ENACT

Environmental Nutrition and Activity Community Tool

The Strategic Alliance for Healthy Food and Activity Environments is pleased to present the Environmental Nutrition and Activity Strategies Tool (ENACT). ENACT offers a concrete menu of strategies to improve nutrition and activity environments on a local level. We believe that working locally—in neighborhoods, workplaces and children’s environments—can not only make healthy eating and regular activity a realistic option for everyone, but that changes to the local environment often bubble up to affect state and national policy.

Communities and institutions can use ENACT to:

1. Learn more about best practices and promising approaches strategies to improve nutrition and physical activity environments

2. Conduct assessments and selecting priorities for changing your desired environments:
   - Neighborhood Environments
   - Preschools/Daycare
   - Schools
   - After-school Programs
   - Workplace Environments
   - Government Environments and Strategies for Government Action
   - Health Care

3. Dive in and implementing the ENACT strategies

4. Serve as a report card for each listed environment

ENACT can be used on a yearly basis to evaluate past and current efforts around nutrition and physical activity improvements and offer new priorities for the year ahead.

We encourage you to visit ENACT online, http://www.eatbettermovemore.org/enact.html, for full access to tools, resources, articles and other practical “how to” information for implementing the ENACT strategies.