A quick overview of the latest guidance and evidence on current issues such as smoking, sexual health, health inequalities, mental health, obesity, substance abuse, women’s health – in fact anything that you ask for!

If you have a topic suggestion, please email it to Rachel Posaner. Previous searches can be found at: http://bit.ly/1H6QOQk

**Department of Health**

Food labelling and packaging (general government advice)

Food supplements: guidance and FAQs

Nutrition labelling: voluntary front of pack scheme updates

Final design of consistent nutritional labelling system given green light
Response to consultation on front of pack nutrition labelling

More help to follow a healthy diet – front of pack food labelling consultation launched

**NHS Evidence**

Promoting health, preventing disease: is there an economic case?

Facets of public health in Europe

The importance of product reformulation versus consumer choice in improving diet quality

**CAB Abstracts**


Food and Drink Federation
Food & Drink Federation's (FDF) food labelling toolkit
Front of pack labelling

British Retail Consortium
Policies & Issues: Food

European Commission
Food information to consumers - legislation
EU Register of nutrition and health claims made on foods
Regulation (EC) No 1924/2006 on nutrition and health claims made on foods – evaluation roadmap

European Parliament
Food labelling: saving lives and improving habits - YouTube

European Public Health Alliance
Traffic light labelling increases healthier food choices on a long term basis

British Heart Foundation
Food labelling – what should I look out for?

British Nutrition Foundation
New regulations on food labelling
BNF—Helping you make healthier choices (Dec. 2014)
Looking at labels

Diabetes UK
Understanding food labels

The science on front-of-package food labels. (Hot Topic: Nutrition labelling.)

HMIC
Determinants of food label use differ by sex. (Stran, Kimberly A. : Journal of the Academy of Nutrition and Dietetics, Vol. 113, no. 5, May 2013, p 673-679)

ASSIA
Calorie-labelling in catering outlets: Acceptability and impacts on food sales (Nikolaou, Charoula K; Lean, Michael EJ; Hankey,
Obesity Policy Coalition (Australia)

**Food labelling**

**Policy brief: The health star rating food labelling system**

Catherine R. Preventive Medicine 67 (Oct 2014): 160-165.)

**The effects of traffic light labels and involvement on consumer choices for food and financial products**

**A traffic light food labeling intervention increases consumer awareness of health and healthy choices at the point-of-purchase**
Sonnenberg, Lillian; Gelsomin, Emily; Levy, Douglas E; Riis, Jason; Barraclough, Susan; et al. Preventive Medicine 57.4 (Oct 2013): 253-257.

**Would You Like Fries (380 Calories) With That? Menu Labeling Mitigates the Impact of Weight-Based Stereotype Threat on Food Choice**

**Traffic-Light Labels and Choice Architecture: Promoting Healthy Food Choices**
Thorndike, Anne N; Riis, Jason; Sonnenberg, Lillian M; Levy, Douglas E. American Journal of Preventive Medicine 46.2 (Feb 2014): 143-149.

**Customer Responses to Mandatory Menu Labeling at Full-Service Restaurants**
Auchincloss, Amy H; Mallya, Giridhar G; Leonberg, Beth L; Ricchezza, Andrew; Glanz, Karen; et al. American Journal of Preventive Medicine 45.6 (Dec 2013): 710-719.

**Menu Labeling Regulations and Calories Purchased at Chain Restaurants**
Krieger, James W; Chan, Nadine L; Saelens, Brian E; Ta, Myduc L; Solet, David; et al. American Journal of Preventive Medicine 44.6 (Jun 2013): 595-604.

**Does Green Mean Healthy? Nutrition Label Color Affects Perceptions of Healthfulness**

**A randomized trial of calorie labeling on menus**
Hammond, David; Goodman, Samantha; Hanning, Rhona; Daniel, Samantha. Preventive Medicine 57.6 (Dec 2013): 860-866.

**The Conversation**

**A year on, Australia’s health star food-rating system is showing cracks**

**After three-year saga, health star rating labels finally ready to go**
Fat free and 100% natural: seven food labelling tricks exposed

Personal responsibility won’t solve Australia’s obesity problem

Food labels are about informing choice, not some nanny state

Food traffic lights are green for go but EU holds back more radical measures

Out with traffic lights, in with stars – next steps for food labelling

In the news

Curbing Obesity Rates in Australia: Where is the Way Forward? (Hertie School of Governance, Nov. 2015)

The effects of nutrition knowledge on food label use. A review of the literature (Appetite, Sept. 2015)

Read it and weep: Popular snacks may soon be labelled to show how many minutes WALKING will be needed to burn off the calories if you eat them (Daily Mail, Aug. 2015)

Shoppers confused by 'traffic light' food labels, says study (University of Birmingham, July 2015)

Diet and obesity—reforming the food environment (UK Parliament, Health Select Committee, March 2015 – see point 106)

Councils urge food giants to commit to standardised food labelling (LGA, May 2014)

Improving the design of nutrition labels to promote healthier food choices and reasonable portion sizes (International Journal of Obesity, 2014)