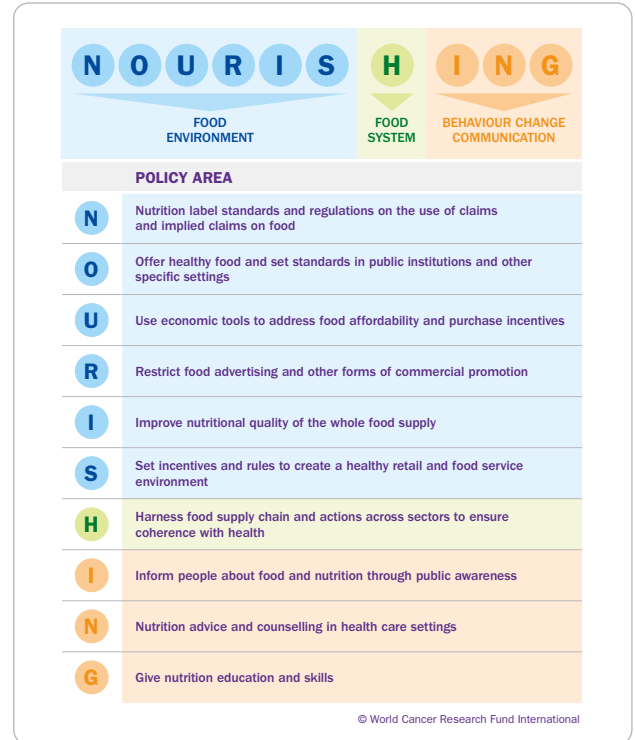# What is the NOURISHING database?

The NOURISHING database is a repository of global data on nutrition and diet-related policy actions, containing information on what governments around the world have implemented to encourage people to eat healthily. The database collects policy actions from around the world which are **implemented on a national level**, and are **currently in effect**.

The **NOURISHING** database is structured around the [NOURISHING policy framework](#). The framework organises the database into different policy domains, policy areas and sub-policy areas. Each letter in the word **NOURISHING** represents one of ten areas where governments need to take action.

The database includes information on food labelling, sugar-sweetened beverage taxation, marketing restrictions of products high in sugar, salt and/or fat, and much more from around the world.

The database was launched in 2013 by World Cancer Research Fund International. It was redesigned and expanded under the [CO-CREATE project](#), for a relaunch in June 2020 and now sits alongside the new [MOVING](#) physical activity policy database.

N O U R I S	**H**	**I N G**
FOOD ENVIRONMENT	FOOD SYSTEM	BEHAVIOUR CHANGE COMMUNICATION

	POLICY AREA
N	Nutrition label standards and regulations on the use of claims and implied claims on food
O	Offer healthy food and set standards in public institutions and other specific settings
U	Use economic tools to address food affordability and purchase incentives
R	Restrict food advertising and other forms of commercial promotion
I	Improve nutritional quality of the whole food supply
S	Set incentives and rules to create a healthy retail and food service environment
H	Harness food supply chain and actions across sectors to ensure coherence with health
I	Inform people about food and nutrition through public awareness
N	Nutrition advice and counselling in health care settings
G	Give nutrition education and skills

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Methodology for database collection

We have a two-stage process for populating and updating the **NOURISHING** policy database as outlined in detail in our [Methods Document](#).

1 We source and review policy actions that are intended to promote healthy diets and reduce obesity, through a structured and ongoing policy scan known as the Global Scan, as well as a systematic, one-time Comprehensive European Scan of 27 countries in Europe.

2 We verify the details of the policy actions with in-country or regional experts to ensure the policy action is currently in effect and meets the criteria of a policy action (which are detailed in the Methods Document).

CO-CREATE