

PRIORITIES	ACTIONS	BENEFITS	Individuals and families	Communities schools & workplaces	Health services	Industry	Cwith, States & Local Government
Improve public education and information	Develop effective national media advertising and public education campaigns to improve eating habits and levels of physical activity	The community is better informed about the importance of healthy eating and regular physical activity in achieving and maintaining a healthy weight. State and territory governments can enhance activity through additional media campaigns and other targeted public education for priority population groups. Funding should be available for local activities that build on mass media messages	■	■			■
	Enhance food labelling to support healthier choices, with simple information on trans fat and saturated fat as well as sugar and salt and standardised serve size	Individuals and families have a simple tool to help them make healthy food choices Food industry ensures products comply with labelling standards	■			■	■
Embed physical activity and healthy eating in everyday life	School based programs	School communities support initiatives that enable healthy eating and physical activity (eg healthy breakfast and lunch programs, removal of unhealthy foods from vending machines, walking school bus)	■	■			■
	Workplace programs	Employers and workplaces (both large and small) develop comprehensive setting-based approaches that support healthy eating and physical activity (eg. WorkHealth, Victoria)	■	■		■	■
	Community programs	Local governments and local organisations supporting wide range of physical activity and nutrition programs	■	■	■		■