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Your Kids' Health, Our Priority

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

## **Module 2**

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



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# **Unit 2.1.1**

## **Grünau Moves: General Overview**

### **“The original Best Practice”**

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# Grünau Moves – «Grünau bewegt sich»

Community-based health promotion and obesity prevention for children and adolescents in a district with particular social challenges in Leipzig, Germany (2015-2019)



@School1-scout.de

## The Mission:

- lowering the acceleration in obesity prevalence among children
- Capacity building for health promotion
- Promoting health in children in a socially deprived area
- Reduce health inequalities



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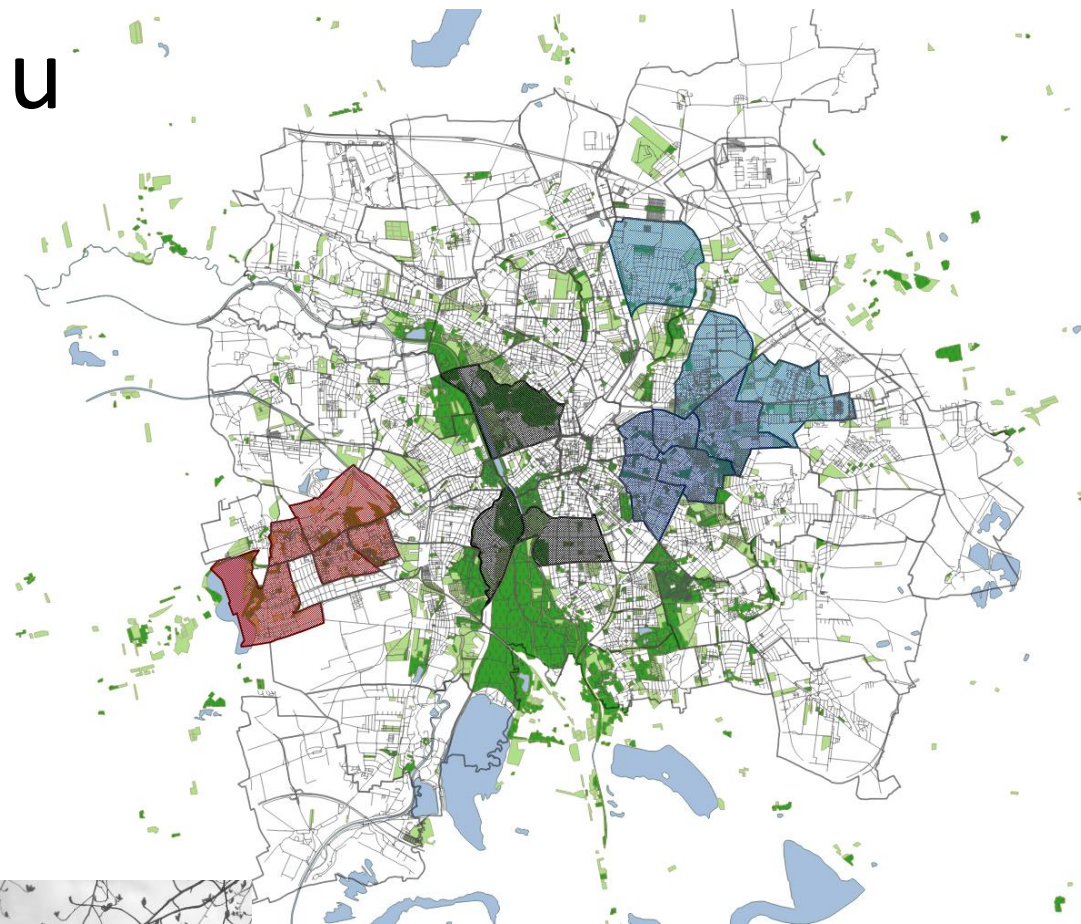
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# Intervention Region: Grünau

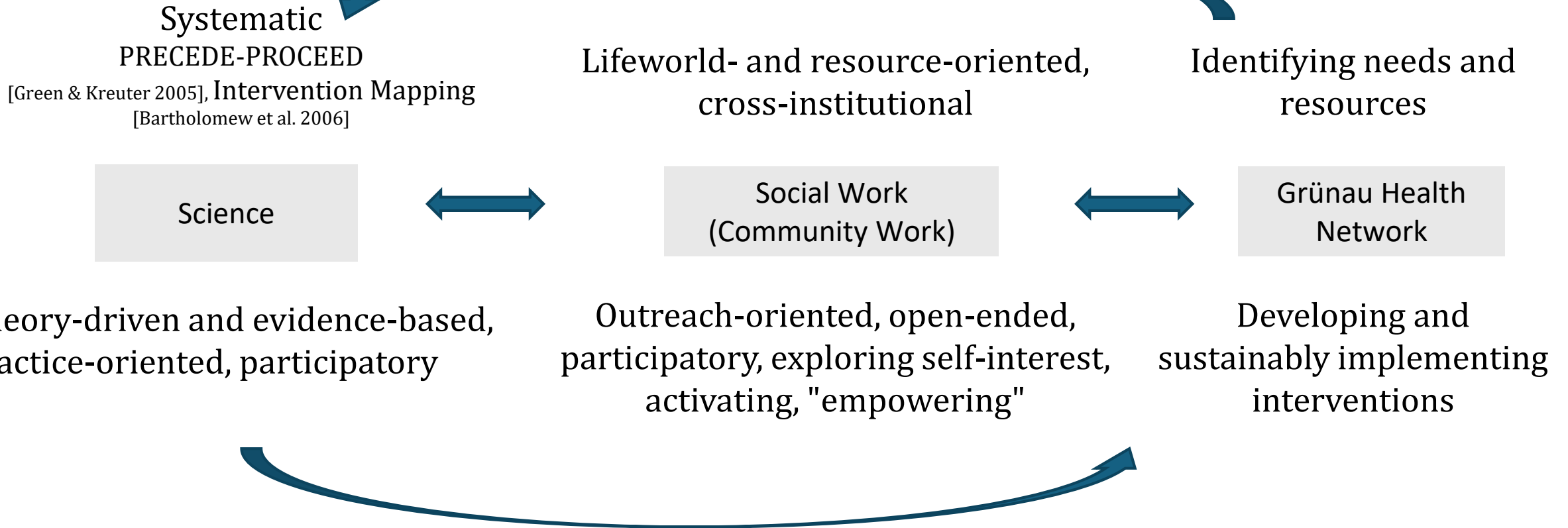
Characterization (City of Leipzig 2015)	Intervention region	Contrast region	City of Leipzig
Inhabitants   % of children 0-15	44772   12.4%	47778   17.2%	567846   13,1%
% of children receiving social welfare	47.9	8.1	26
Unemployment rate (%)	12	4.2	7.9
% of residents with university degree	8.2	36.3	16
Personal net income	1040€	1606€	1152€
Prevalence overweight/obesity at school entrance examination (2015/16)	12.8%	2.8%	8.6%





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# Understanding and transforming living environments together!







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# Participatory Approach & Needs Assessment in Community-Based Health Promotion

- **Participatory Needs Assessment:** actively involving stakeholders and community in identifying and analyzing needs to drive effective decision-making.
- **Participatory Methods:** e.g. Focus Groups & Workshops, Community Mapping, PhotoVoice
- **Considering Local Needs & Resources:** Ensures feasible and effective solutions.
- **Community-Based & Context-Sensitive:** Development of health promotion measures tailored to the local context.
- **Joint Action with Local Agents:** Collaboration with stakeholders ensures relevance and sustainability.
- **Engaging Key Stakeholders:** Strengthens ownership and commitment.
- **Enhances Relevance & Effectiveness:** Solutions are tailored to real community needs.
- **Builds Trust & Ownership:** Encourages active community involvement.
- **Ensures Sustainability:** Long-term impact through local engagement.
- **Strengthens Research & Project Outcomes:** Leads to data-driven, impactful interventions.



# Interventions on different levels

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Interventions (on the initiative of...)	Individual lifestyle	social and community networks	Living and working conditions	environmental conditions
Active to school (landscape architect)				
Health network (quarter management)				
Public relations (poster campaign, action days)				
Training of multipliers/professionals (health department)				
Day care soccer cup (day care center)				
Nutrition days for preschoolers (day care center)				
„motion detector“ (students and children)				
PlaySpace (state office for school and education)				
Movement City Map (health department)				

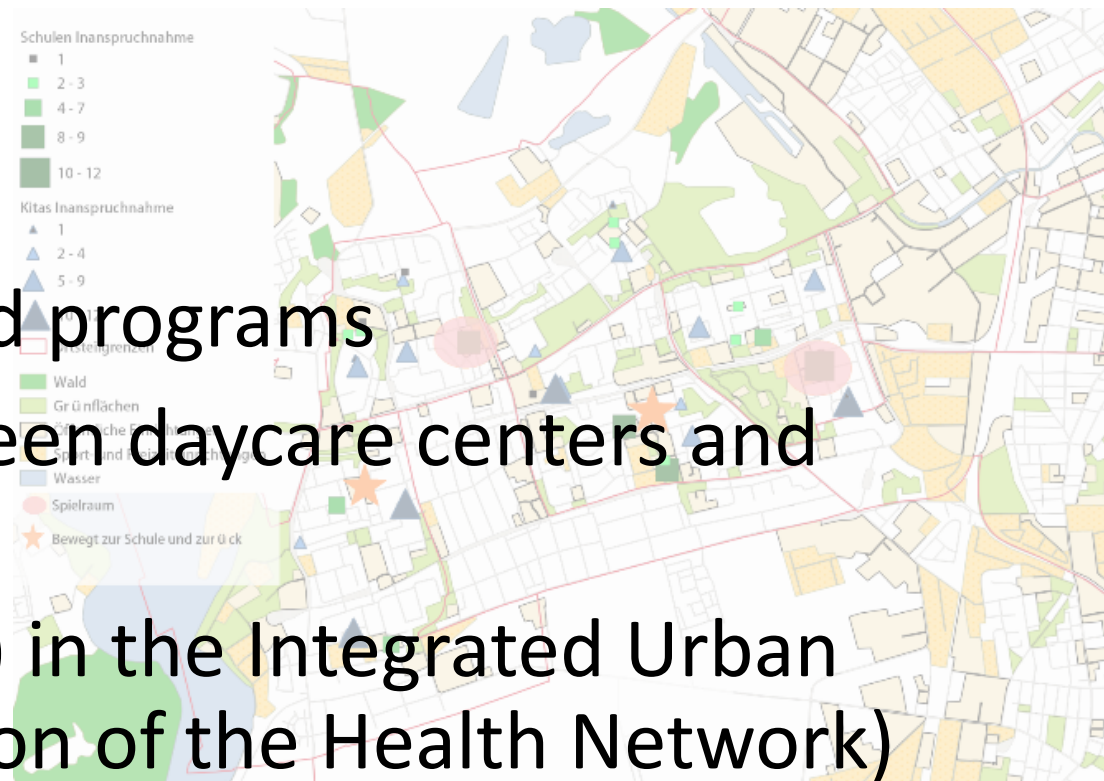




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# Outcomes

- ✓ High utilization of services and programs
- ✓ Increase in cooperation between daycare centers and local stakeholders
- ✓ Anchoring health (promotion) in the Integrated Urban Development Plan (continuation of the Health Network)
- ✓ More physical activity in public spaces
- ✓ More children in sports clubs







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# Learnings - Community-based Health Promotion...

1. Acknowledge diverse health perspectives
2. Adopt a 'lifeworld' (Lebenswelt) approach
3. emphasis on the additional benefits of health-promoting measures
4. Avoid (reinforcing) discrimination and guarantee low-threshold access
5. Address needs and interests of participants, residents, local institutions and decision-makers
6. Should be inter- and transdisciplinary
7. Ensure participatory process
8. Use theoretical and/or empirically impact model
9. Advocate for health equity, raise awareness of the consequences of social inequality
10. Needs political support to ensure reducing inequality through political and social strategies



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# Thank you all for your participations!



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Planung und Entwicklung  
An-Institut der FH Erfurt



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