

ONLINE RATING INSTRUCTIONS

Step 1. Set up your 'Save and continue later' link

This will allow you to return to your work later. You will receive a personalized survey link in your email.

Step 2. Choose your policy areas to rate

We ask you to choose **at least 4 policy areas** for rating. We encourage you to select as many policy areas as you feel comfortable with.

Which of the following policy areas/domains would you like to rate as part of this survey?

- "Food Composition" - Policies related to food composition targets
- "Food Labelling" - Policies related to front-of-package labelling, ingredient list, menu labelling
- "Food Promotion" - Policies to restrict marketing and promotion of unhealthy foods
- "Food Prices" - Policies related to increased taxes on unhealthy foods, subsidies that favour healthy foods
- "Food Provision" - Policies in school, public and private settings that promote healthy foods, school food programs
- "Food Retail" - Policies related to zoning laws for healthy or unhealthy foods
- "Food Trade & Investment" - Policies related to food trade agreements
- "Leadership" and "Monitoring & Intelligence" - Policies related to political support for healthy eating, priorities for reducing inequalities, the monitoring of food environments and program evaluation
- "Governance", "Platforms for Interaction" and "Health-In-All-Policies" - Policies related to food policy development, platforms for government and food sector interaction and assessing the health impact of food and non-food policies

We ask that you choose at least four policy areas. After you conduct your ratings, you will be asked if you would like to rate further policy areas. When you select a policy domain, you will be asked to rate the federal government as well as all of the provincial and territorial governments that are participating. For each domain, there will be a number of different policy types of elements that you will be asked to rate.

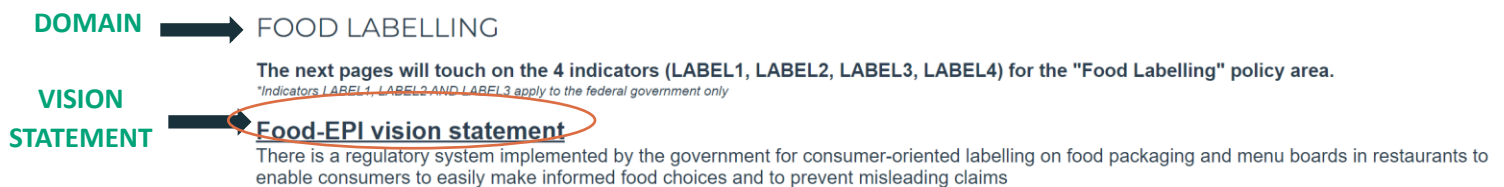
Step 3. Review the instructions

For those of you who participated in this process in Canada in 2017, we have a slight change in the process. This year, we are asking that you compare the quality of government policies and actions in Canada to the **Good Practice Statements** that have been developed for Food-EPI. In previous waves, we have rated against the International Benchmarks. Our feedback has been that this was often difficult, as the international benchmarks are not always strong or comprehensive, and this introduced some additional subjectivity. Other countries doing Food-EPI have also noted that there is often a lack of empirical data on whether the benchmarks are really 'best'. The approach of rating against Good Practice Statements is now increasingly common in other countries doing Food-EPI as well.

The instructions highlight 3 elements to consider:

1. **Quality of government policies/actions compared to the 'Good Practice Statement'**
 - How comprehensive are the policies/actions?
 - Are all aspects of the good practice statement incorporated?
 - Effectiveness / likely effectiveness in relation to the good practice statement?
2. **Extent of implementation with respect to the 'policy cycle' Consider all component of the 'policy cycle', including:**
 - agenda setting and initiation
 - policy development
 - implementation
 - monitoring and/or evaluation
3. **Assessment should be carried out based on the policy information provided** (Found in the "Policy details" section) only. These details have been verified by government officials to the extent possible.

Step 4. Read Food-EPI Vision Statement for your first Policy Domain



You will see a brief description of how many indicators there are in the domain, and then a Food-EPI Vision statement that outlines what the ultimate goal might be within that policy area. This sets the stage for your rating.

Step 5. Read the Good Practice Statement, Definitions and Scope and International Examples

The **Good Practice Statements** are the targets for what we hope governments would do for a specific policy.

The Definitions and scope and International Examples can be found by clicking the box. You have the option of un-clicking this box again to hide this content. The **Definitions and Scope** will show you what is considered in the indicator. You will want to look at this for each indicator you rate, but it will remain the same for Federal, Provincial and Territorial policies. We have also compiled a series of **International Examples** that will give you a taste of how other countries or jurisdictions have implemented promising policies or actions.

LABEL1 - Ingredient lists/nutrient declarations (Federal)

FEDERAL POLICY ONLY

GOOD PRACTICE STATEMENT

Ingredient lists and nutrient declarations (including warning labels) in line with Codex recommendations are present on the labels of all packaged foods.

Show [Definitions and scope](#) for this indicator

Show [International examples](#) for this indicator

Definitions and scope

- Includes packaged foods manufactured in Canada or manufactured overseas and imported to Canada for sale
- Nutrient declaration means a standardized statement or listing of the nutrient content of a food
- Excludes health and nutrition claims

International examples

- Many Countries: In a wide range of countries producers and retailers are required by law to provide a comprehensive nutrient list on pre-packaged food products (with limited exceptions), even in the absence of a nutrition or health claim. The rules define which nutrients must be listed and on what basis (e.g. per 100g/per serving) [\[ref\]](#).
- Some Countries: A more limited number of countries (about N=10), including Canada, require that nutrient lists on pre-packaged food must, by law, include the trans-fat content of the food. Specific rules generally define how the trans-fat content must be listed, and on what basis (e.g. per 100g/100ml or per serving). If the trans-fat content falls below a certain threshold, it may be listed as 0g (e.g., less than 0.5g per serving, or less than 0.3g per 100g of food product) [\[ref\]](#).
- US: The US Food and Drug Administration proposed updates to the Nutrition Facts label on food packages. Information on the amount of added sugars (in grams and as percent Daily Value) now needs to be included on the label, just below the line for total sugars [\[ref\]](#).

Step 6. Read the Policy Details

The **Policy Details** will appear with a grey background. This information has been validated to the extent possible by the respective governments.

Policy details

SUMMARY

Almost all foods in Canada are required to carry a Nutrition Facts table with information for energy plus 12 nutrients, including trans fat as well as ingredient information. These were most recently updated in 2016. Several exemptions apply (see below).

NUTRIENT INFORMATION [\(ref\)](#)

- The Food and Drug Regulations (FDR) requires that the label of a pre-packaged product shall carry a Nutrition Facts table (NFt) that contains only the information as required in the FDR (section B.01.401). Additional information may also be provided as per section B.01.402. This has been mandatory on most pre-packaged food since 2007. [\(ref\)](#)
- The NFt must be formatted according to section B.01.450 of the FDR, in conjunction with the Directory of Nutrition Facts table Formats (formerly Schedule L), with some exceptions, including for simplified formats, foods intended solely for infants six months of age or older but less than one year of age, prepackaged foods used in manufacturing other foods, foods for commercial and industrial enterprises and institutions and small packages (<100cm²).
- The NFt requires information for energy plus 12 nutrients (total fat, saturated fat, trans fat, carbohydrate, fibre, sugars, protein, cholesterol, sodium, potassium, calcium and iron), and must have information on the amount present for any nutrient that is involved in a health claim or nutrient content claim.
- Notably, Canada is one of few countries that requires the declaration of trans fat in the NFt, as of 2007.
- Nutrient information must be presented per serving, and the serving size must be indicated as set out in the Table of Reference Amounts for Foods (formerly Schedule M). [\(ref\)](#)

Some nutrients must also display the percent daily value (%DV) in the NFt (total fat, saturated fat + trans fat, fibre sugars, sodium, potassium, calcium and iron, as set out in the Table of Daily Values (formerly the Reference Standards and the Recommended Daily Intakes

INGREDIENT LIST

In Canada, all prepackaged foods with more than one ingredient must declare their ingredients and components in a list (B.01.008(1), FDR). Ingredients must be listed in descending order of proportion by weight, and must be listed by their common names.

Step 7. Rate the policy

When you are rating the policy, we ask that you return to the criteria we talked about earlier.

1. **Quality of government policies/actions compared to the 'Good Practice Statement'**
2. **Extent of implementation with respect to the 'policy cycle.' Consider all components of the 'policy cycle'.**

Please indicate your assessment of the extent to which policy implementation in Canada meets the 'Good practice statement'

<20% 21-40% 41-60% 61-80% 81-100% Don't know Refuse to answer

Comments on policy or rating (optional)

Back Next

3%

I know the next question is: what exactly does a policy that is 41-60% implemented represent? This is what we are asking YOU to decide. A policy that receives 41-60% could be a really strong policy or program but only in the policy development stage, or it could be a somewhat mediocre policy that doesn't meet all the elements of the Good Practice Statement, but it is well implemented and evaluated. We rely on your expertise to decide where each policy falls on this rating scale.

Policies on the lower end of the scale (0-20%) would be weak and/or early in the stages of the policy cycle. For policies that are 81-100%, policies that touch upon all of the criteria in the Good Practice Statement and fully implemented.

It is also helpful to make sure that your ratings indicate differences between provinces and territories. For example, if there is a policy in place in Quebec, and no other policies in other provinces, this should be evident in your ratings.

Step 8. Complete ratings for indicators for Federal/Provincial/Territorial governments for your policy domains

This may seem like a long process, but in many instances, there are no policies in place or policies are relatively similar and this helps the ratings move along relatively quickly.

Step 9. Consider rating other policy domains

It is our hope to have as many policies rated by as many experts as possible. If you can take a bit more time to rate another policy domain or two, it would be hugely appreciated.

Step 10. You did it!

Thank you for taking your time to participate in Food-EPI rating process, we very much value your expertise. I hope it may be an opportunity to learn more about food environment policy in Canada. If you have questions about the process, don't hesitate to reach out to myself and the team and we will be happy to support you in any way we can. I look forward to connecting with you all in the workshops!