

2. Perlunya menggalakkan upaya peningkatan pengetahuan dan kesadaran gizi akan pentingnya mengkonsumsi makanan sehat yang diimbangi dengan cukup aktivitas fisik.
3. Perlunya dibuat kebijakan yang mendukung gaya hidup sehat masyarakat, melalui aktivitas fisik bersepeda atau berjalan kaki.
4. Mengaktifkan kembali Gerakan Nusantara Tekan Angka Obesitas (GENTAS) dan Gerakan Masyarakat Hidup Sehat (GERMAS) dengan menguatkan koordinasi lintas sektor di tingkat daerah hingga pusat.



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