

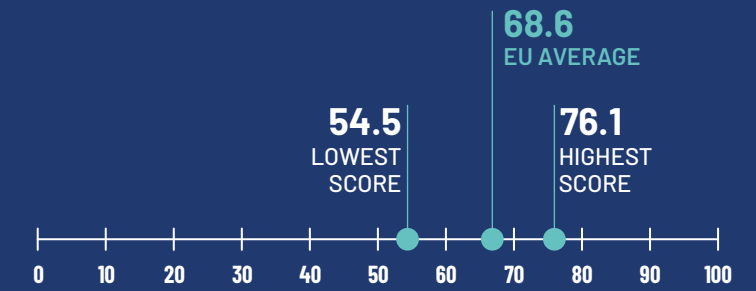
# POLAND

The country experiences substantial nutritional challenges due to high prevalence of overweight in adults, adolescents and children; agriculture is characterised by high carbon content of soil, but fish stock overexploitation needs attention; market-based instruments, a national strategy and target are in place to reduce food waste.

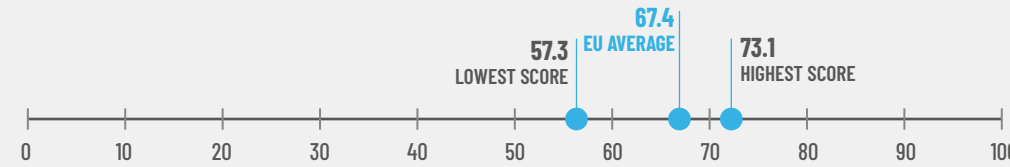
## FOOD SUSTAINABILITY INDEX PERFORMANCE



## COUNTRY SCORE



## NUTRITIONAL CHALLENGES



**78 years** life expectancy at birth

**67 years** healthy life expectancy

**58%** of adults are overweight

**26%** of children and adolescents are overweight

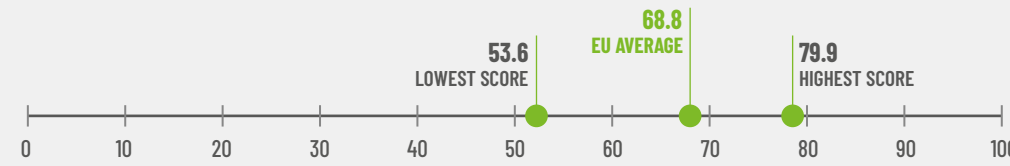
**68%** of the population reaches recommended physical activity levels

**13%** of calories from sugar

**3.84 g** of sodium per day

Food-based dietary guidelines are published on a national level

## AGRICULTURE



**1.82%** of renewable water used in agriculture

**59.9%** of fish stocks overexploited or collapsed

**3.4%** of average soil organic carbon (content in weight)

**906,454 ha** are deforested each year

**2.14 ton CO<sub>2</sub> eq.** per ha are GHG emissions from agriculture

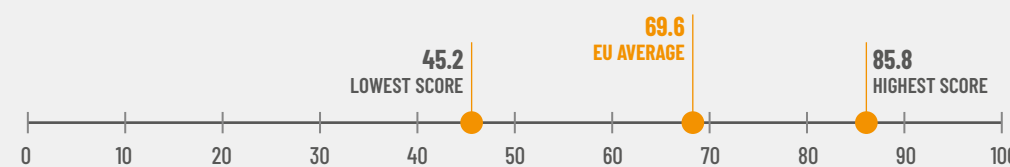
**0.97%** of GDP government expenditure on R&D

**47 years** average age of farmers

**9%** of youth (under 35) works in agriculture

**46.8%** of farmers are women

## FOOD LOSS AND WASTE



**57 kg/yr** per capita food waste

**Strategies:** National Waste Management Plan 2022

**Market instruments:** tax incentives for food donations, but they are not very effective as similar incentives exist for disposal