



**HEALTH4EUkids**

Your Kids' Health, Our Priority

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

## **Module**

# **“Grunau Moves: a Best Practice to promote health and prevent obesity in children”**



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

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## **Unit 2.1.2**

### **Grünau Moves: General Overview**

#### **“How Grünau Moves has been transferred in Health4EUkids”**

**Marta Garcia-Sierra**

**FISABIO Foundation**

**Rosana Peiró**

**DG Public Health, Generalitat Valenciana**



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# ***Grunau Moves Adaptation within Health4EUkids***

## ***Joint Action***

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- **Implementation Approach:**

- Pilot projects in both urban and rural settings
- Involve municipalities, districts, and neighborhoods

- **Key Features:**

- Establish local health networks
- Actively involve schools, families, children, local authorities, community centers, and healthcare services

- **Focus Areas:**

- Empowerment of local communities
- Community capacity-building
- Shifting public health policy to a bottom-up approach



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SPEAKER'S VIDEO



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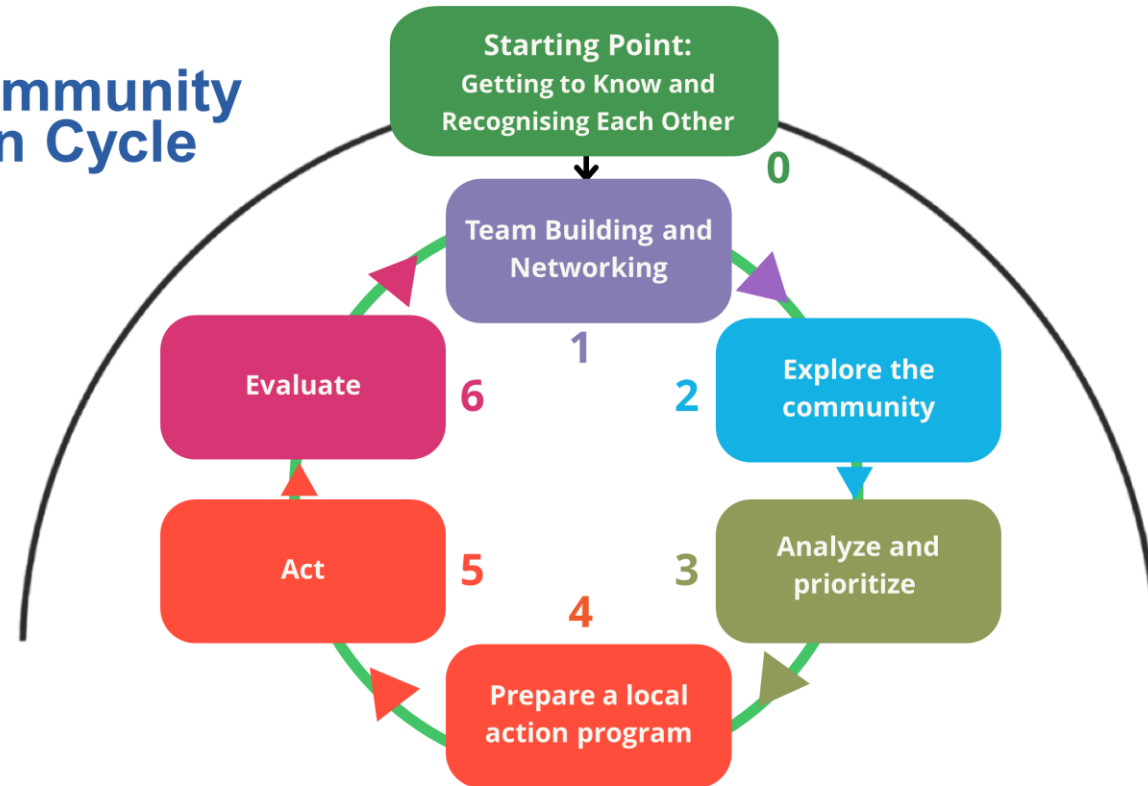
# *Grunau Moves Adaptation within Health4EUkids*

## *Joint Action*

- **Activities:**

1. Needs assessment
2. Health asset mapping
3. Co-designing local action plans tailored to community needs
4. Implement local actions
5. Process, outcomes, and impact evaluation

### The Community Action Cycle



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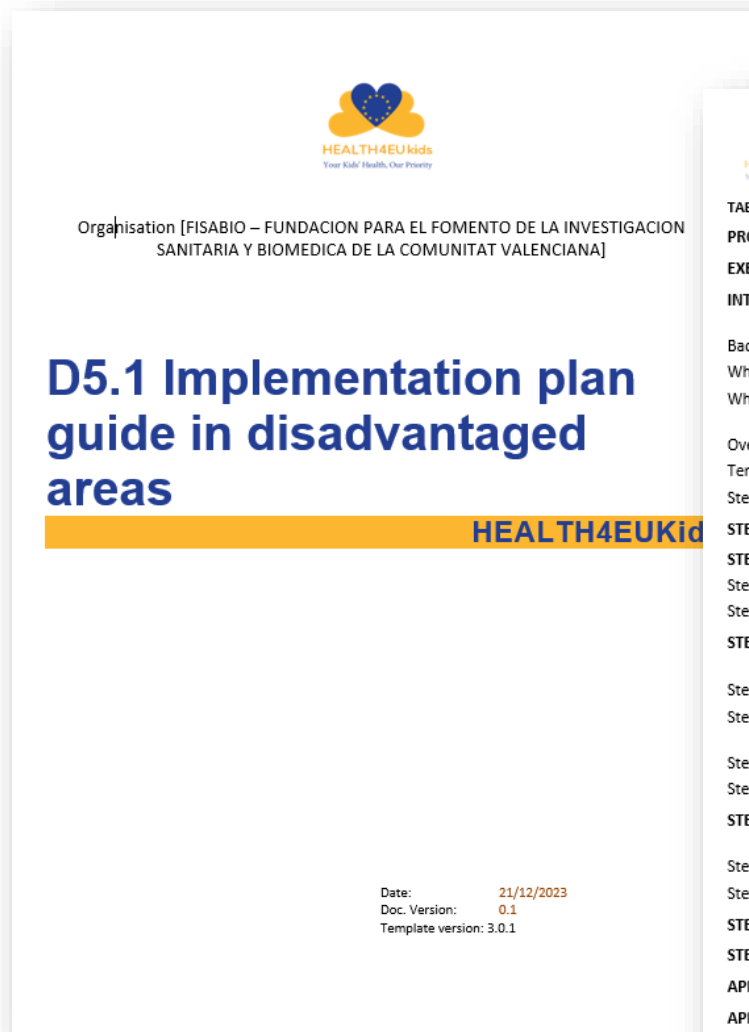





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## Joint Action

- **Materials at your disposal:**
  - Implementation Plan Guide
  - “Living Healthy Tool” for structured conversation in a discussion group
  - Community Action For Health (CAFH) Resources
  - BP-owners Training Pills
  - E-Learning Course



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## *Joint Action*

- **STEP 1: ESTABLISH A 'CORE GROUP' AND A 'HEALTH NETWORK':**
  - **Form a Core Group (CG):** A compact, long-term team (6–8 members) of key local stakeholders and community leaders responsible for mobilizing the community and supporting sustainable health initiatives
  - **Build a Health Network (HN):** A broader, inclusive, interdisciplinary forum of local actors to co-create and implement health-promotion actions targeting child obesity
  - **Secure political & institutional buy-in:** Engage city hall, map local stakeholders, and use community interviews to identify natural leaders and key organizations
  - **Develop a stakeholder engagement plan:** Guided by CG input, focus on leveraging local assets and ensuring long-term community ownership



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## *Joint Action*

- **STEP 2: CONDUCT A PARTICIPATORY NEEDS ASSESSMENT AND MAP HEALTH ASSETS:**
  - **Conduct Participatory Needs Assessment:** Involve residents, community groups, and stakeholders using interviews, focus groups, and discussions to explore health concerns, needs, and local resources related to children's health and the living environment
  - **Map Health Assets:** Identify and categorize local health assets (resources, institutions, and community strengths) and understand how these can be mobilized to address health needs and reduce obesity risks in the community
  - **Use Participatory Tools:** Use appropriate participatory tools to gather input from residents and stakeholders, ensuring that the needs assessment and health asset mapping are community-driven and context-specific
  - **Analyze Determinants:** Categorize health determinants at individual, organizational, and environmental levels, and create a logic model to visualize the connections between environmental/social conditions and children's health behaviors



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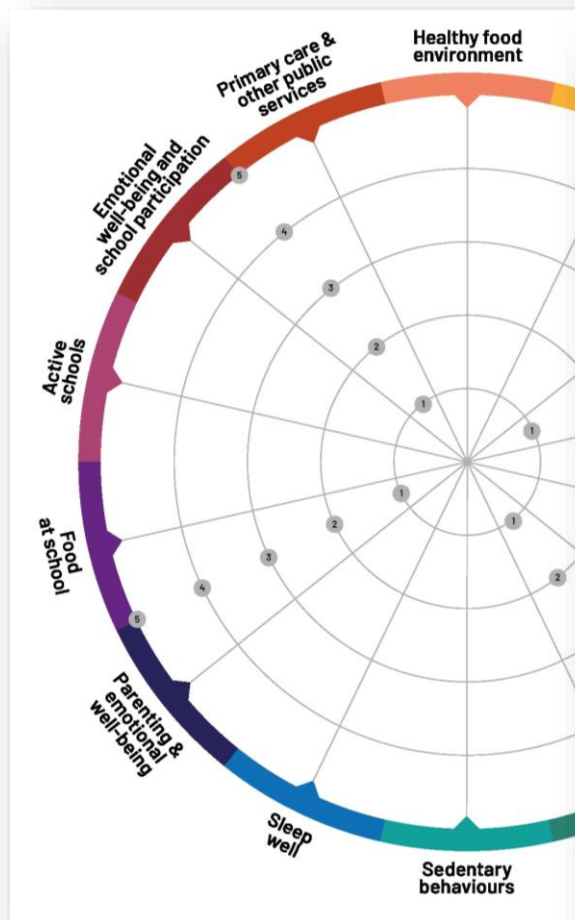


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## Joint Action

- The “Living Healthy Tool”:
  - It includes **14 dimensions**.  
Easy to use!
  - It allows a **structured conversation** in a discussion group around the main factors influencing child obesity
  - It assists in considering the **physical, emotional and social aspects** of key settings
  - Several **versions and languages**: adults, kids (6-12 y), brief, protocol for vulnerable (and illiterate) populations



### Healthy food environment

Let's talk about the food you find around you every day. Think about the stores you visit when you go food shopping or the shops you see on the street when you're out and about.

How healthy is the food I see when I'm out in my place?

You might want to think about things like:

- What type of stores I go when I go food shopping?
- Can I walk to the store where I go food shopping?
- Is it easy to find fresh fruits and vegetables in the store where I buy the groceries?
- Is it easy to find other healthy foods in the store where I buy the groceries?
- Do most packaged foods have a label to see their healthiness?
- Do you see signs or ads in the store that encourage you to take the healthy foods instead of more unhealthy or packaged foods?

municipal market greengrocers butcher fishmonger grocery store supermarket  
I walk to the food store store signs and ads help us choose the healthy foods

What score would you give to this question?

1 is very bad (lots of improvement needed!) 	2 is bad 	3 is okay 	4 is fairly good 	5 is great (We love it!) 
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What is good now?

What could be better?



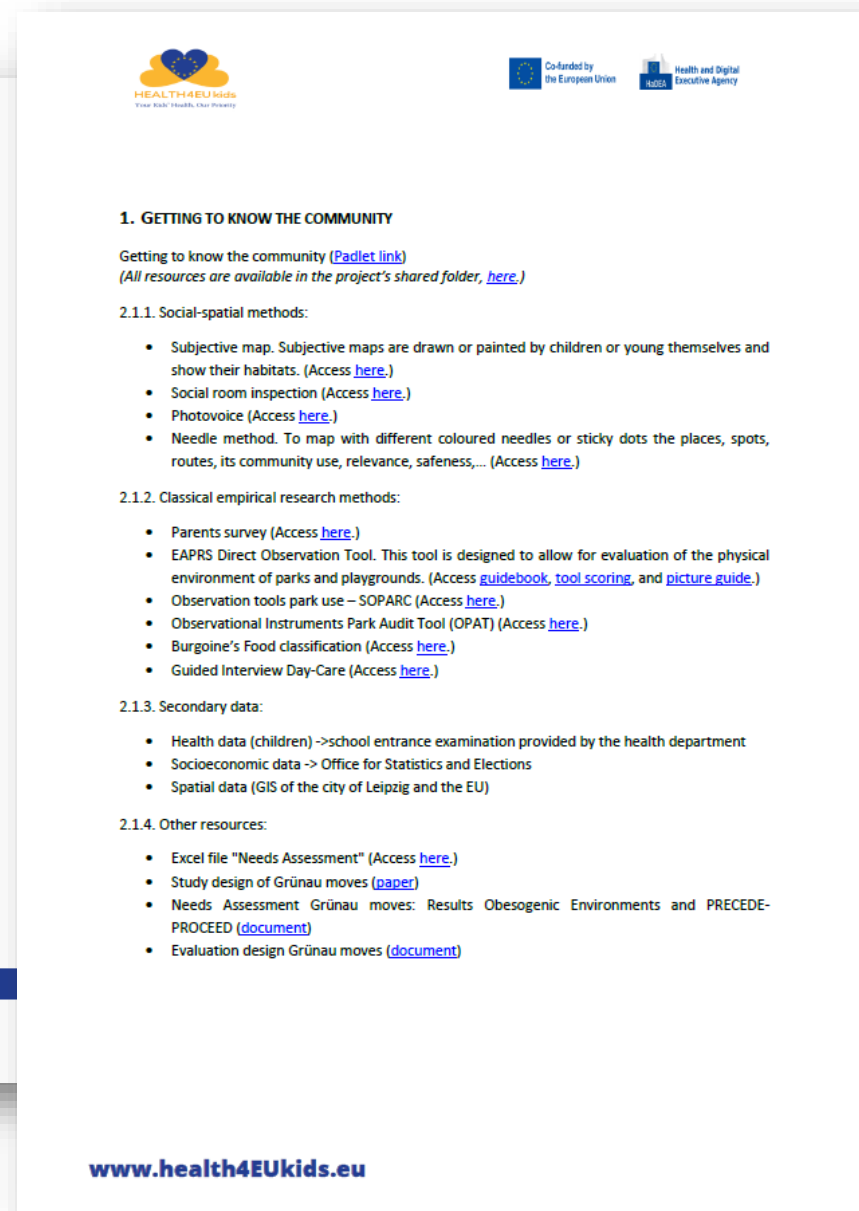
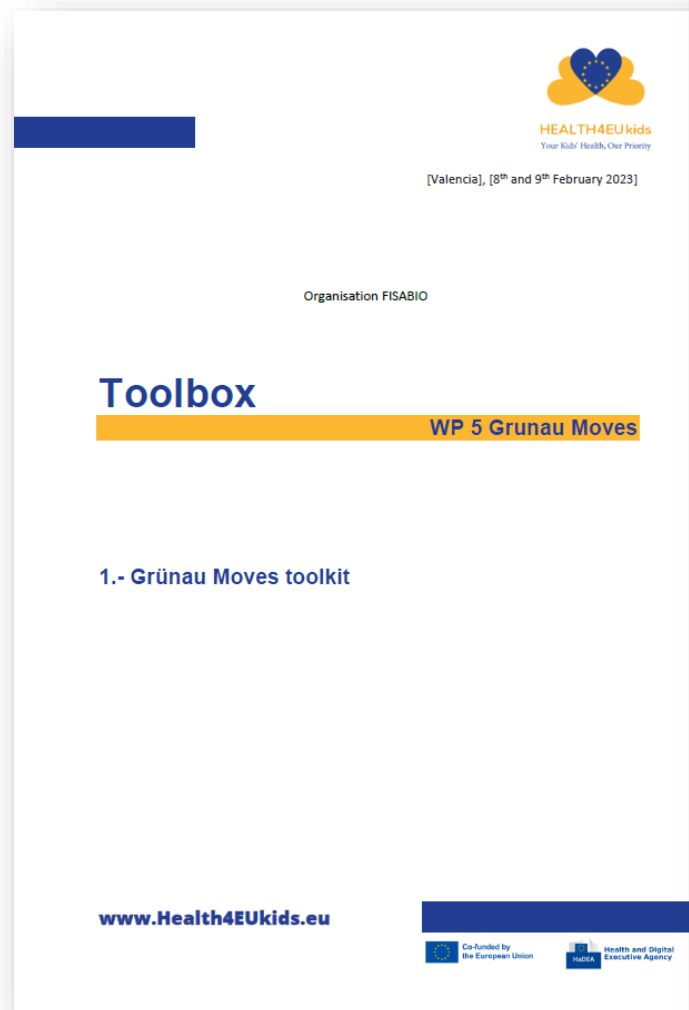


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## Joint Action

- **Community Action For Health (CAFH) Resources:**
  - **Socio-spatial methods**, such as subjective map, PhotoVoice...
  - **Empirical research tools** to assess the physical environment, like EAPRS Direct Observation Tool, SOPARC...
  - **Other resources**





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## *Joint Action*

- **STEP 3: CO-DESIGN, PRIORITIZATION AND IMPLEMENTATION OF LOCAL ACTIONS:**
  - **Co-design Local Health Actions:** Collaborate with residents, children, and stakeholders to develop tailored actions addressing the specific determinants of child obesity identified in the needs assessment
  - **Prioritize Through Community Workshops:** Use participatory tools to assess the feasibility and relevance of proposed actions in various settings (e.g., schools, daycares), ensuring inclusivity and local ownership
  - **Develop and Implement Action Plans:** Co-create detailed implementation plans with communities, setting clear goals, timelines, roles, and evaluation criteria
  - **Ensure Ongoing Monitoring & Evaluation:** Establish community-driven indicators and feedback mechanisms to track progress, adjust strategies, and sustain long-term health improvements

# Thank you all for your participation!



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