

GLOSSARY

Food Environment Policy Index (Food-EPI) for England

26th May 2016

Westminster University

Civil society: The aggregate of non-governmental organizations, institutions and individuals that manifest interests and will of citizens (academia, professional organizations, public-interest NGOs and citizens).

Components: The two components of Food EPI are Policies and Infrastructure support.

Diet-related non-communicable diseases (NCDs): Type 2 diabetes, cardiovascular diseases and nutrition-related cancers, excluding micronutrient deficiencies, undernutrition, stunting, osteoporosis, mental health and gastrointestinal diseases.

Domains: Different aspects of the food environment that can be influenced by governments to create readily accessible, available and affordable healthier food choices, are represented as domains. There are seven domains under the policy component and six domains under the infrastructure support component.

Expert Panel: Public health experts and others with expertise in one or more domains who are independent of the Government (e.g. researchers and from non-governmental organisations).

Free sugars: Free sugars include monosaccharides and disaccharides added to foods and beverages by the manufacturer, cook or consumer, and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates (WHO, 2015).

Food environments: The collective physical, economic, policy and sociocultural surroundings, opportunities and conditions that influence people's food and beverage choices and nutritional status.

Good practice statements: Statements that describe the measures (policies and infrastructure support) that governments put in place to contribute towards a healthy food environment. There are 48 good practice statements in total.

Healthier foods: Foods recommended in national food-based dietary guidelines, dietary guidelines or food-based standards. **Note:** *In England no 'foods' are recommended as healthy but rather the national model ('eatwell guide') reflects the balance of food categories. There is, however, 'food based guidance' for schools.*

Healthy food environments: Environments in which the foods, beverages and meals that contribute to a population diet meeting national dietary guidelines are widely available, affordably priced and widely promoted.

INFORMAS: International Network for Food and Obesity/non-communicable diseases Research, Monitoring and Action Support.

International examples: National (or sub-national e.g. regional or city-wide) examples of measures (policies and infrastructure support) that have been put in place and which contribute towards a healthy food environment. The international examples are real-life descriptions that fully or partially equate to the good practice statements.

Nutrients of concern: Saturated fats, trans fats, free sugars, and salt.

Platforms: Formal government mechanisms (e.g. standing committees, ad hoc committees, advisory groups, taskforces, boards, joint appointments) for interaction on particular issues.

Population nutrition promotion: The investments in population promotion of healthier eating and healthy food environments for the prevention of obesity and diet-related NCDs, excluding all one-on-one promotion (primary care, antenatal services, maternal and child nursing services etc.), food safety, micronutrient deficiencies (e.g. folate fortification) and undernutrition.

Less healthy foods: processed foods or non-alcoholic beverages high in saturated fats, trans fats, free sugars, and/or salt

Note

'Foods' refer to 'foods and non-alcoholic beverages'. Alcohol is excluded from the Food EPI framework.