



Limit availability
of unhealthy products



Introduce free and
healthy school meals
in primary schools



Develop infrastructure
that supports cycling,
walking and other
forms of movement



Ban mobile phones
during recess in
primary schools



Develop public
recreational areas



Reduce user costs
on public transport



Increase user
costs on car traffic

Diet

Physical activity

STRUCTURAL PREVENTION AT THE MUNICIPAL / REGIONAL LEVEL

LIFESTYLE FACTORS
(DIET, SMOKING, ALCOHOL
AND PHYSICAL ACTIVITY)

Alcohol

Tobacco and nicotine



Reduce
availability



Reduce the number
of points of sale
and opening hours



Enforce legislation



Enforce legislation



Offer free smoking
cessation medication



Introduce more
smoke- and nicotine-
free environments



Introduce smoke- and
nicotine-free working
hours for regional and
municipal employees



Extend smoke- and
nicotine-free school
hours to all
employees