

Estonia



Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download on our website.



Labelling

| | |
|--|--|
| Is there mandatory nutrition labelling? | |
| Front-of-package labelling? | |
| Back-of-pack nutrition declaration? | |
| Color coding? | |
| Warning label? | |



Regulation and marketing

| | |
|---|---|
| Are there fiscal policies on unhealthy products? | ✓ |
| Tax on unhealthy foods? | ✗ |
| Tax on unhealthy drinks? | ✓ |
| Are there fiscal policies on healthy products? | ✗ |
| Subsidy on fruits? | ✗ |
| Subsidy on vegetables? | ✗ |
| Subsidy on other healthy products? | ✗ |
| Mandatory limit or ban of trans fat (all settings)? | ✓ |
| Mandatory limit of trans fats in place (all settings)? | ✓ |
| Ban on trans-fats or phos in place (all settings)? | ✗ |
| Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children? | ✓ |
| Mandatory restriction on broadcast media? | ✓ |
| Mandatory restriction on non-broadcast media? | ✗ |
| Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children? | ✗ |
| Are there mandatory standards for food in schools? | ✓ |
| Are there any mandatory nutrient limits in any manufactured food products? | ✗ |
| Nutrition standards for public sector procurement? | ✗ |



Political will and support

| | |
|--|---|
| National obesity strategy or nutrition and physical activity national strategy? | ✓ |
| National obesity strategy? | ✗ |
| National childhood obesity strategy? | ✗ |
| Comprehensive nutrition strategy? | ✓ |
| Comprehensive physical activity strategy? | ✓ |
| Evidence-based dietary guidelines and/or RDAs? | ✓ |
| National target(s) on reducing obesity? | ✓ |
| Promotion of breastfeeding? | ✓ |



Monitoring and surveillance

| | |
|---|---|
| Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors? | ✓ |
| Within 5 years? | ✓ |



Governance and resource

| | |
|--|---|
| Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)? | ✗ |
|--|---|

Key

| | | | | |
|-----------|---------------------------------------|------------|----------|-----------|
| ✓ Present | ✓ _v Present (voluntary) | ✓ Incoming | ✗ Absent | ? Unknown |
|-----------|---------------------------------------|------------|----------|-----------|

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