**Angelina Kichakov**

**Provide a summary of dot points that show how the LiveLighter program reflects each of the action areas of the Ottawa Charter for Health Promotion.**

* The LiveLighter program reflects the action area of developing personal skills as the program creates meal and activity plans for individuals based on their specific needs. It includes recipes that can assists adults in preparing healthy meals and reduce their body weight. The website also provides a range of resources and fact sheets to assist those wanting to lose weight and improve their health and wellbeing.
* The LiveLighter program reflects the action area of building healthy public policy as it advocates for change in policy around the promotion of junk food and improved food labelling.
* The LiveLighter program reflects the action area of strengthening community action as it encourages public debate about obesity. They engage with the community through social media and with retailers. LiveLighter is a joint initiative between the Heart Foundation, Cancer Council and Department of Health and also partners with a wide range of community groups and organisations.