



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 Number 2:

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



Co-funded by
the European Union



Health and Digital
Executive Agency



HEALTH4EUkids

Your Kids' Health, Our Priority

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

Unit 2.4.1 a

Grünau Moves: co-designing a local action program

“A Hungarian case study”

Rita Simich

National Center for Public Health and Pharmacy

Erika Antalné Petrovics

Jászkarajenő Széchenyi István Primary School



Co-funded by
the European Union



Health and Digital
Executive Agency

Co-design a Local Action Program

- At the end of January 2024, a situation analysis was completed with the following key stakeholders:
 - GPs,
 - Health visitors,
 - Three members of the board of education.
 - Three members of the parents' association.
- In the spring of 2024, the same team of experts started planning the interventions and setting targets.



HEALTH4EUkids
Your Kids' Health, Our Priority

Co-design a Local Action Program

- On the school's Facebook page, a poll has been launched to find out whether students and their parents think the educational programs are necessary and what physical activity programs they would like to join. Around 150 people were surveyed and over 50% of those surveyed responded.
- At the same time, colleagues also contacted businesses and associations in the municipality that could be involved in increasing physical activity.
- Finally, the intervention points were identified from the situation analysis based on the questionnaire, the results of the Facebook poll, the local potential and the opinion of the expert group.



HEALTH4EUkids
Your Kids' Health, Our Priority

Local Action Program: A case study

Based on the situation analysis, the following objectives have been set:

- reducing imports of high-sugar drinks,
- making the school canteen healthier,
- familiarizing pupils with healthy food,
- developing a healthy body image and lifestyle,
- promote and implement recreational programs to increase sporting activity.

A target was set for the parent community:

- to provide joint activities for parents and their children, or as we called it, the healthy family challenge,
- educating parents about the dangers of childhood obesity and diabetes,
- increasing communication on health education,
- raising awareness of local sporting opportunities.



Co-funded by
the European Union



Health and Digital
Executive Agency



HEALTH4EUkids
Your Kids' Health, Our Priority

Local Action Program: A case study

Supporting factors:

- the school's existing health education program,
- many supportive professionals, especially former pupils.

Barriers:

- whether the grant funding will be sufficient to implement the activities envisaged,
- motivation of parents,
- motivation of senior pupils.

Once the main objectives and areas of intervention had been formulated, the activities were planned on a monthly basis from September 2024 until the end of the school year. Before finalization, the activities were also commented by the teaching staff and the parents' organization of the school.

Thank you all for your participation!



HEALTH4EUkids

Your Kids' Health, Our Priority



NNGYK
NATIONAL CENTER FOR PUBLIC
HEALTH AND PHARMACY



Co-funded by
the European Union



Health and Digital
Executive Agency

Funded by the European Union. This project has received funding from the European Union's **EU4HEALTH** Programme under Grant Agreement no. **101082462**. This publication reflects only the author's view. It does not represent the view of the European Commission and the European Commission is not responsible for any use that may be made of the information it contains