



HEALTH4EUkids

Your Kids' Health, Our Priority



## Best Practices in action: how to transfer, implement, and sustain effective health promotion interventions for children (0-12)

### Relevance

Over the past thirty years, there has been a global increase in childhood overweight and obesity, affecting approximately 170 million children.

Childhood obesity is associated with serious health consequences, including an increased risk of non-communicable diseases (NCDs) in adulthood. Preventing childhood obesity is complex and requires coordinated actions across multiple settings—including schools, communities, agricultural, food, and urban policies—and the involvement of multiple stakeholders. Interventions must begin as early as pregnancy and early childhood, with health promotion actions integrated into broader strategies aimed at preventing the main risk factors for NCDs.

The Joint Action (JA) [Health4EUKids](#) aims to promote health and prevent childhood obesity through the implementation of two best practices, *Grünau Moves* and *Smart Family*, taking into account specific risk factors identified by previous research on childhood obesity conducted within earlier JAs and European projects.

### Aims

This modular *capacity-building* program was developed within Work Package 4 of the JA Health4EUKids. Its goal is to share findings and actions that support the transferability, sustainability, and scalability of the two best practices in various European contexts, following a public health approach. The program aims to encourage intersectoral collaboration and active stakeholder engagement, analyze cultural, environmental, and political factors that influence the effectiveness of the practices, and provide concrete recommendations to support their adaptation and implementation.

### Specific Objectives

By the end of the course, participants will be able to:

1. Describe the key concepts of transferability, sustainability, and scalability in the context of childhood obesity.
2. Describe the best practices *Grünau Moves* and *Smart Family*, and their contribution to promoting effective public health interventions.
3. Identify key stakeholders involved in implementation at different levels (national, sub-national, local).
4. Identify barriers and enabling factors that contribute to the successful implementation of the two best practices, *Grünau Moves* and *Smart Family*.
5. Describe recommendations for local-level implementation.
6. Identify key components for the transferability, sustainability, and scalability of *Grünau Moves* and/or *Smart Family* in their own context.

## **Target**

This *capacity-building* program is intended for professionals in the health, social, and educational sectors who are involved in promoting child health and responsive parenting. It also targets national, regional, and local interest groups, policymakers, and authorities interested in the implementation of best practices, as well as students in health, social, and educational professions.

## **Scientific Directors**

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## **Scientific Secretariat**

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## **Organizational Secretariat**

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## **Technical and IT Support**

*Pietro Maiozzi, Pierfrancesco Barbariol*, Centro Nazionale per la Prevenzione delle malattie e la Promozione della Salute - Istituto Superiore di Sanità, Roma

## **AGENDA**

### **Introduction to the *capacity-building* program**

Presentation of WP4 and the Working Group

*Chiara Cattaneo*

Welcome to the *capacity building* program

*Angela Giusti*

### **MODULE 1 – Transferability and sustainability of Best Practices in health promotion and childhood obesity prevention**

#### ***Session 1.1 – Transferability and sustainability: an overview across EU Joint Actions and other initiatives***

Unit 1.1.1 – Joint Action on CVDs and diabetes – JACARDI

*Benedetta Armocida*

Unit 1.1.2 – Sustainability of the Joint Action *Chrodis+*: Main results and lessons learnt

*Paolo Michelutti*

Unit 1.1.3 – JA *Prevent NCD* - WP4 Sustainability

*Leopold Vandeviel*

Unit 1.1.4 – Inequalities and Social Determinants in Public Health

*Caroline Costongs*

#### ***Session 1.2 – Health4EUkids: Overview of the context for supporting Best Practice implementation***

Unit 1.2.1 – Data overview from EU survey on policies and programs on childhood obesity and responsive parenthood

*Vincenza Di Stefano*

Unit 1.2.1 – Data overview from SWOT Analysis on transferability, sustainability and scalability

*Vittorio Palermo*

Unit 1.2.3 – Report on the Delphi process concerning the sustainability of the best practices *Grünau Moves* and *Smart Family*

*edited by Paolo Michelutti, Vittorio Palermo, Paola Scardetta, Annachiara Di Nolfi, Vincenza Di Stefano, Francesca Zambri, Angela Giusti, Chiara Cattaneo*

#### ***Session 1.3 – The perspective of stakeholders and experts on the transferability, scalability, and sustainability of Joint Actions and best practices***

Unit 1.3.1 – Stakeholder consultation report: transferability, scalability, and sustainability of best practices

*edited by Annachiara Di Nolfi, Vittorio Palermo, Paola Scardetta, Vincenza Di Stefano, Francesca Zambri, Angela Giusti, Chiara Cattaneo*

Unit 1.3.2 – Discussion on transferability, scalability, and sustainability from the 17th EUPHA pre-conference session

*edited by Annachiara Di Nolfi, Vittorio Palermo, Paola Scardetta, Vincenza Di Stefano, Francesca Zambri, Angela Giusti, Chiara Cattaneo*

### **MODULE 2 – *Grünau Moves*: a Best Practice to promote health and prevent obesity in children**

*Forthcoming*

## **MODULE 3 – *Smart Family*: a Best Practice to support and empower families in promoting well-being and healthy lifestyle**

*Forthcoming*

### **Faculty – *currently being updated***

Benedetta Armocida – Dipartimento malattie cardiovascolari, dismetaboliche e dell'invecchiamento – Istituto Superiore di Sanità, Roma

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