

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.