## 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 targetingthe general population.
- Identify interventions that improve healthy eating behaviours and, in turn, reduce the risk of chronic diseases.
- Search Results

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

• Support individuals and organizations with planning and priority settingfor actions that promote healthy eating and prevent chronic diseases.

## 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

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