

## *Supplementary Materials for*

# Implementation level of best practice policies by Italian Government for healthier food environments: Healthy Food Environment Policy Index (Food-EPI)

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**Table of evidence regarding policy implementation for healthy food environments by the Italian Government.**

**Table**

Table of evidence regarding policy implementation for healthy food environments by the Italian Government

DOMAIN	INDICATOR	EVIDENCE OF IMPLEMENTATION BY THE ITALIAN GOVERNMENT 2019
<b>DOMAIN 1 - FOOD COMPOSITION</b> - Food composition targets/standards/restrictions for processed foods: there are government systems implemented to ensure that, where practicable, processed foods minimise the energy density and the nutrients of concern (salt, saturated fat, trans fat, added sugar).	<b>COMP1</b> Food composition targets/standards/restrictions have been established by the government for the content of the nutrients of concern (trans fats, added sugars, salt, saturated fat) in industrially processed foods, in particular for those food groups that are major contributors to population intakes of those nutrients of concern.	<ul style="list-style-type: none"> <li>The Ministry of Health has issued the document for the shared objectives for the improvement of the nutritional characteristics of food products with particular attention to the child population, which for each food area identifies critical points and targeted interventions. The document was elaborated in collaboration with food industries which commit to containing sugars, saturated fats, salt trans fatty acids, to a constant effort to remodulate portions and to offer additional information in labels.</li> <li>The European Regulation 1924/2006 on nutrition and health claims made on foods states that the definition of nutrient profiles should take into account the content of different nutrients and substances with a nutritional or physiological effect, in particular those such as fats, saturated fats, trans fatty acids, sugars, sodium or salt, the whose excessive intake in the general diet is not recommended, and those such as poly- and monounsaturated fats, carbohydrates other than sugars, vitamins, minerals, proteins and fibers.</li> <li>The current survey has not identified specific standards for food services, except for standards on the safety of food processes. However, a certain orientation can be seen in the implementation of EU Regulation 1169/2011, extending it also to "administered" products, in addition to those "sold" - i.e. restaurants, canteens and catering, at least as far as allergens are concerned.</li> </ul>
	<b>COMP2</b> Food composition targets/standards/restrictions have been established by the government for the content of the nutrients of concern (trans fats, added sugars, salt, saturated fat) in meals sold from food service outlets, in particular for those food groups that are major contributors to population intakes of those nutrients of concern.	
<b>DOMAIN 2 - FOOD LABELLING</b> - There is a regulatory system implemented by the government for consumer-oriented labelling on food packaging and menu boards in restaurants to enable consumers to easily make informed food choices and to prevent misleading claims.	<b>LABEL1</b> Ingredient lists and nutrient declarations in line with Codex recommendations are present on the labels of all packaged foods.	<ul style="list-style-type: none"> <li>The European legislation (EU Reg. 1169/2011) to which the Italian one refers (d.lgs 231/2017) implements the CODEX recommendations. This document concerns the provision of food information to consumers and, also, contains national provisions in labeling, presentation and advertising of food, as well as the sanctioning discipline for the violations of the aforementioned provisions.</li> </ul>
	<b>LABEL2</b> Evidence-based regulations are in place for approving and/or reviewing claims on foods, so that consumers are protected against unsubstantiated and misleading nutrition and health claims.	<ul style="list-style-type: none"> <li>The European regulation 1924/2006 on nutrition and health claims made on foods states that the definition of nutrient profiles should take into account the content of different nutrients and substances with a nutritional or physiological effect, in particular those such as fats, saturated fats, trans fatty acids, sugars, sodium or salt, the whose excessive intake in the general diet is not recommended, and those such as poly- and monounsaturated fats, carbohydrates other than sugars, vitamins, minerals, proteins and fibers.</li> </ul>
	<b>LABEL3</b> One or more interpretive, evidence-informed front-of-pack supplementary nutrition information system(s) endorsed by the Government, which readily allow consumers to assess a product's healthiness, is/are applied to all packaged foods (examples are the Nutriscore and traffic lights).	<ul style="list-style-type: none"> <li>The Ministry of Health has issued a document on food labelling, which alludes to Regulation (EU) No 1169/2011 on the provision of food information to consumers and also sets out acceptance of nutrition and health claims, governed by Regulation (EC) No 1924/2006 on nutrition and health claims made on foods.</li> <li>The front of package nutrition information is given by columns integrated by "batteries" for energy and nutrients. Inside the "battery" is reported the percentage of energy, fats, saturated fats, sugars and salt contained in the portion of product with respect to the reference daily intake.</li> </ul>
	<b>LABEL4</b> A simple and clearly-visible system of labelling the menu boards of all quick service restaurants (i.e. fast food chains) is applied by the government, which allows consumers to interpret the nutrient quality and energy content of foods and meals on sale.	<ul style="list-style-type: none"> <li>No evidence</li> </ul>
<b>DOMAIN 3 - FOOD PROMOTION</b> - There is a comprehensive policy implemented by the government to reduce the impact (exposure and power) of promotion of unhealthy foods to children across all media.	<b>PROMO1</b> Effective policies are implemented by the government to restrict exposure and power of promotion of unhealthy foods to children including adolescents through broadcast media (TV, radio).	<ul style="list-style-type: none"> <li>The Code of Self-regulation for TV and minors states that during the period from 16.00 to 19.00 must be avoid advertising in favour of soft drinks and alcoholic beverages, within the programs directly aimed at minors and during the interruptions immediately preceding or following.</li> <li>EU PLEDGE: Started in 2007, the EU Pledge is a voluntary initiative by leading food and beverage companies to change the way they advertise to children; among the requirements, companies undertake not to advertise food and drink to children under the age of 12 on TV, the press and the Internet, except for those products that meet precise nutritional criteria based on accredited scientific assessments and/or national and international dietary guidelines.</li> </ul>
	<b>PROMO2</b> Effective policies are implemented by the government to restrict exposure and power of promotion of unhealthy foods to children including adolescents through online and social media.	<ul style="list-style-type: none"> <li>EU PLEDGE: Started in 2007, the EU Pledge is a voluntary initiative by leading food and beverage companies to change the way they advertise to children; among the requirements, companies undertake not to advertise food and drink to children under the age of 12 on TV, the press and the Internet, except for those products that meet precise nutritional criteria based on accredited scientific assessments and/or national and international dietary guidelines.</li> </ul>

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DOMAIN	INDICATOR	EVIDENCE OF IMPLEMENTATION BY THE ITALIAN GOVERNMENT 2019
<b>DOMAIN 3 - FOOD PROMOTION</b> - Continued	<b>PROMO3</b> Effective policies are implemented by the government to restrict exposure and power of promotion of unhealthy foods to children including adolescents through non-broadcast media other than packaging and online/social media.	<ul style="list-style-type: none"> <li>The document "Shared objectives for the improvement of the nutritional characteristics of food products with particular attention to the child population" of the Ministry of Health identifies for companies associated with ASSOBIBE the introduction of specific limitations to the forms of promotion and advertising for soft drinks, including abstention of marketing in channels directed to children under 12 years of age and abstention of direct business activities in primary schools.</li> </ul>
	<b>PROMO4</b> Effective policies are implemented by the government to ensure that unhealthy foods are not commercially promoted to children including adolescents in settings where children gather (e.g., preschools, schools, sport and cultural events).	<ul style="list-style-type: none"> <li>The Ministry of Health has issued the National guidelines for school catering, whose objectives include facilitating correct eating habits through an effective model of health promotion and prevention. These guidelines promote healthy food choices and educational interventions not only for children, but also for their parents.</li> <li>EU PLEDGE: The EU Pledge is a voluntary initiative by leading food and beverage companies to change the way they advertise to children; among the requirements, companies pledge not to participate in promotional communications related to unhealthy foods and drinks in primary schools, unless this is done for educational purposes at the express request of or in agreement with the school administration.</li> </ul>
	<b>PROMO5</b> Effective policies are implemented by the government to ensure that unhealthy foods are not commercially promoted to children, including adolescents on food packages.	<ul style="list-style-type: none"> <li>No evidence</li> </ul>
<b>DOMAIN 4 - FOOD PRICES</b> - Food pricing policies (e.g., taxes and subsidies) are aligned with health outcomes by helping to make the healthy eating choices the easier, cheaper choices.	<b>PRICES1</b> Taxes or levies on healthy foods are minimised to encourage healthy food choices (e.g. low or no sales tax, excise, value-added or import duties on fruit and vegetables).	<ul style="list-style-type: none"> <li>No evidence</li> </ul>
	<b>PRICES2</b> Taxes or levies on unhealthy foods (e.g. sugar-sweetened beverages, foods high in nutrients of concern) are in place and increase the retail prices of these foods by at least 10% to discourage unhealthy food choices, and these taxes are reinvested to improve population health.	<ul style="list-style-type: none"> <li>Many attempts to tax unhealthy foods (sugar tax) have been made, but nothing has been finalised until now. The tax was originally included in the draft Decree Law on "Urgent measures to promote the development of the country by a higher level of health protection" (August 2012), promoted by the former Minister of Health Renato Balduzzi, under the Monti administration. It aimed at targeting soft drinks with added sugar/sweeteners. Complementarily, a tax was also proposed for spirits. The following amounts were foreseen: -7.16€ for every 100 litres of sugary/sweetened carbonated beverages placed on the market; -50€ for every 100 litres of alcoholic beverages (spirits) placed on the market, allowing to collect an expected revenue of around 250 million € per year during the years 2013-2015. The decree was then withdrawn. Italy is cited in many articles as a case study on proposed but not introduced food taxes.</li> </ul>
	<b>PRICES3</b> The intent of existing subsidies on foods, including infrastructure funding support (e.g. research and development, supporting markets or transport systems), is to favour healthy rather than unhealthy foods.	<ul style="list-style-type: none"> <li>No evidence</li> </ul>
	<b>PRICES4</b> The government ensures that food-related income support programs are for healthy foods.	<ul style="list-style-type: none"> <li>There are some food related support programs in Italy, such as: - FEAD – Italy, an initiative of European Union, aimed at tackling, among others, food deprivation of most deprived individuals, children and families. The distributed food includes fruits and vegetables, meat, eggs, fish, seafood, flour, bread, potatoes, rice and milk products (45). - Emporia of solidarity, which include a broad range of actors (i.e. Caritas, municipality, Fondazione Banco Alimentare Onlus - FBAO and others). They do not focus solely on food provision, but offer, also, collateral services; e.g. guidance on balanced nutrition and education on how to manage expenditures. However, it should be highlighted that the distributed food concerns the primary goods, without a specific focus on healthy or unhealthy food. Furthermore, these are not initiatives coming directly from the government, but rather from non-profit organizations or EU.</li> </ul>

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DOMAIN	INDICATOR	EVIDENCE OF IMPLEMENTATION BY THE ITALIAN GOVERNMENT 2019
<b>DOMAIN 5 - FOOD PROVISION</b> - The government ensures that there are healthy food service policies implemented in government-funded settings to ensure that food provision encourages healthy food choices, and the government actively encourages and supports private companies to implement similar.	<b>PROV1</b> The government ensures that there are clear, consistent policies (including nutrition standards) implemented in schools and early childhood education services for food service activities (canteens, food at events, fundraising, promotions, vending machines etc.) to provide and promote healthy food choices.	<ul style="list-style-type: none"> <li>National guidelines for school catering- Linee di indirizzo nazionale per la ristorazione scolastica- (GU n. 134/2010). These guidelines aim to facilitate, from infancy, the adoption of correct eating habits for health promotion and the prevention of chronic degenerative diseases (diabetes, cardiovascular diseases, obesity, osteoporosis, etc.) for which the incorrect nutrition is one of the main risk factors. This document, elaborated by Italian Ministry of Health, contains instructions for organizing and managing the catering service, for defining the tender specifications and providing a meal that is adequate for the different age groups, educating the child in acquiring correct eating habits. The recommended daily intake levels of energy and nutrients (LARN) (including salt, sugar, fat, fibre) are diversified by sex, age and levels of physical activity.</li> <li>Guidelines of the Lombardy Region for school catering- Linee Guida della Regione Lombardia per la ristorazione scolastica. These Guidelines for School Catering are a tool which, while safeguarding the autonomy of particular choices, aim at all the public and private structures involved in this sector, prompting them at taking the appropriate actions regarding children nutrition. These include food and nutrient recommendations to compose a balanced menu by choosing adequate quantities of foods belonging to the different food groups. The recommendations include the adequate quantity of salt, fibre, sugar, fat, and drinks.</li> <li>Guidelines of the Veneto Region for school catering- Linee Guida della Regione Veneto per la ristorazione scolastica. These are guidelines for school catering in Veneto in order to provide a means of nutrition education to families through students and teachers but above all from a dietetic, nutritional and safety point of view. They give recommendations on quality of food in the canteens and vending machines, trying to give a regional tool of uniform support to municipal and school administrations with regard to healthy food.</li> <li>"Frutta e verdure nelle scuole" - Fruits and vegetables in schools. The Program is intended for schools and identifies primary school pupils aged between 6 and 11 years old, who are the recipients and may participate completely free of charge. The goal is to encourage children to consume fruit and vegetables and support them in conquering healthy eating habits, spreading educational messages about food waste generation and their prevention. To this end, specific teacher training initiatives are carried out on food education topics, and recreational-educational initiatives aimed at facilitating consumption and tasting of the products distributed. The program is intended to take place in the period 2017-2023 and to involve about 950,000 / 1,000,000 students. It is promoted by Ministry of Agricultural, Food and Forestry Policies with the collaboration of CREA (Council for agricultural research and analysis of the agricultural economy) and ISMEA (Service institution for the agricultural food market).</li> <li>Mense scolastiche biologiche. Ministry of Agricultural, Food and Forestry Policies has launched this initiative in order to have more biological food in schools. The school canteens that choose the organic will be awarded with a gold or silver medal, based in the percentage of organic food they will offer to students. For example, the gold medal will go to those that use organic foods in the following percentages: <ul style="list-style-type: none"> <li>-100 percent in the case of eggs, yogurt and fruit juices;</li> <li>-90 percent for fruit, vegetables, legumes, processed products of vegetable origin, bread and baked goods, pasta, rice, flour, cereals and derivatives and extra virgin olive oil;</li> <li>-50 percent for dairy products, meat and fish from aquaculture.</li> </ul> The criteria for receiving certification also include reducing food waste and using local products. The production area is considered nearby if it is within a maximum radius of 150 km. </li> </ul>

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DOMAIN	INDICATOR	EVIDENCE OF IMPLEMENTATION BY THE ITALIAN GOVERNMENT 2019
<b>DOMAIN 5 - FOOD PROVISION</b> -Continued	<p><b>PROV2</b> The government ensures that there are clear, consistent policies in other public sector settings for food service activities (canteens, food at events, fundraising, promotions, vending machines, etc.) to provide and promote healthy food choices.</p> <p><b>PROV3</b> The government ensures that there are clear, consistent public procurement standards in public sector settings for food service activities to provide and promote healthy food choices.</p> <p><b>PROV4</b> The Government ensures that there are good support and training systems to help schools and other public sector organisations and their caterers meet the healthy food service policies and guidelines.</p> <p><b>PROV5</b> The Government actively encourages and supports private companies to provide and promote healthy foods and meals in their workplaces.</p>	<ul style="list-style-type: none"> <li>National guidelines for hospital catering - Linee di indirizzo nazionale per la ristorazione ospedaliera e assistenziale (GU n. 37/2011). Ministry of Health, in 2009, issued a general Directive for administrative action and management aimed at improving nutritional quality and food safety in hospitalized subjects. The objective is to establish the general principles for hospital and welfare catering and to present a model to be proposed at national level, in order to make homogeneous the activities connected with hospital catering, to improve the relation of hospitalized patients with food. The recommended daily intake levels of energy and nutrients (LARN) are diversified by the disease the patients are hospitalised for.</li> <li>National guidelines for pediatric hospital catering- Linee di indirizzo nazionali per la ristorazione ospedaliera pediatrica (GU n. 38/2015). The Ministry of Health has issued a document containing guidelines for pediatric hospital catering. The aim is to guarantee the necessary nutrient reserves, the maintenance of the organism's functions at optimal levels, the prevention of deficits and nutritional component diseases for children. The recommended daily intake levels of energy and nutrients (LARN), protein and lipid requirements, vitamin and mineral requirements are given for different age groups and sex.</li> <li>Operating proposals for catering in nursing homes for the elderly -Proposte operative per la ristorazione nelle residenze assistenziali per anziani. The document was elaborated by the Piemonte Region. The aim is to provide a dietetic guideline consisting of a minimum guaranteed number of different types of meals based on protein-energy content and / or consistency based on the clinical needs of the patients. The fundamental requirements of the catering service are also indicated. It shows the adequate intake of proteins, fibres, carbohydrates, fat and vitamins.</li> <li><b>Nutritional quality of meals provided in collective catering. Verification procedures and forms - Qualità nutrizionale dei pasti forniti nella ristorazione collettiva. Procedure di verifica e modulistica.</b> <b>This document concerns Regione Lazio. It was first elaborated on June 2007 and then updated on November 2017. It is composed of two parts: (1) Procedures and forms for the approval of the dietary tables and (2) Control and monitoring of meals' nutritional adequacy in collective catering.</b> In details the document covers: Compliance with the average energy requirement expected for the level of physical activity and age group; the correct distribution of the total daily energy in the meals provided; the correct percentage energy contribution provided by the macronutrients carbohydrates and fats; compliance with protein requirements in relation to the type of population served (children, adolescents, the elderly); compliance with the requirements of dietary fiber and some critical nutrients (e.g. calcium, iron, sodium), in relation to the target population (children, adolescents, Senior citizens); compliance with the recommended weekly variability for food and seasonal variability for fruit and vegetables; the use of iodized salt and food products with a lower salt content.</li> <li>Emporia of Solidarity have emerged in recent years as a new form of food assistance provision in Italy. The first two have been opened by Caritas (the first in 2008 in Tuscany) and since then around sixty Emporia have been established across the country. There is a broad range of actors (i.e. Caritas, municipality, Fondazione Banco Alimentare Onlus - FBAO and others). They do not focus solely on food provision, but offer, also, collateral services; e.g.guidance on balanced nutrition and education on how to manage expenditures.</li> <li>No evidence</li> <li>Support for the implementation in Italian regional realities of the Health Promotion Network in the Workplace- Supporto all'implementazione in realtà regionali italiane della Rete di Promozione della Salute sui Luoghi di Lavoro (Rete WHP – Workplace Health Promotion). The program acts on the health promotion in the workplace, focusing on the prevention of behavioral risk factors of chronic and degenerative diseases (incorrect nutrition, sedentary lifestyle, smoking, harmful alcohol consumption). The primary aim is to promote the adoption of "recommended practices" in the workplace in order to contribute to conscious adoption and the spread of healthy lifestyles, focusing on healthy nutrition, thus contributing to the prevention of chronic diseases.</li> </ul>

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DOMAIN	INDICATOR	EVIDENCE OF IMPLEMENTATION BY THE ITALIAN GOVERNMENT 2019
<b>DOMAIN 6 - FOOD IN RETAIL</b> - The government has the power to implement policies and programs to support the availability of healthy foods and limit the availability of unhealthy foods in communities (outlet density and locations) and in-store (product placement).	<b>RETAIL1</b> Zoning laws and policies are implemented to place limits on the density or placement of quick serve restaurants or other outlets selling mainly unhealthy foods in communities and/or access to these outlets (e.g. opening hours).	• No evidence
	<b>RETAIL2</b> Zoning laws and policies are implemented to encourage the availability of outlets selling fresh fruit and vegetables and/or access to these outlets (e.g., opening hours, frequency i.e., for markets).	• No evidence
	<b>RETAIL3</b> The Government ensures existing support systems are in place to encourage food stores to promote the in-store availability of healthy foods and to limit the in-store availability of unhealthy foods.	• No evidence
	<b>RETAIL4</b> The government ensures existing support systems are in place to encourage the promotion and availability of healthy foods in food service outlets and to discourage the promotion and availability of unhealthy foods in food service outlets.	• No evidence
<b>DOMAIN 7 - FOOD TRADE AND INVESTMENT</b> - The government ensures that trade and investment agreements protect food sovereignty, favour healthy food environments, are linked with domestic health and agricultural policies in ways that are consistent with health objectives, and do not promote unhealthy food environments.	<b>TRADE1</b> The Government undertakes risk impact assessments before and during the negotiation of trade and investment agreements, to identify, evaluate and minimize the direct and indirect negative impacts of such agreements on population nutrition and health.	• No evidence
	<b>TRADE2</b> The Government adopts measures to manage investment and protect their regulatory capacity with respect to public health nutrition.	• No evidence
<b>DOMAIN 8 - LEADERSHIP</b> - The political leadership ensures that there is strong support for the vision, planning, communication, implementation and evaluation of policies and actions to create healthy food environments, improve population nutrition, and reduce diet-related inequalities,	<b>LEAD1</b> There is strong, visible, political support (at the head of government or state/ ministerial level) expressed at both national as well as international level for improving food environments, population nutrition, diet related NCDs and their related inequalities.	<ul style="list-style-type: none"> <li>• "Shared objectives for improving the nutritional characteristics of food products with particular attention to the infant population (3-12 years)" The Italian Ministry of Health summarized in a document the main progresses, made possible by the efforts of the industries, lowering the amount of sugar, fats, and salt contained by products, and the completeness and clearness of the composition of the label. The document aims to assure shared objectives to improve nutritional characteristics of food products, with a particular attention to the population aged 3-12 years old.</li> <li>• Italy has ratified on 1 July 2007 the European Union rules on nutrition and health claims, established by <b>Regulation (EC) No 1924/2006</b>. This regulation is the legal framework used by food business operators when they want to highlight the particular beneficial effects of their products, in relation to health and nutrition, on the product label or in its advertising. The rules of the Regulation apply to nutrition claims (such as "low fat", "high fibre") and to health claims (such as "Vitamin D is needed for the normal growth and development of bone in children"). The objective of those rules is to ensure that any claim made on a food's labelling, presentation or advertising in the European Union <b>is clear, accurate and based on scientific evidence. Food bearing claims that could mislead consumers are prohibited on the EU market.</b></li> </ul>
	<b>LEAD2</b> Clear population intake targets have been established by the government for the nutrients of concern and / or relevant food groups to meet WHO and national recommended dietary intake levels.	<ul style="list-style-type: none"> <li>• The 4<sup>th</sup> Review of Nutrient Reference Energy Levels for the Italian Population (Livelli di Assunzione di Riferimento di Nutrienti-LARN) is the national document of the Italian Society of Human Nutrition (SINU). It was last reviewed in 2014 and provides guidelines for a balanced diet, giving recommendations for the nutritional planning of the individual or groups of individuals and for the formulation of healthy diets.</li> <li>• Italy shares the Overview on Dietary Reference Values for the EU population as derived by the EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). This document, reviewed in December 2017, gives the Dietary Reference Values, which is an umbrella term for the complete set of nutrient reference values which include, among others, concepts like the Population Reference Intakes, the Average Requirements, Adequate Intakes and Reference Intake ranges for macronutrients (EFSANDA Panel, 2010), which indicate the amount of an individual nutrient that people need for good health depending on their age and gender.</li> </ul>

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DOMAIN	INDICATOR	EVIDENCE OF IMPLEMENTATION BY THE ITALIAN GOVERNMENT 2019
<b>DOMAIN 8 - LEADERSHIP</b> - Continued	<p><b>LEAD3</b> Clear, interpretive, evidenced-informed food based dietary guidelines have been established and implemented.</p> <p><b>LEAD4</b> There is a comprehensive, transparent, up-to-date implementation plan linked to national needs and priorities, to improve food environments, reduce the intake of the nutrients of concern to meet WHO and national recommended dietary intake levels, and reduce diet-related NCDs.</p> <p><b>LEAD5</b> Government priorities have been established to reduce inequalities or protect vulnerable populations in relation to diet, nutrition, obesity and NCDs.</p>	<ul style="list-style-type: none"> <li>National Research Institute for Food and Nutrition - Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione (INRAN) has published "Guidelines for a healthy eating". It gives recommendations on dietary requirements in order to create a healthy and balanced diet, guaranteeing more wellness and health. It also examines particular dietary problems of some "special" population groups as they are characterized by specific nutritional needs, and therefore more "vulnerable". These guidelines were last updated in 2018.</li> <li>Evaluation of national critical issues in the nutritional field and intervention strategies 2016-2019- Valutazione delle criticità nazionali in ambito nutrizionale e strategie d'intervento 2016 – 2019. The document, which expresses an agreement between the government, the regions and the autonomous provinces of Trento and Bolzano, contains observations on the pilot project for the prevention and treatment of obesity and on the Observatory for information on food benefits and consumer protection. Starting from the consideration of the clear relationship between nutrition and health, and therefore of the need to prepare nutritional policies suitable to counter the growing incidence of chronic non-communicable diseases, the document identifies the critical issues in clinical and preventive nutrition. In addition, the document provides proposals for the planning of public intervention in the nutrition sector, above all in order to combat chronic diseases and their impact on the Italian population.</li> <li>Technical table on nutritional safety-Tavolo Tecnico sulla sicurezza nutrizionale (TaSiN). TaSiN is responsible for coordinating the initiatives related to nutritional surveillance and orientation, as the point of confluence of a national network to be implemented, in order to: (1) encourage the development of decision-making processes useful for promoting healthy nutrition, based on adequate knowledge of the existing situation and scientific evidence; (2) define a preliminary methodology to government choices regarding nutrition; (3) establish educational and training guidelines.</li> <li>National prevention plan 2014-2018-Piano Nazionale della Prevenzione. This document, which expresses an agreement between the government, the regions and the autonomous provinces of Trento and Bolzano intends to outline a system of health promotion and prevention actions that will accompany the citizen in all phases of life and in the workplaces. The plan consists of 10 macro-objectives and the first concerns directly nutrition and non-communicable diseases aiming to reduce the preventable and avoidable burden of morbidity, mortality and disability of non-communicable diseases.</li> <li>Identification of surveillance systems and registers of mortality, tumors and other pathologies- Identificazione dei sistemi di sorveglianza e dei registri di mortalità, di tumori e di altre patologie. The goal is to ensure an active system of systematic collection of personal, health and epidemiological data to record and characterize all cases of risk to health, of a particular disease or of a relevant health condition in a defined population. The purposes include prevention, diagnosis, treatment and rehabilitation, health planning, quality of care verification, health care evaluation and scientific research in the medical, biomedical and epidemiological fields; rapid alert, for the exchange of information on events liable to urgent measures for the protection of public health at national and international level.</li> <li>Technical table on nutritional safety-Tavolo Tecnico sulla sicurezza nutrizionale (TaSiN). TaSiN is responsible for coordinating the initiatives related to nutritional surveillance and orientation, as the point of confluence of a national network to be implemented, in order to: (1) encourage the development of decision-making processes useful for promoting healthy nutrition, based on adequate knowledge of the existing situation and scientific evidence; (2) define a preliminary methodology to government choices regarding nutrition; (3) establish educational and training guidelines.</li> </ul>

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DOMAIN	INDICATOR	EVIDENCE OF IMPLEMENTATION BY THE ITALIAN GOVERNMENT 2019
<b>DOMAIN 9 – GOVERNANCE</b> - Governments have structures in place to ensure transparency and accountability, and encourage broad community participation and inclusion when formulating and implementing policies and actions to create healthy food environments, improve population nutrition, and reduce diet-related inequalities.	<b>GOVER1</b> There are procedures in place to restrict commercial influences on the development of policies related to food environments where they have conflicts of interest with improving population nutrition, for example: restricting lobbying influences.	<ul style="list-style-type: none"> <li>Guidelines for Commercial Communication regarding food products and beverages, to protect children and their correct nutrition, which is comprised of 10 recommendations. This document includes a national policy addressing commercial labelling of food and drinks in order to protect children and their diet (Codex of self-regulatory) and outlines the limits within which commercial communication must be maintained in this sector. It is an initiative of the Italian Ministry of Health in collaboration with various food industries.</li> <li>Other initiatives have been shared by food industries in Italy with regard to commercial restriction of unhealthy foods concerning children, such as:               <ul style="list-style-type: none"> <li>-The Code of voluntary initiatives of the confectionery industry for the promotion of healthy eating behaviors, adopted by the Association of Italian confectionery industries (AIDI-today AIDEPI) with which the member companies have agreed not to undertake any direct commercial activity, relating to the sale of confectionery products, such as snacks, biscuits, ice cream and chocolate products for primary school pupils (elementary and lower secondary);</li> <li>-The Self-regulation Code for the promotion and marketing of the non-alcoholic beverage industry adopted by the "Italian Association of Non-Alcoholic Beverages (ASSOBIBE) which dictates, for example, the prohibition of commercial communications on paper, web and television programs aimed specifically at children under the age of 12, as well as in primary schools;</li> <li>-The CONFIDA code for the operators of automatic food and beverage distribution which, among other things, provides guidelines related to nutritional parameters, education and commercial advertising targeting the child population (3-12 years).</li> </ul> </li> <li>"Shared objectives for improving the nutritional characteristics of food products with particular attention to the infant population (3-12 years)", within which are reported the commitments assumed by the food industry sector in response to the problems suggested by the scientific component of the technical table. Includes a national policy in which Government and industries share aims to improve nutritional characteristics of food products above all for children 3-12 years old.</li> </ul>
	<b>GOVER2</b> Policies and procedures are implemented for using evidence in the development of food and nutrition policies.	<ul style="list-style-type: none"> <li>Health promotion in the third millennium: Facebook, social gaming and promotion of healthy lifestyles among adolescents. This document was drawn up for the purpose of constituting an operational tool for the realization of research and in-depth activities in the nutritional field relating to developmental age and in particular adolescence. The most relevant objective of the document is certainly represented by the analysis of the investigation tools for the study of eating habits in adolescence: three exhaustive systematic reviews of the literature on questionnaires relating to eating habits, salt intake, obese environment internal and internal dependence. The information and analyzes made available allow to identify the nutritional priorities for the age group under observation and to examine the surveillance systems in use in the international and Italian panorama, but above all to acquire practical operational tools - selected from the literature scientific - to evaluate nutritional prevention programs.</li> </ul>
	<b>GOVER3</b> Policies and procedures are implemented for ensuring transparency in the development of food and nutrition policies.	<ul style="list-style-type: none"> <li>No evidence</li> </ul>
	<b>GOVER4</b> The government ensures public access to comprehensive nutrition information and key documents (e.g., budget documents, annual performance reviews and health indicators) for the public.	<ul style="list-style-type: none"> <li>Collaboration and synergy with other ministries and institutions such as INRAN (National Research Institute for Food and Nutrition), now incorporated in the CREA. In 2003 a guideline was issued for a healthy Italian diet in collaboration with the Ministry of Agriculture and Forestry Policies. The aim is to provide to consumers information and suggestion to eat better, both respecting cooking traditions and protecting the populations' health.</li> </ul>

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DOMAIN	INDICATOR	EVIDENCE OF IMPLEMENTATION BY THE ITALIAN GOVERNMENT 2019
<b>DOMAIN 10 - MONITORING AND INTELLIGENCE</b> - The government's monitoring and intelligence systems (surveillance, evaluation, research and reporting) are comprehensive and regular enough to assess the status of food environments, population nutrition and diet-related NCDs and their inequalities, and to measure progress on achieving the goals of nutrition and health plans.	<b>MONIT1</b> Monitoring systems, implemented by the government, are in place to regularly monitor food environments (especially for food composition for nutrients of concern, food promotion to children, and nutritional quality of food in schools and other public sector settings), against codes/guidelines/standards/targets.	<ul style="list-style-type: none"> <li>No evidence</li> </ul>
	<b>MONIT2</b> There is regular monitoring of adult and childhood nutrition status and population intakes against specified intake targets or recommended daily intake levels.	<ul style="list-style-type: none"> <li>Health Behaviour in School-aged Children (HBSC). The HBSC study is a multicentric study promoted by WHO Europe aimed at investigating adolescents' (11-13-15 years) health and well-being in order to address health promotion policies. Data Collection takes place every four years and the last survey was conducted in 2014 in a national representative sample of about 65,000 adolescents. The main objective is to increase the understanding of the health and well-being of adolescents and to use the results obtained from the survey to guide health promotion practices and policies aimed at young people both nationally and internationally. Among the investigation areas there is, also, nutrition (consumption of fruits, vegetables, sweets and sugared drinks).</li> </ul>
	<b>MONIT3</b> There is regular monitoring of adult and childhood overweight and obesity prevalence using anthropometric measurements.	<ul style="list-style-type: none"> <li>The surveillance system "OKKIO alla Salute" is aimed at monitoring overweight and obesity in children (6-10 y) and analysing related risk factors. A focus is on geographical variability, food behaviours and sports. It was born in 2007 promoted and funded by the Ministry of Health / National Centre for Prevention and Diseases Control (CCM), and is coordinated by the National Center for Epidemiology, Surveillance and Health Promotion (CNESPS) of the National Health Institute (ISS) in collaboration with the Regions, the Ministry of Health and the Ministry of Education. Data collection includes:               <ul style="list-style-type: none"> <li>-registration of the anthropometric measures (weight and height) of the students</li> <li>-administration of a simple questionnaire to the children to collect information on their eating habits, levels of physical activity and sedentary lifestyle</li> <li>-compilation by parents of a short questionnaire to collect information on their children's eating habits, physical activity and sedentary</li> <li>-compilation of a questionnaire by the school managers for the collection of information on the school environment. Last data collection was conducted in 2016.</li> </ul> </li> <li>Passi and Passi d'Argento. They are 2 surveillance systems for adults (18-65 ys &gt; 65ys). The surveillance systems aim at investigating lifestyles and behavioural risk factors linked to NCDs and the degree of knowledge and adherence to the intervention programs that the country is carrying out for their prevention. It is addressed to adults (18-65 years Passi; &gt;65 years old Passi d'Argento). It is promoted and conducted by National Centre for Prevention and Diseases Control (CCM), National Health Institute (ISS) and Local Health Authorities. Among the investigated topics there are physical inactivity, excess weight, low fruit and vegetable diet, but also cardiovascular risk control.</li> </ul>
	<b>MONIT4</b> There is regular monitoring of the prevalence of NCD metabolic risk factors and occurrence rates (e.g., prevalence, incidence, mortality) for the main diet-related NCDs.	<ul style="list-style-type: none"> <li>National Statistics Institute provides data in order to have a map on NCDs prevalence, their risk factors and occurrence rates. The main goal is to inform policy makers/Institutions.</li> </ul>
	<b>MONIT5</b> Major programs and policies are regularly evaluated to assess their effectiveness and contributions to achieving the goals of the nutrition and health plans.	<ul style="list-style-type: none"> <li>No evidence</li> </ul>
	<b>MONIT6</b> Progress towards reducing health inequalities or health impacts in vulnerable populations and social and economic determinants of health are regularly monitored.	<ul style="list-style-type: none"> <li>L'Italia per l'equità nella salute - Italy for health equity. Starting from the best scientific evidence currently available on health determinants and outcomes, and from an analysis of the experiences and good practices implemented for the benefit of the most vulnerable groups at national and local level, this document presents possible shared intervention strategies to propose to policy makers and stakeholders involved in combating health inequalities.</li> <li>The INMP - National Institute for the Promotion of the Health of Migrant Populations and for the Fight of Poverty Diseases, is an institution of the National Health Service (SSN-Sistema Sanitario Nazionale), supervised by the Ministry of Health, which was established in 2007 to address the socio-health challenges posed to the most vulnerable populations. The Institute welcomes and cares for all persons, Italians and migrants, who are in a condition of serious economic and social hardship and encounter greater difficulties in accessing care.</li> </ul>

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DOMAIN	INDICATOR	EVIDENCE OF IMPLEMENTATION BY THE ITALIAN GOVERNMENT 2019
<b>DOMAIN 11 - FUNDING AND RESOURCES</b> - Sufficient funding is invested in 'Population Nutrition Promotion' (estimated from the investments in population promotion of healthy eating and healthy food environments for the prevention of obesity and diet-related	<b>FUND1</b> The 'population nutrition' budget, as a proportion of total health spending and/or in relation to the diet-related NCD burden sufficiently contributes to reducing diet-related NCD's.	<ul style="list-style-type: none"> <li>The National Prevention Plan, which aims to: reduce the preventable and avoidable burden of morbidity, mortality and disability of non-communicable diseases, Prevent the consequences of neurosensory disorders, Promote mental well-being in children, adolescents and young people, Preventing addictions to substances and behaviors, Reduce the frequency of infections / priority infectious diseases, Implement the Integrated National Control Plan for food safety prevention and veterinary public health, has an allocated budget of 200 million euros. However, there is no evidence on what proportion of this budget is specifically dedicated to nutrition.</li> <li>Over the years, several campaigns have taken place in Italy regarding population nutrition promotion, such as:               <ul style="list-style-type: none"> <li>- Guadagnare Salute, aiming at prevention and control of chronic diseases to improve the quality of life and well-being of individuals and society in general, promoting healthy lifestyles and acting in particular on the main risk factors of chronic degenerative diseases of great epidemiological relevance (smoking, alcohol, improper nutrition and physical inactivity) (103);</li> <li>- Capitan Kuk/Canguro Saltalacorda/Forchetta e scarpetta, which are all campaigns that have as target the nutrition of children;</li> <li>- Progetto Cuore, promoting reduction of salt and iodine to reduce cardio-vascular diseases.</li> </ul>               However, documents that indicate the exact amount of spending on nutrition for each one of these projects are apparently absent. There isn't an official national nutrition programme in Italy.             </li> </ul>
	<b>FUND2</b> Government funded research is targeted for improving food environments, reducing obesity, NCDs and their related inequalities.	<ul style="list-style-type: none"> <li>OKkio alla ristorazione. Interregional network project for surveillance, monitoring and health promotion in collective catering. The Project aims to develop an effective collaboration between Food Hygiene and Nutrition Services (SIAN) and Collective Catering that, in Italy, produce about two billion meals a year, to promote the spread and adoption of correct nutrition styles by all Collective Catering users. To this end, an interregional Operational Network was set up aimed at training and updating cooks, monitoring user food consumption, promoting menus and healthy food and promoting national nutritional campaigns aimed at consumers. The specific objectives are: (1) To improve the knowledge on correct nutrition. (2) Improve the nutritional offer of the menus. (3) Conduct nutritional information campaigns for users of collective catering. (4) Increase adherence to the Community and National Guidelines and to the National Projects of the Ministry of Health related to:               <ul style="list-style-type: none"> <li>- Promotion of fruit and vegetable consumption</li> <li>- Increase in folate intake through diet</li> <li>- Reduction of salt consumption with the choice of iodized salt</li> <li>- Reduction of the intake of sugars and animal fats</li> <li>- Increase in the use of olive oil.</li> </ul> </li> </ul>
	<b>FUND3</b> There is a statutory health promotion agency in place that includes an objective to improve population nutrition with a secure funding stream.	<ul style="list-style-type: none"> <li><b>There is not an official national agency for health promotion in Italy. There's a Directorate-General office at Ministry of Health (Office No. 8), which is responsible for Health Promotion and prevention and control of chronic degenerative diseases. However, this office does not have a dedicated, secure funding stream.</b></li> </ul>
<b>DOMAIN 12 - PLATFORMS AND INTERACTION</b> - There are coordination platforms and opportunities for synergies across government departments, levels of government, and other sectors (NGOs, private sector, and academia) such that policies and actions in food and nutrition are coherent, efficient and effective in improving food environments, population nutrition, diet-related NCDs and their related inequalities	<b>PLAT1</b> There are robust coordination mechanisms across departments and levels of government (national, state and local) to ensure policy coherence, alignment, and integration of food, obesity and diet-related NCD prevention policies across governments.	<ul style="list-style-type: none"> <li>No evidence</li> </ul>
	<b>PLAT2</b> There are formal platforms (with clearly defined mandates, roles and structures) for regular interactions between government and the commercial food sector on the implementation of healthy food policies and other related strategies.	<ul style="list-style-type: none"> <li>No evidence</li> </ul>

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DOMAIN	INDICATOR	EVIDENCE OF IMPLEMENTATION BY THE ITALIAN GOVERNMENT 2019
<b>DOMAIN 12 - PLATFORMS AND INTERACTION</b> - Continued	<b>PLAT3</b> There are formal platforms (with clearly defined mandates, roles and structures) for regular interactions between government and civil society on the development, implementation and evaluation of healthy food policies and other related strategies.	<ul style="list-style-type: none"> <li>The Healthy Cities Network is an initiative promoted by the World Health Organization (WHO), the United Nations Health Agency to help cities spread public health awareness, develop local policies for health and health programs, prevent and overcome threats and health risks and anticipate future health challenges. HCN aims at integrating direct health management policies with strategic policies that belong to other sectors of administrative activity but have an influence on the health of citizens; promoting the development of cities according to criteria of equity, sustainability and attention to the person; encouraging citizen participation in political choices that have a concrete effect on their lives. On May 16, 2018 Italian Ministry of Health and the Italian Healthy Cities Network signed a Memorandum of Understanding renewing, for another three years, the collaboration started with the previous protocol on June 2015. However, this remains a time-limited initiative.</li> </ul>
	<b>PLAT4</b> The governments work with a system-based approach with (local and national) organisations/ partners/groups to improve the healthiness of food environments at a national level.	<ul style="list-style-type: none"> <li>No evidence</li> </ul>
<b>DOMAIN 13 - HEALTH IN ALL POLICIES</b> - Processes are in place to ensure policy coherence and alignment, and that population health impacts are explicitly considered in the development of government policies.	<b>HIAP1</b> There are processes in place to ensure that population nutrition, health outcomes and reducing health inequalities or health impacts in vulnerable populations are considered and prioritised in the development of all government policies relating to food.	<ul style="list-style-type: none"> <li>In November 2014, Italy approved the Understanding on the National Prevention Plan 2014-2018, for which 200 million euros were allocated. In December 2017, the extension of the NPP to 2019 was approved and the Ministry of Health and the Regions have started working on the elaboration of the 2020-2025 National Prevention Plan. The NPP aims to: reduce the preventable and avoidable burden of morbidity, mortality and disability of non-communicable diseases, prevent the consequences of neurosensory disorders, promote mental well-being in children, adolescents and young people, preventing addictions to substances and behaviors, reduce the frequency of infections/priority infectious diseases, implement the integrated National Control Plan for food safety prevention and veterinary public health (102).</li> <li>The essential levels of assistance (LEA- Livelli essenziali di assistenza) are the services that the National Health Service (SSN -Sistema Sanitario Nazionale) is required to provide to all citizens, free of charge or against the payment of a ticket. This document, last updated in 2017, represents the result of a shared work between Italian Government, Regions, Autonomous Provinces and Scientific Societies and counts for 800 million euros. Among others, it concerns prevention and Public Health, including food safety protecting the consumers health; surveillance and prevention of chronic diseases, including the promotion of healthy lifestyles and organized screening programs; nutritional surveillance and prevention.</li> </ul>
	<b>HIAP2</b> There are processes e.g. Health Impact Assessment's (HIAs) to assess and consider health impacts during the development of other non-food policies.	<ul style="list-style-type: none"> <li>No evidence</li> </ul>