

## **EVIDENCE OF FOPL : Warning Labels and others**

### **1. Health star label misleads consumers with high ratings for junk food**

<https://www.deakin.edu.au/about-deakin/news-and-media-releases/articles/health-star-label-misleads-consumers-with-high-ratings-for-junk-food>

### **2. Nutrient Based Warning Labels May Help in the Pursuit of Healthy Diets**

[https://www.researchgate.net/publication/328497108\\_Nutrient-Based\\_Warning\\_Labels\\_May\\_Help\\_in\\_the\\_Pursuit\\_of\\_Healthy\\_Diets](https://www.researchgate.net/publication/328497108_Nutrient-Based_Warning_Labels_May_Help_in_the_Pursuit_of_Healthy_Diets)

### **3. The impact of voluntary front-of-pack nutrition labelling on packaged food reformulation: A difference-in-differences analysis of the Australasian Health Star Rating scheme:**

<https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1003427>

Mandatory vs Voluntary

What did the researchers do and find?

- Healthier products are more likely to show HSR scores than unhealthy ones: >35% of products that should have achieved 4 or more stars displayed the label compared to <15% of products that should achieve 2 stars or less.

### **4. Why India should opt for warning labels: Policy Circle**

<https://www.policycircle.org/life/front-of-package-labelling-why-warnings/>

### **5. Evaluating Nutrient-Based Indices against Food- and Diet-Based Indices to Assess the Health Potential of Foods: How Does the Australian Health Star Rating System Perform after Five Years?**

<https://www.proquest.com/docview/2405783617>

Results indicate the currently implemented HSR system is inadvertently providing a 'health halo' for almost ¾ of UP foods and ½ of discretionary foods displaying an HSR. Future research should investigate whether the HSR scheme can be reformed to avoid misalignment with food-and diet-based indices.

### **6. Warning labels and interpretive nutrition labels: Impact on substitution between sugar and artificially sweetened beverages, juice and water in a real-world selection task.**

“Warning labels reduced young adults’ selection of SSBs and promoted substitution to water.”

<https://www.sciencedirect.com/science/article/pii/S019566632100725X>

### **7. An Experimental Comparison of the Impact of ‘Warning’ and ‘Health Star Rating’ FoP Labels on Adolescents’ Choice of Breakfast Cereals in New Zealand**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7352816/>

The results indicate that the Vienna Convention 'STOP' sign is worthy of further research with regard to its potential as an FoP nutritional label.

#### **8. Health Star Rating System: Five Year Review Report May, 2019**

[http://www.healthstarrating.gov.au/internet/healthstarrating/publishing.nsf/Content/D1562AA78A574853CA2581BD00828751/\\$File/Health-Star-Rating-System-Five-Year-Review-Report.pdf](http://www.healthstarrating.gov.au/internet/healthstarrating/publishing.nsf/Content/D1562AA78A574853CA2581BD00828751/$File/Health-Star-Rating-System-Five-Year-Review-Report.pdf)

The report recommends for modifications in the HSR system calculator.

#### **9. Front-of-package labeling as a policy tool for the prevention of noncommunicable diseases in the Americas**

[https://iris.paho.org/bitstream/handle/10665.2/52740/PAHONMHRF200033\\_eng.pdf?sequence=6](https://iris.paho.org/bitstream/handle/10665.2/52740/PAHONMHRF200033_eng.pdf?sequence=6)

“HIGH/EXCESSIVE” systems, also known as nutritional warnings, provide direct information using front-of-package text-based seals. The seals allow consumers to correctly, quickly and easily identify products that contain excessive amounts of critical nutrients. Nutrition warning systems are the best fit for the purpose of the front-of-package labeling.

#### **10. Review Experimental Studies of Front-of-Package Nutrient Warning Labels on Sugar-Sweetened Beverages and Ultra-Processed Foods: A Scoping Review**

FoP nutrient warnings were visually attended to by consumers, easy to understand, helped consumers identify products high in nutrients of concern, and discouraged them from purchasing these products, although other labeling systems were perceived as containing more information and performed better at helping consumers rank the healthfulness of products

<https://pubmed.ncbi.nlm.nih.gov/32098363/>

#### **11. Annual Review of Nutrition The Influence of Front-of-Package Nutrition Labeling on Consumer Behavior and Product Reformulation**

<https://www.annualreviews.org/doi/abs/10.1146/annurev-nutr-111120-094932>

The existing research suggests that Guideline Daily Amount labels should be avoided and that the Health Star Rating and Nutri-Score systems are promising but that systems with warning labels like the one in Chile are likely to produce the largest public health benefits.

#### **12. Public Health Nutrition**

Front of pack nutritional labelling schemes: a systematic review and meta-analysis of recent evidence relating to objectively measured consumption and purchasing

<https://pubmed.ncbi.nlm.nih.gov/32364292/>

This review provides evidence from experimental and 'real-life' studies indicating that FOPL encourages healthier food purchasing.

For specific FOPL, products purchased by 'high in' FOPL groups had lower sugar (-0.67 g sugar 100 g<sup>-1</sup>, P ≤ 0.01), calories (-4.43 kcal 100 g<sup>-1</sup>, P < 0.05), sodium (-33.78 mg 100 g<sup>-1</sup>, P = 0.01) versus no-FOPL.

### **13. Taxes and front-of-package labels improve the healthiness of beverage and snack purchases: a randomized experimental marketplace**

<https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-019-0799-0>

#### Conclusions

This study expands the evidence indicating the effectiveness of sugar taxation and FOP labelling strategies in promoting healthy food and beverage choices. The results emphasize the importance of applying taxes to 100% fruit juice to maximize policy impact, and suggest that nutrient-specific FOP 'high in' labels may be more effective than other common labelling systems at reducing consumption of targeted nutrients.

### **14. Predicting obesity reduction after implementing warning labels in Mexico: A modeling study**

[Predicting obesity reduction after implementing warning labels in Mexico: A modeling study \(plos.org\)](https://doi.org/10.1371/journal.plosone.0238888)

In a modelling study published in PLOS Medicine, 2020 that was predicting obesity reduction after implementing warning labels in Mexico it is estimated that warning labels may effectively reduce obesity and obesity-related costs. Mexico is following Chile, Peru, and Uruguay in implementing warning labels to processed foods, but other countries could benefit from this intervention.

### **15. The Escalating Health Threats from Ultra-processed and High Fat, Salt, and Sugar Foods: Urgent Need for Tailoring Policy**

<https://indianpediatrics.net/mar2022/193.pdf>

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