commission's *Time to Deliver* report priorities. Only publications and material from Global Coordination Mechanism participants are included currently, and all materials are moderated by WHO for inclusion.

There are descriptions of the documents included in the KAP and, although resources are included from all six WHO languages (English, Chinese, Russian, Spanish, Arabic and French), the descriptions are currently in English. The URLs of documents are linked on the KAP – they are not physically stored as pdfs. There are also news articles, campaigns and events included as ‘success stories’ within each country, and the ‘advocacy’ section maps government-led campaigns.

The search functionality of the KAP is based on keyword tags rather than on a free word search of the descriptions – this categorisation of the 1,000+ resources is done manually.

With thanks to Jack Fisher, WHO

T8.3.3 NCD Document Repository (global)

The World Health Organization’s [NCD Document Repository](#) sources its information from the NCD Country Capacity Survey, which has been undertaken regularly since 2001, covering a wide range of issues going well beyond NCD policies, including multisector NCD commissions, Ministry of Health staffing for NCDs, surveillance, NCD guidelines, palliative care etc. The survey is sent via regional counterparts to the NCD focal point within the Ministry of Health in each country, who then consults with colleagues or external agencies to complete it. In both the 2015 and 2017 iterations, for each section of the survey to be completed, supporting documentation had to be uploaded – and it is this documentation that is then added to the NCD Document Repository. There are currently around 2,900 documents, all stored as pdfs within the Repository itself, so that all the documents are easily accessible (and some are not available on the governments’ own websites).

The documents are not assessed in depth before being added – for example, there is not the resource to check whether what is submitted is in fact operational (a requirement for inclusion). A high-level check is done (using Google Translate or, if it is still unclear, a native speaker from within the WHO office) to ensure that the document is what it claims to be. As the documents have come directly from the government contacts, they are already effectively verified.

The Repository is searchable by theme and by country, and there is a keyword search: the latter searches only the title of the documents, not the complete document. Categories can be amended – for example, the 2017 iteration added a category on oral health. It is a significant amount of work every two years to get the documents together, check them, categorise and add to the database. An ‘archive’ tag is now also included so expired documents can remain available for those interested in the historical development of policies.

Fieldwork for the next round is due to start in February 2019 – and with each iteration, countries better understand what is required so the process becomes more efficient.

With thanks to Melanie Cowan, WHO

T8.4 Other

T8.4.1 Prevention Policies Directory (Canada)

The [Prevention Policies Directory](#) (the Directory) is a freely accessible, online policy surveillance tool developed by the Canadian Partnership Against Cancer (funded by Health Canada) that houses thousands of Canadian cancer and NCD prevention policies at federal, provincial/territorial and municipal /regional jurisdictional levels. Policies can be browsed online by location using an interactive map tool, or by key modifiable risk factor area including nutrition, physical activity, the built environment, alcohol consumption and tobacco use, along with additional filters such as policy intervention categories, settings and policy types to further refine the search.

Publicly available policy information is captured online by reliable and sophisticated robot technology, on the Canadian Legal Information Institute (CanLII) website (for provincial/territorial and federal policy information) and various Canadian municipal websites. The robots bring policy information into a specially designed administration interface (built and supported by an off-site IT firm) that manages Directory contents, to be scored against Boolean keyword combinations with policy-specific language to determine what should be flagged for review: *'automation frees up time for analysis'*. The filtered information is then manually assessed against Directory inclusion/exclusion criteria. These criteria are crucial: *'what is in and what is out?'* (e.g. it must be publicly available on the internet and related to cancer prevention). The choice of key search terms is also critical and can be drawn up with experts in this field (i.e. the right terms to think about and define what type of legal documents to include).

When a policy is included in the Directory, a new record is created in the Directory's administration interface and the following policy analysis data is attached to the policy record using metadata tagging features before appearing on the Partnership's Directory website: year of adoption, year repealed, year amended, policy title, policy type, jurisdiction, policy status, location, setting, risk factor, and policy interventions. This data assists Directory users in quickly assessing what the policy addresses and does not address. Links to the actual policy document online are also accessible to users.

There is a full-time in-house analyst and a bilingual specialist (for French/English) who works one day a week.

With thanks to Michelle Halligan and Kendall Tisdale, Canadian Partnership Against Cancer

T8.4.2 Rudd Center for Food Policy and Obesity: legislation database (United States)

Since 2010, the Rudd Center for Food Policy and Obesity's [legislation database](#) has been tracking US federal and state-level policies related to obesity and diet-related diseases in areas including the built environment, access to healthy food, school nutrition and physical activity, marketing to children, menu and package labelling, and taxes on unhealthy products. It deliberately includes proposed policies as well as enacted policies (for example, it includes around 900 policies on healthy food, of which around 90 were enacted), in order to capture innovation. Policies remain in the database indefinitely: they are not removed if they are superseded

The information is gathered through a subscription to Thomson Reuters Westlaw CapitalWatch, which provides information on individual federal and state-level bills. This information is then searched by the Rudd Center using a set of specific search terms. Bills identified as meeting these inclusion criteria are added to the database – in the form of the pdfs sent from Capital Watch (they are not rewritten for the database) – and the listserv is informed of new updates each month. It is about 5% of the main researcher's time and 10% of an assistant's time – and more in January/February at the start of the new state legislative session. Suggestions for policies are not solicited from users, although the Rudd Center does receive some legislative reports from other organisations, which are cross-checked with the database to ensure that pertinent legislation is captured.

Searching the database is by category – there are currently 28 categories (primarily in nutrition, with just two in physical activity – 'physical activity: general' and 'school: physical activity' – plus 'built environment'). Entries can sit in up to three categories. Categories are added as circumstances change; however, this is done selectively, particularly as backdating is not possible given resource restrictions.

With thanks to Sally Mancini, UConn Rudd Center for Food Policy and Obesity

T8.4.3 Healthy Food Policy Database (United States)

The aim of the fully curated [Healthy Food Policy database](#) is to aggregate local-level legislation on access to healthy food – and it now contains around 260 policies and has had its funding extended for three years. There is a coding manual that outlines exactly which policies to include – each policy is coded twice, checked for reliability internally and then reviewed by a senior team member. The bills are gathered using four databases of codified local laws (Municode, American Legal Publishing, Sterling and eCode 360). However, not all small municipalities subscribe to Sterling Unicode, and some of the smallest communities may not have their ordinances online at all, which means that the database is not as comprehensive as it could be: *'We did not anticipate how hard it would be to source these policies – you would think it would all be online!'* Policies from an existing database ([Growing Food Connections](#)) were also trawled and re-coded for Healthy Food Policy purposes. The database is just one year old, and a system will be put in place to check for policies that have been revoked, as the aim is to remove policies that are no longer in force.

Each policy is summarised, with the search functionality of the database set up as a free word search of these summaries. There is currently no peer review of the summaries. The site also contains a case study section, in which the policy process is set out – from engagement with local communities to implementation. Suggestions for policies and for case studies can be submitted through the website.

The Healthy Food Policy Project is a four-year collaboration of the Center for Agriculture and Food Systems (CAFS), the Public Health Law Center (PHLC), and the Rudd Center for Food Policy and Obesity. It is funded by the National Agricultural Library, Agricultural Research Service, U.S. Department of Agriculture.

With thanks to Sally Mancini, UConn Rudd Center for Food Policy and Obesity

T8.4.4 ASAPa (Australian Systems Approaches to Physical Activity)

ASAPa is a national project to map and understand physical activity prevalence, policies and programmes across the nine Australian jurisdictions. Much of the work in physical activity in Australia is at state level, and it is this (as well as national policies) that are being gathered. It looks more broadly than legislation per se. It is funded by the National Medical Research Futures Fund and managed by [The Australian Prevention Partnership Centre](#) at Sydney University.

The search is done through:

- a) *self-reporting by jurisdictions* (to date, two national meetings have brought together government representatives to identify policies relevant to physical activity in each state, territory and federal jurisdiction);
- b) *desktop searches*, based on the identification of other potentially relevant policies mentioned in policies from step a), recent commentaries and reports on liveability and healthy planning policy, and the HealthInfoNet database of physical activity policies relevant to Aboriginal Australians. Other policies discovered incidentally in the process of conducting these searches are also considered for inclusion. Additional internet searches are conducted in policy areas or for subject matter that could reasonably be expected to address physical activity. Legislative instruments are not considered as part of step b) searches, but are included in the audit if identified under step a);
- c) *a consolidation and validation exercise*, in which those who had attended the meeting in step a) are asked to check and complete a spreadsheet of all the policies in their jurisdiction discovered in steps a) and b) (mapped against Health, Transport, Environment, Sport, Planning/Infrastructure, Education, Priority groups and Other).

ASAPa looks at policies that are currently in force but does not assess which actions in each policy have been implemented.

The audit will be used to identify physical activity policy opportunities and gaps (informed by the '7 Best Investments for Physical Activity' and GAPPA) and develop a framework for action. A complementary aim is developing a blueprint/draft specifications for a national hub to house knowledge and support cross-agency, cross-jurisdictional communication for physical activity. A cross-sectoral working group will assist in the development of these outputs in 2019.

Currently, ASAPa is staffed by a full-time project officer and a 50% officer.

With thanks to Tracy Leach, University of Sydney

T8.4.5 Tobacco Control Laws (global)

The [Tobacco Control Laws database](#), run by the Campaign for Tobacco Free Kids, includes legislation from 206 countries. The database is structured across three areas – smoke free, advertising, promotion and sponsorship, and packaging and labelling – which were dictated by the Framework Convention on Tobacco Control. A short summary of the legislation is provided as well as an overall summary of the overall tobacco-control regulations in each country. Implementation data is not sought, however. The legislation itself is provided in pdf format (rather than a URL to an external website, which tend to become out of date). In theory, if a policy is no longer in force then a note is added to this effect – but in practice there is often not the resource to reanalyse the information.

Countries have to report every two years on their FCTC progress, and these reports can be a useful source of information. Other sources include in-country contacts where Tobacco-Free Kids works, who can provide copies of laws or answer questions of interpretation (although there is not an official verification process). TFK also shares information regularly with the WHO Tobacco Free Initiative, which can reach out to government contacts.

There is a sizeable budget for translation, primarily for legislation from low- and middle-income countries and exclusively in the three specific areas of focus. There is a free word search and the database is searchable by categories under the three main policy areas – this is a significant amount of work and has been undertaken by consultants, although a new full-time in-house appointment has just been made to work on the database. Updates are done on a rolling, ad hoc basis.

With thanks to Kaitlin Donley, Campaign for Tobacco Free Kids

T8.4.6 Interactive Obesity Atlas (global)

World Obesity gathers information from around the world on obesity statistics, actions (under which policies and interventions are included), drivers and impacts into its [Interactive Obesity Atlas](#). This is presented as a map, searchable by country and 12 topic areas (marketing, community interventions, food policy etc.).

Scanning begins with a PubMed search (more useful for identifying interventions than policies), and then a range of sources including GINA, NOURISHING, HEPA, the CINDI Network, the Rudd Center obesity legislation database and ministries of health, as well as a general search for policies on obesity/nutrition/physical activity.

Each entry in the database is described in a couple of sentences and (for policies) the date of implementation, organisation, target group and keywords are included, plus a link to the external website on which the policy is housed. Policies are retained even when no longer in force – they are removed if the link is found to be broken, although this is not automated. *'It is important to*

ensure a balance between too much information, which is time consuming to put together, and too little’ – when it was being updated regularly, the database was approximately a three-day-a-week task, and including the obesity statistics is a full-time task.

There is currently no formal verification system – but many of the items included in the database have been sourced directly from countries as part of other World Obesity programmes (such as the STANMARK and POLMARK EU-funded initiatives), so the verification has, in effect, already taken place. Decisions on inclusion are made in-house.

The biggest challenge is that of language: Google Translate is a *‘first port of call to see if items are of interest’*, and World Obesity then tries to use its in-country membership to verify potential non-English entries. But *‘there must be so much more out there that we can’t assess or can’t get enough detail to be sure it should be included!’* Initially the database was also in French, but funding was not sustained and this has been discontinued.

With thanks to Rachel Jackson Leach, World Obesity

T8.4.7 Childhood Obesity Prevention Scorecard (Caribbean)

The [Childhood Obesity Prevention Scorecard](#) (COPS) is a traffic-light index of progress in 20 Caribbean countries on 15 indicators on national-level policy on childhood obesity. It can be used by civil society to understand gaps in local policy to inform advocacy, and by policymakers to compare different national practice in the region: *‘Sharing documents means that we don’t reinvent the wheel as various stakeholders can see and learn from what others are doing.’*

Indicators were developed that align with other credible regional and global reference points on childhood obesity prevention (e.g. ECHO). The indicators are as flexible as possible to allow for the countries to record progress – some are widely implemented regionally (e.g. a general school nutrition policy) and others are much less common (e.g. an SSB ban in schools). Policies are only recorded as implemented/present if the actual source documentation is available (i.e. policy or legislation) and can be linked to by the user.

An initial scan of policies and scores across all the indicators was shared with regional stakeholders including focal points in each country for verification, and the Scorecard was launched in September 2018. A part-time project assistant now undertakes a monthly sweep to ensure that the information is up to date, and any changes are also verified with the focal points. In future, the hope is to make this more systematic, with country contacts completing a regular questionnaire of any changes (perhaps on a quarterly basis). Funding for the IT behind COPS was provided by PAHO and the NCD Alliance funded the populating of the Scorecard and currently funds maintenance.

The biggest challenge is locating source documentation – some of which is not available online on ministry websites even post-implementation. It is also challenging to ascertain what is implemented – sometimes a policy is said to be implemented but in-country contacts confirm that implementation is limited. There is not the resource to measure the extent of implementation, so policies are noted in the Scorecard as *‘implemented/present’*. Currently the site can be searched by country but there is not a word/topic search.

In future, two different categories of source material will be included: the primary documentation plus supporting docs (e.g. a White Paper or a media link): *‘Quite a bit of this information is in the media and it is important to capture it even in the absence of actual policy and legislative source documents.’* This could be particularly useful for advocacy – holding governments to account when they indicate that a policy is forthcoming in the press and yet there is no follow through with implementation.

With thanks to Maisha Hutton, Healthy Caribbean Coalition

T8.4.8 CAB International (Centre for Agriculture and Bioscience International) databases (global)

The Centre for Agriculture and Bioscience International (CAB International) is ‘a not-for-profit inter-governmental development and information organisation focusing primarily on agricultural and environmental issues in the developing world’. The interview was to compare an environmental database with health databases.

CABI has agreements in place with journal publishers and receives an e-feed of contents of journals, which is then checked in-house. There is also an ad hoc process of searching for information – there is a worldwide list of organisations that are relevant to each subject area, including aid agencies and relevant government departments (there is, for example, a list of sources in [Global Health](#)), and we apply selection criteria to those publications etc. that ask to be included on the database (see ‘serials cited’) and sometimes information is found in unexpected places. There is no automated system in place to check known websites, and the list of sources is continually growing. Generally, information is only included if it is either peer-reviewed or is policy or grey literature from recognised sources.

‘I’m still surprised at how much actual human work is still needed to source this – we are a long way off not needing people... I don’t know how you can find this without it being a human with the knowledge of the field who knows where to start.’

There is a team of content editors, one for each subject area (e.g. plant sciences, economics etc.), and they spend about a day a week looking for material, which is added on a rolling basis. Google Translate is used to identify some materials, and there are linguists in-house who can help to work out when something is relevant, as well as freelancers for the less common languages (although many more publications now have English summaries than a few years ago).

Much of the information is copyrighted material and CABI often has access to the full text, which requires an agreement with the publisher and the CABI databases (CAB Abstracts and Global Health) are subscription-based. Unless a URL is broken (and the website is swept every month), or the site specifically states, there is not an automated system in place to check to see if policies or projects have ended.

With thanks to Janice Osborn, CABI

T8.5 Legal mapping and policy surveillance

T8.5.1 Introduction¹

‘Not only does measuring of the law allow us to understand which jurisdictions have effective laws, but it also helps us to understand the elements of policies that work best, allowing us to craft better laws that produce better outcomes.’

Policy surveillance is ‘the ongoing, systematic collection, analysis and dissemination of information about laws and other policies of health importance’, following ‘transparent and reproducible methods’. Legal mapping is the process of collecting and coding important provisions of the law using a transparent and reproducible method. NOURISHING and MOVING are legal mapping activities.

Legal mapping requires:

¹ Source for section T8.5.1: S. Burris, *A Technical Guide for Policy Surveillance* (2014), Temple University Legal Studies Research Paper Series 2014/34: http://papers.ssrn.com/sol3/papers.cfm?abstract_id=2469895

- clear scope (this is dealt with in section 4 of the Methods Document and section T2.1 of the Technical Annex);
- systematic collection (sections 5.1 and 5.2 of the Methods Document and sections T2 and T3 of the Technical Annex);
- documentation of the research (sections T3 and T6);
- updating (section 2.3.2 of the Methods Document and section T2.4 of the Technical Annex); and
- dissemination (dissemination will continue to be undertaken by WCRF International through its existing NOURISHING communication channels, but dissemination is also a key deliverable of Workpackage 9 – hence, it is not described further in this Methods Document).

Full policy surveillance would also include coding of the information, to measure how aspects of legislation and policies develop over time. This is not an aim of the scans described in this Methods Document.

T8.5.2 Interview with Professor Scott Burris

‘There is a global evaluation crisis that is really important for the causes that we care about in health – so if [CO-CREATE and WCRF International] can produce data that researchers can use and that satisfies funders, that is a serious benefit for the movement!’

Professor Scott Burris is director of the Center for Law Research, Temple University Beasley School of Law, Philadelphia, United States, which houses both the [LawAtlas](#) programme (which includes a learning library of training modules on policy surveillance) and a policy surveillance tool, MoncQle. He has written extensively on policy surveillance and organised an international convening event in January 2018 to discuss policy surveillance and legal mapping, attended by WCRF International.² He is currently working with international organisations who hope to better organise their data.

- *‘Access to the legislation will be the biggest pitfall.’* Access will vary significantly: in some countries, a scan of the secondary sources will provide more information than the comprehensive scan of government websites, because not all administrative documents are posted online. Descriptions of the legislation – as provided in the NOURISHING/MOVING databases – are particularly valuable when the original documentation is unavailable.
- A research protocol should be developed (which this Methods Document and Technical Annex aim to provide) and a daily research log kept (section T3.2.1). Together, the protocol and the log can help to respond to any criticism of the process (e.g. from governments), as they will demonstrate that the data has been systematically and fairly drawn up.
- It is advisable to protocolise the practical issues that arise during the mapping/scan, so these can be addressed systematically. For example, if there are challenges in scanning a particular government’s website, these challenges (and any work-arounds) are logged and the knowledge used to ensure that the second comprehensive European scan is more efficient.
- A bill-tracking service [such as used by the Rudd Center, section T8.4.2 above] can be useful in the United States – these services pick up all the state-level legislation, and it is effectively outsourcing the legal research. However, the services are expensive, and a single tracking

² Several of the contacts made at that event were also interviewed for this Methods Document.

service is unlikely to cover the multiplicity of countries within the comprehensive European scan.

- In the medium term, improvements in machine-assisted learning and webscraping are likely to mean that *'anyone not using a machine will fall behind in terms of what they can do and how long it takes'*. WCRF International should be alert to opportunities to use this to its advantage.

In addition, he suggested that the information in the NOURISHING and MOVING databases be coded for further use.

T8.6 List of policy databases

T8.6.1 Global

[Campaign for Tobacco Free Kids Tobacco Control Laws global database](#) (section T8.4.5)

[ECOLEX](#)

[Global Database for City and Regional Food Policies](#) (Buffalo University)

[World Obesity Interactive Obesity Atlas](#) (section T8.4.6)

[WORLD Policy Analysis Center](#) (UCLA)

T8.6.2 Europe

[EC Health Knowledge Gateway](#)

[EC Public Health Best Practices Portal](#)

[EC YouthWiki on health](#) (section T8.2.1)

[European Health Information Gateway](#): information on the 23 indicators in the EU Monitoring Framework (2008) (includes the [HEPA](#) dataset)

EU [Health Inequalities Policy Database](#)

T8.6.3 Country/region-specific

Canada – [Complete Streets for Canada](#)

Canada – [enviroOSH Legislation plus Standards](#)

Canada – [INSPQ Public Policy and Health Portal](#)

Canada – [Non-Smokers' Rights Association/Smoking and Health Action Foundation Smoke-Free Laws Database](#)

Canada – [Prevention Policies Directory](#) (Canadian Partnership against Cancer) (section T8.4.1)

Caribbean – [Healthy Caribbean Coalition Childhood Obesity Prevention scorecard](#) (2018) (section T8.4.7)

United States – [Alcohol Policy Information System](#)

United States – [CDC Nutrition, Physical Activity, and Obesity – Legislation](#)

United States – [ENACT Local Policy Database](#)

United States – [Growing Food Connections Local Government Policy Database](#)

United States – [Healthy Food Access Portal](#)

United States – [Healthy Food Policy Database](#) (section T8.4.3)

United States – [NASBE State School Healthy Policy Database](#)

United States – [Policy Surveillance Programme](#) (Temple University)

United States – [Rudd Center for Food Policy & Obesity – Legislation Database](#) (section T8.4.2)

United States – [Tobacco Policy Project/State Legislated Actions on Tobacco Issues](#) (SLATI) (American Lung Association)

T8.6.4 UN agencies

WHO Europe

[WHO Europe Database on Nutrition, Obesity and Physical Activity](#) (NOPA)

[European Inventory of National Policies for the Prevention of Violence and Injuries](#)

WHO global

[e-Library of Evidence for Nutrition Actions](#) (eLENA)

[Global database on the Implementation of Nutrition Action](#) (GINA) (section T8.3.1)

[Knowledge Action Platform](#) (KAP) (section T8.3.2)

[NCD Document Repository](#) (section T8.3.3)

[Nutrition Landscape Information System](#) (NLIS)

Food and Agriculture Organization

[Food-based dietary guidelines](#)

[FAOLEX](#)

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- those interviewed about policy databases (section T8);
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- the experts who attended the face-to-face meeting on benchmarking tools and indicators in London in February 2019.



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