How **UNFAIR** is it that people are made responsible for something they **DON'T CONTROL?**

FIVE ENVIRONMENTS influence our opportunities for HEALTHY EATING and PHYSICAL ACTIVITY

SOCIAL

relationships
help people
feel supported
in different
situations

ECONOMIC

Access to affordable food increases the consumption of healthy foods



CULTURAL

A non-stigmatizing environment reduces risks of developing psychosocial problems



Education empowers and gives you the competence to make

appropriate nutritional

decisions

PHYSICAL

Walkable environments promote active transports to and from schools, shops, and other places

Do you want to change this? Get involved with CO-CREATE!

www.co-create.eu





