Evidence Review

Nutrition-related chronic disease prevention interventions:
A review of the effectiveness of various universal population health promotion nutrition interventions for adults

About this report

This evidence review provides a synthesis of findings from systematic reviews published between 2010 and 2016.

A comprehensive approach was used:

13 interventions reviewed

90 systematic reviews

17 content experts

AMSTAR quality appraisal

NCCHPP policy analysis framework

Purpose

- Summarize the evidence on health promotion interventions targeting the general population.
- Identify interventions that improve healthy eating behaviours and, in turn, reduce the risk of chronic diseases.
- Support individuals and organizations with planning and priority setting for actions that promote healthy eating and prevent chronic diseases.

Interventions reviewed

- Trans-fat regulations
- Food taxation and subsidies
- Community gardens
- Financial incentive programs
- Education interventions
- Collective kitchens
- Mass media campaigns
- Restaurant interventions
- Menu labelling
- Vending machines interventions
- Food/grocery store interventions
- Workplace interventions
- Post-secondary interventions

Key findings

- Interventions differ in their effects on nutrition outcomes.
- Taxes and subsidies, changes to the food environment, trans-fat regulations, and multi-component interventions are effective in changing nutrition intake and behaviour.
- Implementation should be tailored to the context and needs of the target population or community.

Reference

Alberta Health Services (2018). Nutrition-related chronic disease prevention interventions: a review of the effectiveness of various universal population health promotion nutrition interventions for adults, full report. Nutrition Services, Population and Public Health. Calgary, Alberta, Canada.

For the executive summary and full report, visit:
www.ahs.ca/info/Page15343.aspx

For more information, contact: publichealthnutrition@ahs.ca