

# 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
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.**

Contents of the current document include:

- Instructions for using the tool
- A menu of strategies for each of the 7 ENACT environments
  - Neighborhood Environments: Community and Local Government Actions
  - Preschools/Daycare
  - Schools
  - After-school Programs
  - Workplace Environments
  - Government Environments and Strategies for Government Action
  - Health Care

**Please contact Sana Chehimi at Prevention Institute for more information about  
ENACT: 510 444 7738**

# INSTRUCTIONS FOR USING ENACT

For maximum effectiveness, we encourage you to use ENACT with a broad range of partners, from community residents to businesses, from teachers to students, from government officials to healthcare professionals. If government and community institutions, businesses and coalitions each select 1-3 (depending on complexity) ENACT strategies each year, community norms would begin to shift and an important step towards improved community health would be achieved.

Using ENACT is simple:

- Select an environment of interest from the list of seven on the left hand menu
- **Assess your current status** for each strategy based on the 5-point assessment scale (1=less developed, 5=highly developed, see key below for additional information) located at the bottom of each table. Write this number in the far right column labeled "Current Status."
- **Prioritize each of the listed strategies** (High, Medium, or Low) and write the result in the left hand column. Depending on the result of your overall assessment, you may decide to:
  - **Strengthen your overall nutrition and physical activity foundation** by prioritizing as "high" those activities that are not highly developed (a score of 1 or 2)
  - **Build on your successes** by prioritizing as "high" those activities that could be developed even further (a score of 3 or 4)
- Click on each prioritized strategy to obtain practical "how-to" information for implementation,\* including tools, resources, articles, model policies and programs



You can now create a **free user account** that allows you to rank your priorities (high, medium, low) and current status (1-5) on any or all of the ENACT strategies and save this data for future reference. You can update your priorities and status at any time.

A user account can be created for individuals or groups (i.e. organizations or coalitions). A group account allows you to create reports that average your group's priorities and current status for each of the ENACT strategies. You can use these reports to guide your group's efforts to improve nutrition and activity environments. The reports will also include, for comparison purposes, the average responses of all ENACT users for each strategy.

|   |
|---|
| <b>Key:</b>   |
| 1 = Elements not in place.                                  |
| 2 = Few elements in place and not well developed.           |
| 3 = Some elements in place and need development.            |
| 4 = Most elements in place or some elements well developed. |
| 5 = All elements in place and well developed                |

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| Priority (H,M,L)         | NEIGHBORHOOD ACTIVITY ENVIRONMENTS  | Current Status (1-5)     |
|--------------------------|---|--------------------------|
| <input type="checkbox"/> | 1. Complete the streets to support walking and biking in all neighborhoods  | <input type="checkbox"/> |
| <input type="checkbox"/> | 2. Decrease car dependence while promoting community revitalization by investing in local shops, services, parks and trails as attractive destinations for pedestrians, cyclists and public transit users | <input type="checkbox"/> |
| <input type="checkbox"/> | 3. Institute a <i>Safe Routes to School</i> Program to improve safety and promote walking and biking to school  | <input type="checkbox"/> |
| <input type="checkbox"/> | 4. Maintain and develop programming and facilities (including park programs) for active play and recreation   | <input type="checkbox"/> |
| <input type="checkbox"/> | 5. Promote overall community aesthetic and atmosphere of safety to encourage outdoor physical activity and recreation   | <input type="checkbox"/> |

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| Priority<br>(H,M,L)      | <b>NEIGHBORHOOD FOOD ENVIRONMENTS</b>   | Current<br>Status<br>(1-5) |
|--------------------------|---|----------------------------|
| <input type="checkbox"/> | 1. Attract supermarkets to underserved areas through financial and regulatory incentives  | <input type="checkbox"/>   |
| <input type="checkbox"/> | 2. Provide training and incentives to small store owners in underserved areas to carry healthier food items, such as fresh produce              | <input type="checkbox"/>   |
| <input type="checkbox"/> | 3. Pass a local food policy requiring all food and snacks purchased with government funds to meet good nutrition standards                      | <input type="checkbox"/>   |
| <input type="checkbox"/> | 4. Work with neighborhood food stores and supermarkets to adopt family-friendly policies limiting displays of unhealthy foods aimed at children | <input type="checkbox"/>   |
| <input type="checkbox"/> | 5. Improve transportation options to supermarkets and other large food outlets  | <input type="checkbox"/>   |
| <input type="checkbox"/> | 6. Establish accessible Farmers' Markets or farm stand programs in underserved areas  | <input type="checkbox"/>   |
| <input type="checkbox"/> | 7. Promote and establish community gardening initiatives  | <input type="checkbox"/>   |

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| Priority<br>(H,M,L)      | <b>CHILD CARE/PRESCHOOL FOOD AND ACTIVITY ENVIRONMENTS</b>  | Current<br>Status<br>(1-5) |
|--------------------------|---|----------------------------|
| <input type="checkbox"/> | 1. Provide regular opportunities for physical activity and play   | <input type="checkbox"/>   |
| <input type="checkbox"/> | 2. Adopt nutrition standards for healthy meals, snacks and beverages  | <input type="checkbox"/>   |
| <input type="checkbox"/> | 3. Use mealtimes to introduce a variety of different healthy food options   | <input type="checkbox"/>   |
| <input type="checkbox"/> | 4. Adopt policies establishing mealtime as part of the preschool curriculum   | <input type="checkbox"/>   |
| <input type="checkbox"/> | 5. Adopt educational materials (e.g. storybooks, coloring books) that contain positive references to healthy food and avoid educational/play materials that endorse products such as fast food or cookies | <input type="checkbox"/>   |
| <input type="checkbox"/> | 6. Provide training to staff to lead activity sessions, prepare healthy food options and model positive eating and activity behaviors   | <input type="checkbox"/>   |
| <input type="checkbox"/> | 7. Serve water to drink; have clean sources of tap water and/or working water fountains   | <input type="checkbox"/>   |

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| Priority<br>(H,M,L)      | AFTER-SCHOOL FOOD AND ACTIVITY ENVIRONMENTS   | Current<br>Status<br>(1-5) |
|--------------------------|---|----------------------------|
| <input type="checkbox"/> | 1. Provide time to engage in a variety of physical activity options   | <input type="checkbox"/>   |
| <input type="checkbox"/> | 2. Adopt nutrition standards for healthy meals, snacks and beverages  | <input type="checkbox"/>   |
| <input type="checkbox"/> | 3. Use snack/mealtimes to introduce a variety of different healthy food options   | <input type="checkbox"/>   |
| <input type="checkbox"/> | 4. Eliminate marketing of unhealthy foods on site, including through vending machines, posters and other print materials      | <input type="checkbox"/>   |
| <input type="checkbox"/> | 5. Provide training to staff to lead activity sessions, select healthy foods and model positive eating and activity behaviors | <input type="checkbox"/>   |
| <input type="checkbox"/> | 6. Serve water to drink; have clean sources of tap water and/or working water fountains                                       | <input type="checkbox"/>   |

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| Priority (H,M,L)         | SCHOOL ACTIVITY ENVIRONMENTS  | Current Status (1-5)     |
|--------------------------|---|--------------------------|
| <input type="checkbox"/> | 1. Provide equipment and playground facilities for active play  | <input type="checkbox"/> |
| <input type="checkbox"/> | 2. Provide daily recess breaks for unstructured play  | <input type="checkbox"/> |
| <input type="checkbox"/> | 3. Meet or exceed requirements for minimum minutes of physical education  | <input type="checkbox"/> |
| <input type="checkbox"/> | 4. Recruit the expertise of trained physical educators, or provide training to teachers, to lead high quality physical activity sessions                | <input type="checkbox"/> |
| <input type="checkbox"/> | 5. Provide various physical activity options that reflect the interests and diversity of program attendees (from team sports to dancing and in-between) | <input type="checkbox"/> |
| <input type="checkbox"/> | 6. Open school facilities before and after school for use by students, staff and neighborhood   | <input type="checkbox"/> |

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|--------------------------|---|----------------------------|
| <input type="checkbox"/> | 1. Improve the nutritional quality and appeal of school meals   | <input type="checkbox"/>   |
| <input type="checkbox"/> | 2. Adopt nutrition standards for snacks, vending machine, and a la carte food and beverages   | <input type="checkbox"/>   |
| <input type="checkbox"/> | 3. Provide training and support to foodservice and other relevant staff to meet nutrition standards and prepare healthier meals             | <input type="checkbox"/>   |
| <input type="checkbox"/> | 4. Eliminate exclusive beverage contracts that require the marketing of unhealthy beverages   | <input type="checkbox"/>   |
| <input type="checkbox"/> | 5. Institute guidelines for fundraising that promote healthy foods or non-food methods  | <input type="checkbox"/>   |
| <input type="checkbox"/> | 6. Institute a farm-to-school program to incorporate fresh, local produce into school meals while teaching children about local agriculture | <input type="checkbox"/>   |
| <input type="checkbox"/> | 7. Serve water to drink; have clean sources of tap water and/or working water fountains   | <input type="checkbox"/>   |
| <input type="checkbox"/> | 8. Eliminate marketing of unhealthy foods on school grounds   | <input type="checkbox"/>   |
| <input type="checkbox"/> | 9. Provide enough time and space to eat in a relaxed environment  | <input type="checkbox"/>   |

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| Priority (H,M,L)         | WORKPLACE FOOD AND ACTIVITY ENVIRONMENTS  | Current Status (1-5)     |
|--------------------------|---|--------------------------|
| <input type="checkbox"/> | 1. Reimburse employees for preventive health and wellness activities  | <input type="checkbox"/> |
| <input type="checkbox"/> | 2. Support ability to breastfeed at work by providing a comfortable, private space to do so for employees without private offices | <input type="checkbox"/> |
| <input type="checkbox"/> | 3. Provide healthy food options for employees during the workday and at all meetings  | <input type="checkbox"/> |
| <input type="checkbox"/> | 4. Establish healthy nutrition standards for all cafeteria meals and vending machines   | <input type="checkbox"/> |
| <input type="checkbox"/> | 5. Implement activity breaks for meetings that are longer than one hour   | <input type="checkbox"/> |
| <input type="checkbox"/> | 6. Encourage employees and visitors to use the stairs   | <input type="checkbox"/> |
| <input type="checkbox"/> | 7. Provide water to drink   | <input type="checkbox"/> |

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| Priority (H,M,L)         | HEALTHCARE: INFLUENCING PATIENT BEHAVIOR   | Current Status (1-5)     |
|--------------------------|--|--------------------------|
| <input type="checkbox"/> | 1. Encourage regular physician communication and brief counseling regarding physical activity, eating habits and breastfeeding | <input type="checkbox"/> |
| <input type="checkbox"/> | 2. Adopt standards of practice that include routine screening of all patients regarding physical activity and eating behavior  | <input type="checkbox"/> |
| <input type="checkbox"/> | 3. Provide training to providers to conduct screening and counseling in both a culturally appropriate and sensitive manner     | <input type="checkbox"/> |
| <input type="checkbox"/> | 4. Develop a referral systems to help patients access further nutrition and physical activity resources                        | <input type="checkbox"/> |

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|--------------------------|--|----------------------------|
| <input type="checkbox"/> | 1. Serve as role models. Health providers who “walk the talk” by making changes themselves will feel more comfortable advocating healthy behaviors with their patients | <input type="checkbox"/>   |
| <input type="checkbox"/> | 2. Invest in making healthy foods available to staff, patients and surrounding community   | <input type="checkbox"/>   |
| <input type="checkbox"/> | 3. Establish healthy nutrition standards for all cafeteria meals and vending machines  | <input type="checkbox"/>   |
| <input type="checkbox"/> | 4. Implement activity breaks for meetings that are longer than one hour  | <input type="checkbox"/>   |
| <input type="checkbox"/> | 5. Encourage employees and visitors to use the stairs  | <input type="checkbox"/>   |
| <input type="checkbox"/> | 6. Provide water to drink; have clean sources of tap water and/or working water fountains  | <input type="checkbox"/>   |
| <input type="checkbox"/> | 7. Eliminate the co-location of fast food restaurants at hospitals and other health care facilities  | <input type="checkbox"/>   |

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| Priority (H,M,L)         | HEALTHCARE: INFLUENCING POLICY  | Current Status (1-5)     |
|--------------------------|---|--------------------------|
| <input type="checkbox"/> | 1. Promote high standards of nutrition and physical activity practice to healthcare and provider associations                 | <input type="checkbox"/> |
| <input type="checkbox"/> | 2. Participate in the public policy process to highlight the need for community changes to improve eating and activity habits | <input type="checkbox"/> |
| <input type="checkbox"/> | 3. Respond to news stories providing a health care provider perspective   | <input type="checkbox"/> |
| <input type="checkbox"/> | 4. Work with insurance companies to offer coverage for preventative services including nutritionists                          | <input type="checkbox"/> |
| <input type="checkbox"/> | 5. Join/partner with the Strategic Alliance and local coalitions  | <input type="checkbox"/> |

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| Priority (H,M,L)         | GOVERNMENT PRACTICES  | Current Status (1-5)     |
|--------------------------|---|--------------------------|
| <input type="checkbox"/> | 1. Adopt worksite policies for healthy food and physical activity environments  | <input type="checkbox"/> |
| <input type="checkbox"/> | 2. Adopt policies, develop regulatory incentives, and provide funding to support healthy eating and activity environments   | <input type="checkbox"/> |
| <input type="checkbox"/> | 3. Provide training on factors that impact eating and activity to<br>a. Internal health/public health staff<br>b. Key government agencies and elected officials<br>c. Community based organizations | <input type="checkbox"/> |
| <input type="checkbox"/> | 4. Utilize media sources (print, radio and television) to highlight environmental factors impacting healthy eating and activity   | <input type="checkbox"/> |

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