



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 2

Grünau 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 2.2.2 b

Grünau Moves: Planning the Intervention

“Establish the Core Group and Health Network from scratch: challenges and opportunities”

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Building the Core Group and Health Network from scratch

Step 1: Identification of Key Actors

- Interviews with community leaders using the snowball technique.
- Presentation of the project to healthcare and municipal staff.



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Step 2: Building the Health Network

- Invitation to associations, businesses, schools, and healthcare professionals.
- Progressive expansion over time.



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Step 3: Formation of the Core Group

- Selection of key members within the Health Network with high commitment.
- Establishment of regular meetings and work strategies.



– Minkler & Wallerstein, 2008; WHO, 2022



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Challenges Encountered in Our Experiences

- ×Lack of consistency in attendance.
- ×Difficulties in intersectoral coordination.
- ×Racism and lack of a participation culture.



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Opportunities and Achievements in Our Experiences

- ✓ Creation of participatory spaces, dialogue spaces, and collaboration and co-creation between sectors.
- ✓ Greater social cohesion and intersectoral collaboration.
- ✓ Organize expansion of the Health Network with more local actors.
- ✓ Diversity and interdisciplinarity in the Health Network.
- ✓ Use of participatory methodologies such as Photovoice and the Living Healthy Tool (LHT).

– Catalani & Minkler, 2010



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Recommendations for Future Implementations

- ❖ Encourage participation through public recognition.
- ❖ Strengthen communication.
- ❖ Promote awareness of community work, especially among policymakers.
- ❖ Ensure that decided priorities are binding.



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Conclusion and Final Reflection

- *The key to success is the combination of structured work and flexibility to adapt to the local reality.*
- *Intersectoral collaboration strengthens the impact and effectiveness of actions.*
- *There is a need for greater institutional involvement and support.*
- *Insufficient resources, lack of financial and human support hinder the initiatives' sustainability.*
- *Continuous awareness-raising is required to strengthen the involvement of all sectors.*



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Thank you all for your participations!



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