This presentation is for Health Promotion professionals/facilitators within facilities.  

**Audience:** healthcare professionals, community-based health professionals or facilitators, teachers  

**Length:** presentation: 30 minutes, questions: 5-10 minutes  

**Location:** facilitator-lead  

It is well understood that healthy eating is important to maintaining good health. However, choosing healthy foods is not always easy. Our environments where we live, work and play can greatly impact health behavior.

**Purpose:**
The purpose of this module is to:
- Increase awareness of individuals as to how the environment affects healthy eating.
- Provide an overview of strategies that can be used to help individuals with healthy eating.

**Learning Objectives:**
By the end of this presentation participants will be able to:
1. List /identify how the environment impacts food choices and how you can influence your environment to promote healthy eating.
2. Identify strategies to improve your eating environment to promote health.
3. Describe the importance of advocating for healthy eating environments.

Participants will learn:
- What is healthy eating?
- What prevents us from healthy eating?
- What is a healthy eating environment?
- How does the environment impact healthy eating?
- Challenges and solutions to healthy eating
- Will advocacy for healthy public policy have an impact?

Please be aware facilitator notes and additional information are located on the ‘Notes Pages’ of this presentation.

Approved by:  
The Alberta Coalition for Prevention and Control of Vascular Disease (ACTION) Network