

Is Chile's *Law of Food Labeling & Advertisement* working?



In 2016, the Chile Ministry of Health:

Required **warning stamps** on foods that are high in sugar, calories, saturated fat, or sodium

Protected children under 14 years of age from advertisements for food with warning stamps

Prohibited the sale, promotion or free distribution of warning stamped foods at pre-basic, basic and secondary schools



Has the law improved childrens' diets so far?

Children

Yes!

Yes!

HOME

Sugar -4.5%
Sat. fat -0.1%
Sodium 3.6%

SCHOOL

Sugar -11.8%
Sat. fat -1.1%
Sodium -10.3%

*OTHER PLACES

Sugar +5.8%
Sat. fat +0.4%
Sodium +5.4%

No!

Adolescents

Yes!

Yes!

HOME

Sugar -0.4%
Sat. fat -0.5%
Sodium -3.3%

SCHOOL

Sugar -5.3%
Sat. fat -1.5%
Sodium -8.8%

*OTHER PLACES

Sugar +2.5%
Sat. fat +1.1%
Sodium +20.2%

No!

*Other Places: restaurants, corner stores, street food

Results from a longitudinal study of 349 children and 294 adolescents. Data were from single 24-hour dietary recalls collected from 2016-2019.

Key Takeaways for Policymakers & Parents



Chile's regulated school food environment **did reduce sugar, saturated fat, and sodium in students' diets.**



Both children and adolescents compensated somewhat overall by selecting less healthy foods outside of school at places such as restaurants, street vendors, and corner stores.



More research is needed to understand what other actions are needed to impact overall diets in the long term **both at schools and out of school.**

Gabriela Fretes, Camila Corvalán, Marcela Reyes, Lindsey Smith Taillie, Christina D. Economos, Norbert L.W. Wilson, and Sean B. Cash. Changes in Children's and Adolescents' Dietary Intake After the Implementation of Chile's Law of Food Labeling, Advertising and Sales in Schools: A Longitudinal Study, *International Journal of Behavioral Nutrition and Physical Activity*, XX, Article number X (2023). doi: <https://xxx>