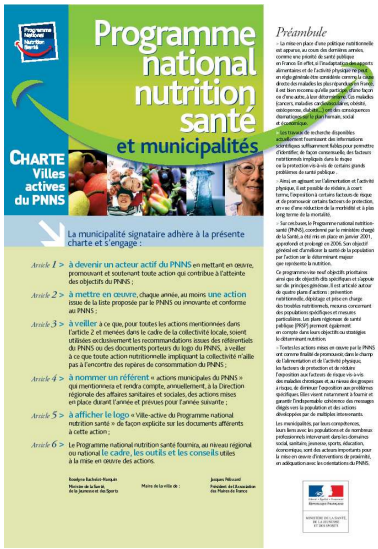
An example of safe environment, physical activity and healthy diet Charters for towns that are implementing actions in relation with healthy diet and physical activity

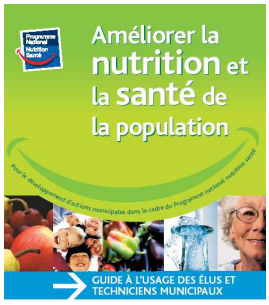
French Ministry of Health

Key words : healthy diet, physical activity, towns

Although, as a general rule, the foods we eat and physical activity cannot be deemed to be the direct cause of the most common illnesses in France, it is recognised that in one way or another, they are a contributing factor.
Through their skills, links with the public and numerous professionals involved in the social, health, youth, sports, education and economic fields, the municipalities are important players in implementing local initiatives that are in relation with the National Health and Nutrition Programme (*PNNS*), coordinated by the Ministry of Health set up in January 2001 and improved and extended in 2006. Municipalities become an active player by implementing, promoting and supporting any action that contributes to reach the goals of the *PNNS.* They can promote and implement every year actions from a list for example:

1 In schools and/or educational establishments
The food environment
a) Nutritional quality of the catering
b) Support for measures to abolish the morning snack
c) Distribution of fruit in an educational environment
d) Installation of water fountains
e) Improvement of the canteen area (noise, furniture) to make it more friendly
2 Developping physical activity for children at school and reinforcing teachers' lessons
a) "Food and nutrition" discovery outings
b) School gardening activities
c) Events led by nutrition/food/sports specialists
d) Initiatives to raise awareness of the diversity of tastes.
3 Action relating to the environment
a) Making town planning encourage activities (cycle paths, safe pedestrian walkways, improving public areas etc.)
b) Activities for regular festive/sports events
c) Opening sports facilities and extending the opening times of existing facilities
d) Increasing grants to sports associations





Some results : About 200 towns did sign the charter. It represents about 10 millions of French people.

More informations :
www.villesactivespnns.fr
www.mangerbouger.fr
http://www.sante-sports.gouv.fr/nutrition-programme-national-nutrition-sante-pnns-sommaire.html