

# Nutrition Services, Population and Public Health Evidence Review: One-Page Summary

## Nutrition-related Chronic Disease Prevention Interventions

### Purpose

This report presents a review of the effectiveness of various universal population health promotion nutrition interventions for adults.

- 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.

### Search Results

13 interventions reviewed  
90 systematic reviews  
17 content experts  
AMSTAR quality appraisal  
NCCHPP policy analysis framework

### Interventions reviewed

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

- 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.

For more information, contact [publichealthnutrition@ahs.ca](mailto:publichealthnutrition@ahs.ca)

**Suggested Citation:** Alberta Health Services (2018). Nutrition-related chronic disease prevention interventions, full report. Nutrition Services, Population and Public Health. Calgary, Alberta, Canada

