

Active to school – Designing public spaces	
Main Objective:	Increase physical activity (PA) of children
Further Objectives:	<p><u>Individuals:</u></p> <ul style="list-style-type: none"> - Empowerment/increase self-efficacy of children through participation in planning and implementation - Raising awareness for possibilities for physical activity in public spaces - increased physical activity in public spaces <p><u>District/Environment:</u></p> <ul style="list-style-type: none"> - increased attractiveness for PA of paths (constructional changes) - visible PA in public spaces <p>(→ role models, change of social norms)</p> <p><u>Municipalities (Politics):</u></p> <p>Awareness raising and activation of the municipalities for change in the district</p>
Target Group:	Children, local residents, municipalities
Access:	School
Levels of Intervention:	Individuals, organizations, urban district/environment
Methods:	<p>Active learning (children)</p> <p>Observational learning/modeling (children, local residents)</p> <p>Persuasion and advocacy (Verwaltung)</p>
Content/Approach:	<p>Phase 1: theoretical and practical introduction to PA, school routes, scopes for design – participative, lifeworld oriented, low-threshold (08-09/2016)</p> <p>Phase 2: conception of decoration/design of paths with landscape architect (10/2016-01/2017)</p> <p>Phase 3: negotiation with administration, voting by children (01/2017-04/2019)</p> <p>Phase 4: implementation (09/2019) and evaluation</p>
Cooperation with:	<p>Primary schools</p> <p>Landscape architect</p> <p>Public health department</p> <p>Traffic department and civil engineering department</p> <p>Department for urban greenery and waterbodies</p>
Time period:	08/2016 bis 09/2019
Expenses (human resources, material, time)	<p>Human Resources and time intensity:</p> <p>Involvement of landscape architect (3 months),</p> <p>2 school lessons each class (for one class: 1 project staff and 1 teacher)</p> <p>2hrs exploration of the urban district (1 project staff, 1 childcare worker of day-care center per day-care group),</p> <p>2hrs collecting of ideas and testing on the schoolyard (1 project staff, 1 childcare worker of day-care center)</p> <p>Material cost</p> <p>Chalk for each group</p>

	<p>Printed maps of urban district (one for each child)</p> <p>Diaries for the way to school (one diary for one week)</p> <p>A3 Sheets of paper</p> <p>Clipboards, devices to take pictures</p> <p>Colors for individual colored markers (stencils and self spraying)</p> <p>(2 locations 6 play opportunities = 400,00€)</p> <p>Contribution of the company</p> <p>(2 locations 6 play opportunities = 5000,00€)</p>
Funded/Supported by:	<p>Deutsches Kinderhilfswerk</p> <p>Verfügungsfonds Grünau</p> <p>AOK PLUS, IKK classic, Knappschaft</p>
Evaluation:	<p><i>question:</i></p> <p>Do colored markers on pavements increase the level of physical activity of passers-by?</p> <p><i>Method:</i></p> <p>Standardized observation (SOPARC) before and after the implementation of colored markers.</p> <p>Over the period of 48 observations 5455 passers-by with information regarding their gender, age and activity level were recorded. Additionally, the use of bicycles and after the implementation (T1) the interaction with the markers recorded.</p> <p><i>Results:</i></p> <p>50% of younger children (Kindergarteners) and 16% of schoolchildren used the markers. The chance to increase vibrant movement (excluding bicycling), increased with the designed ways about 2,3times (OR 2,34; CI 1,70-3,21; $p < 0,01$). The majority of the persons, which interacted with the markers (61%), had a higher level of activity and intensity. All in all did the amount of children, which intense PA increase from 9,6 % to 23,3 %.</p> <p>Colored markers in public spaces can be a good starting point for interventions to increase the physical activity of children. Furthermore it creates opportunities for social interactions.</p>
Publication	<p>Igel, U., Gausche, R., Krapf, A., Lück, M., Kiess, W., Grande, G. (2020). „Movement-enhancing footpaths“ – A natural experiment on street design and physical activity in children in a deprived district of Leipzig, Germany. <i>Preventive Medicine Reports</i> 20: 101197. DOI: 10.1016/j.pmedr.2020.101197</p>

Health Network	
Main Objectives:	Establishment of health as a cross-sectional issue in the urban district Needs assessment Development of specific interventions for child health promotion
Further Objectives:	Networking of different stakeholders and strengthening cooperations Bundling of resources Interlocking social and medical issues Capacity building in urban district
Target Group:	Associations, day-care centers, schools, after-school-care, local business representatives, municipalities, multipliers and stakeholders from the urban district, neighbourhood management
Access:	Urban district, community work
Levels of Intervention:	Organization, urban district, politics
Methods:	Community work, moderation, advocacy Cooperations and networking across institutions and organizations, participative problem solving Empowerment, counselling, Resource oriented public relations work
Content/Approach:	Need assessment, intervention planning and implementation, lobbying, family health day
Implementation:	Half-yearly, open meeting place with thematic focus participatory, transparent
Time Period:	2015 – 2019 Continuation after project end
Evaluation:	All in all there were 10 meetings (including 2 preparation meetings) with 97 participants from 49 different institutions. The majority of the participants were from the field of health (n=29), sports (n=21), education (n=21) as well as stakeholders and multipliers from the urban district (n= 15) and social issues (n=8). The content-related focus is besides the need assessment and collection/development of possible solution and intervention strategies mainly information about training offers and funding opportunities, linkage and exchange between different stakeholders (education, sport, health, social field), joint implementation of different projects (Movement City Map, Family Health Day) as well as discussions/exchange of experiences to current social and health-related topics and the urban district development concept

Public Relations Work – “Colorful, healthy, Grunau”	
Main Objectives:	Public relations work for provider for child health promotion in the urban district Promotion of the public perception of child health and the Project Grunau moves
Further Objectives:	Increase of knowledge about offers in the urban district Increase of use of the offers in the urban district Provide and transfer knowledge about day-to-day usable knowledge about health Advertisement for project partners Improve cooperations in the urban district
Target Group:	Parents, educational staff, stakeholders
Access:	Day-care centers, schools, motion detector (project office in the district), public institutions for education and social issues (e.g. libraries, adult education centers, family centers)
Levels of Intervention:	Individual, Organization
Methods:	Media campaign
Content/Approach:	Health messages and topics of child health (nutrition, movement, games, media etc.) Advertisement of current health-related offers in the urban district
Implementation:	Monthly poster with current offers and health messages Resource orientation (reference to existing opportunities) Easy language – conscious reduction of scope of information
Time Period:	March 2017 – July 2019
Expenses:	Personnel cost: Topic and date collection Making Poster Printing costs 50 posters/Month = 480 €/year
Funded/Supported by:	AOK PLUS, IKK classic, Knappschaft
Evaluation:	The posters were sent monthly to 44 different institutions in Grunau (19 day-care centers, 14 schools, 6 after-school-care, 3 libraries, family centers/Caritas, pediatric and youth medical service West).

Training for Multipliers	
Main Objectives:	Increase of health-related knowledge and abilities Development of health promoting attitudes of educational staff
Further Objectives:	Increasing networking and cooperation between institutions Improved access to resources (subsidies, cooperations)
Target Group:	Educational staff of educational institutions and recreational facilities
Access:	Organization
Methods:	Active, direct learning, strengthening of resources Meetings across institutions (networking, cooperation)
Contents/Approach:	Nutrition (Diverse meals in day-care centers and schools, children good, lunch box composition) Physical activity (games without losers, active games outside, drums alive, movement city map Grunau) psychosocial topics → health of educators (mindfulness, cooperation and stress management), support of education and participation, Mentoring and addressing families with obese children
Implementation:	Yearly day event with external speakers Need and experience oriented, free of charge, low-threshold
Cooperation with:	Public health department Robert- Koch- clinic
Time Period:	2015 – 2019, yearly symposium/conference (2017/18), external training if needed
Expenses:	Catering, fee for speakers
Funded/Supported by:	AOK PLUS, IKK classic, Knappschaft
Evaluation:	Symposium/conference (2017 and 2018): In total 60 participants from that 25 (41,7%) from institutions from Grunau (12 PCPs from day-care centers, 10 PCPs from after-school-care and 3 PCPs from pediatric and youth medical service, recreational facilities and family centers). The event was rated positively. The framework, the comprehensibility/practical relevance and possibilities for implementation of the content was pointed out as satisfied. I CAN COOK (Sarah Wiener Foundation, 2017): in total eight participants from four day-care centers from Grunau, two after-school-care and one family center.

Day-Care Center and After-School-Care soccer cup	
Main Objective:	Increase of physical activity of children Enjoying movement, recognition
Further Objectives:	<u>Individual:</u> Regular PA promotion <u>Organization:</u> Reason for further sport portfolio in day-care centers Cooperation of educational institutions and soccer/sports clubs <u>Urban district/environment:</u> Make PA in public spaces visible (social norms, role models)
Target Group:	Children, day-care center, after-school-care, urban district
Access:	Day-care center, after-school-care
Level of Intervention	Individual (child), Organization, district
Methods	Active learning and experiencing reinforcement (through reward and recognition) Goal setting Modeling
Content/Approach	Regular training for preparation Organization of a tournament Set and rules and ensure compliance Joint game in public space embedded in further program (active games...)
Implementation:	Contacting and cooperation, joint negotiation about rules, sponsorship
Cooperation with:	FC United (soccer club) Grün AS (local newspaper) KOMM e.V. und KOMM-Haus (socio-cultural center) JAV (association for residents) KIKOO (health promotion provider) Health care supply store
Time Period:	2016 – 2019 yearly
Expenses:	food (fruits, water, apple juice), cuos, jerseys, equipment for space/field personnel cost: Training (through educational staff, associations, parents)
Funded/Supported by:	Konsum Leipzig, Sparkasse Leipzig Local companies AOK PLUS, IKK classic, Knappschaft
Evaluation:	11 out of 19 day-care centers (58%) and 6 out of 9 after-(primary) school-care (67%) participated. In total ca. 320 children vom day-care-centers and 230 children from after-school-care played actively in the tournament. Beyond that about the same number of children and parents were sitting in the audience, watching, cheering and using the offers of the overall program (bouncy castle, movement games).

Nutrition-Days for Preschool Children	
Main Objective:	Nutritional education for children Increase of fruit and vegetable consumption and decrease of consumption of sugar-containing food
Further Objectives:	<u>Individual (child):</u> Recognition and reward for children (self-efficacy, increase self-esteem) <u>Organisation (specialized staff):</u> Methodological and content-related suggestions for specialized staff Consolidate contacts to day-care-centers (relationship work, needs assessment)
Target Group:	Preschool children, staff
Access:	Day-care Centers
Levels of Interventions:	Individual, Organization
Methods:	Active learning with all senses (listening, tasting, touching, seeing, smelling) Reinforcement (through reward and recognition) Modeling (staff)
Content/Approach:	Station operation with nutrition pyramid, guessing sugar, guessing fruits and vegetables through touching, "optical illusion" (food color and taste) and active breaks. Reward through certificate "Nutrition Expert" One hour per appr. 25 children
Cooperation with:	IFB AdipositasErkrankungen (scientific partner Research center for obesity diseases) AdiTeam from university medical center (Nutrition Counselling Team) Konsum Leipzig (supermarket)
Time Period:	Since spring 2016 twice a year
Expenses:	Personnel cost: Nutritionist (1 person per station) Supervision of the arriving day-care center members by educational staff Material cost: ca. 20€ per action day for food (fruits, vegetables yoghurt, drinks)
Funded/Supported by:	AOK PLUS, IKK classic, Knappschaft Konsum Leipzig University medical center Leipzig
Evaluation:	13 of 19 day-care centers (68%) participated with in total 393 children. The offer was perceived as quite positive. The children participated actively and showed a lot of interest at the different stations and tried unknown food.

Open Offers for Physical Activity and Play (Motion Detector)	
Main Objective:	Increase of physical activities (free and active playing) Supported by social interactions
Further Objectives:	<u>Individual:</u> Self-efficacy, empowerment Appreciation, emotional support, recognition Increase knowledge, abilities and attitude towards health promoting behavior (PA, nutrition) More analog rather than digital games, fun with joint games Get in contact with parents Promotion of interactions in between children and adults <u>Urban district:</u> Stimulate open spaces enhance neighborhood development (involve volunteers)
Target Group:	Community – children, youth, local residents
Access:	Urban district
Levels of Interventions:	Individual (child), urban district
Methods:	Active learning, Modeling Photovoice Counseling (for parents and children)
Content/Approach:	(active) Games – active group and single games Nutrition education (‘‘A-Matter-of-Taste’’) Getting to know youths’ lifeworlds (Photovoice) Creative offers
Implementation:	Participative, interest-led and need-oriented Regular, open offers at fixed time
Cooperation with:	Students of Leipzig University of Applied Sciences (HTWK) Culinary School ‘‘Ganz und Gar’’, KOMM- Haus, KOMM e.V. pharmacy, Children’s Office Department of Family and Education, Youth office
Time Period:	Since May 2017 weekly
Expenses:	Support staff (2 persons) for weekly offers (3hrs) Costs for projects (‘‘A-Matter-of-Taste’’ or something similar) consumables
Funded/Supported by:	Verfügungsfonds Gesundheit AOK PLUS, IKK classic, Knappschaft
Evaluation:	Between 2017 and October 2019, 1799 children and visited the motion detector, the majority (88 %) were in the age between 6 and 12 years old, and 42 parents visited the motion detector as well. In total was the motion detector 130 days (each minimum 3hrs) open and offered in average 14 children a space to play, cook, rest, let off steam, be creative and talk.

	<p>Besides the opportunity to play freely with different material, diverse project with the focus of healthy nutrition/cooking (‘‘A-Matter-of-Taste’’), participation/activation/empowerment (Photovoice, Mr. X), parkour with external partners were implemented.</p> <p>Since 2020 the “motion detector” is a regular offer of a local association for youth work.</p>
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PlaySpace Grunau – Physical Education (PE) in public space	
Main Objective:	Increase physical activity of children Stimulation/Activation of public space (social norms, role models)
Further Objectives:	Get to know and take in/acquire spaces for PAof movement Get to know active games through children and teaching staff Enhance self-confidence and self-efficacy of children through participative lesson framework (self- determined movement types)
Target group:	Children, local residents, (prospective) teaching staff
Access:	school
Levels of Interventions	Individual, Organization, urban district/environment
Methods:	Active learning (children) Modeling (children, local residents) Conviction of schools and State Office for school and education
Content/Approach:	<ol style="list-style-type: none"> 1. Negotiation/Conversations with State Office for school and education as well as school management and symposium sport 2. Theoretical and practical introduction for students (primary school pedagogy and didactic sport) 3. Implementation in primary schools (2nd to 4th grade) for 8 weeks – 1 hour per week (explore and try active spaces and games)
Cooperation with:	University of Leipzig, faculty of pedagogics, primary school pedagogy and didactic sport, State Office for school and education, ‘‘Unfallkasse Sachsen’’ Primary schools
Time Period	since 2018
Expanses:	--
Evaluation:	<p>Till now two of nine primary schools in Grunau could participate in the project. In total, 285 children from grade 2 to 4 could be reached with the project.</p> <p>Participatory observation enables the assumption, that free lesson design (providing materials, free group division) increased activity and decreased refusal.</p> <p>Teaching staff reported that they benefitted from the support with teaching activities and from the new ideas for the lesson framework. The students gained teaching experiences and will get sensitized for physical education classes (in the sense of movement promotion with the focus of joy in active movement) in public space.</p> <p>The acceptance of active (which involves playing and vivid) movement of children in public spaces tends to increase.</p>

Publications:	<p>Kaiser, R., Igel, U., Krapf, A. (2018). SpielRaum in der Stadt. Bewegung und Raum im Sportunterricht der Grundschule. Transforming Cities 3: 52-55.</p> <p>Krapf, A., Igel, U., Kaiser, R. (2020). SpielRaum. Aktive Raumnutzung von Grundschulkindern im öffentlichen Raum. Sportunterricht 69 (4): 166-171. DOI: 10.30426/SU-2020-04-4</p>
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Movement City Map Grunau	
Main Objective:	Increase physical activity Increase Awareness and use of local possibilities for PA
Further Objectives:	Stimulation/Activation of public space Improvement of counselling to increase physical activities Improvement of access to sports/leisure facilities through highlighting/markings offers which are free-of-charge/refundable
Target Groups:	Specialized staff, parents
Access:	Day-Care Centers, After-School Care
Levels of Interventions	Individual, organization, urban district
Methods:	Public relations work Marketing Target-group-specific preparation of information
Content/Approach:	<ul style="list-style-type: none"> - collection of publicly accessible movement offers (playgrounds, sport clubs, health provider) in urban district - categorization of offers (age, gender, residence, type of sport, costs) - Establishment (layout and print) multilingual city maps (using simple symbols) - Training/briefing of pedagogical staff about counselling with the movement map - Spreading/handing out free-of-charge movement maps to public associations and interested residents
Cooperation with:	Public Health Department Graphic design company/department
Time Period:	Establishment in 2016, use ongoing
Expenses:	Costs for layout and printing for 15.000 maps
Funded/supported by:	Verfügungsfonds Gesundheit
Evaluation:	<p>Status 12/2017</p> <p>Till December 2017 were 6200 maps to 37 urban district parties (schools, libraries, associations, day-care centers, social and recreational facilities housing associations and churches) handed out and from those 5150 were handed out to other persons. Occasionally the complexity and amount of information were pointed out critically, which makes the map less understandable for persons with reading and concentration difficulties</p>

Optimization of meal composition in Day-Care Centers	
Main Objective:	Healthy nutrition - optimization of meals for afternoon meals
Further Objective:	Decrease of Consumption of sugar-containing food Participation of children in decision-making about meal preparation (promotion of autonomy and self-efficacy) Conceptual embedding of the topic of healthy nutrition Avoidance of plastic packaging
Target Group:	Children, educational staff, caterer, parents
Access:	Day-Care Centers
Levels of Interventions:	Organization, individual (children, parents)
Methods:	active learning Participatory problem-solving Counselling Persuasion (of caterers, sponsors and parents)
Content/Approach:	Basics of healthy nutrition (optimize afternoon meals in dependence of daily lunch supply) Preparation of meals suitable for children Legal and organizational issues (framework)
Implementation:	Intervention Mapping Participative (specialized staff, include parents and children) Need assessment, establish goals/objectives and time schedule Form work group (specialized staff, parents 'council, Day-Care center management) Implementation of test run information of parents Realization Evaluation
Cooperation with:	''Kita- und Schulverpflegung'' (nutrition counselling) IFB AdipositasErkrankungen Parents 'council of day-care center
Time Period:	April 2016 till November 2017
Expenses:	Expenditure of time for meetings Postcard for receipt suggestions for parents ca. 50 € Meal providing through caterer 0,58 € per meal and child
Funded/supported by:	Verfügungsfonds Gesundheit AOK PLUS, IKK classic, Knappschaft
Evaluation:	Process and effect evaluation <i>Methods:</i> - protocols of work meetings - questionnaire survey before and after meal change with educators and parents - guided interviews with management, educators and parents' representatives - photos of lunch boxes and analysis of menus <i>Results:</i>

	<p>Within this project, meal providing changed from an individual level (that means children bringing their own food) to a joint/community level (that means caterer deliver food, which will get prepared to meals by the children in the day-care center).</p> <p>That change was rated in total as ambivalent because the agreements with the caterer were only to a lesser extent fulfilled and the quality and selection of the food did not reach the expectations of the specialized staff and of the parents. Positive changes were recognized according to the eating culture (quieter atmosphere while eating, higher interest of children in food, longer lunch/eating time), the development of children (more autonomy/decision power, joy in food preparation, cooperation, improvement of fine motor skills), as well as decrease of trash.</p> <p>The expenditure for the educational staff were rated the same as before. Regarding the selection and quality of the food no significant improvement could be recognized. There might be some children benefiting from the reduction of sweets, but overall the food provided by the caterer does not meet the national recommendations for healthy food. At this point a reinforcement on a political level must happen to enhance the compliance of recommendations, so that children have the chance of a healthy nutrition and development.</p>
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