



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 2.5.1

Grünau Moves: Examples of Local Actions “Stakeholder Engagement & Community Capacity Building”

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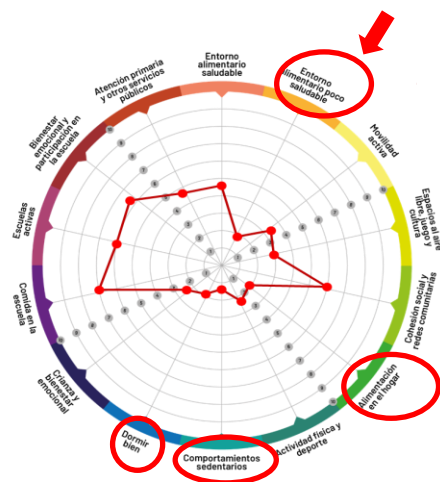
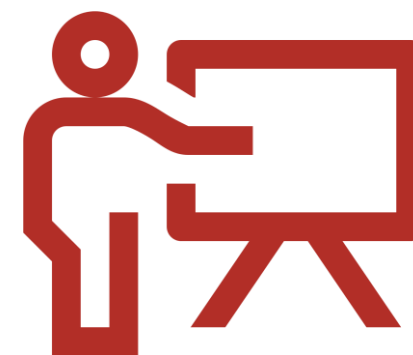
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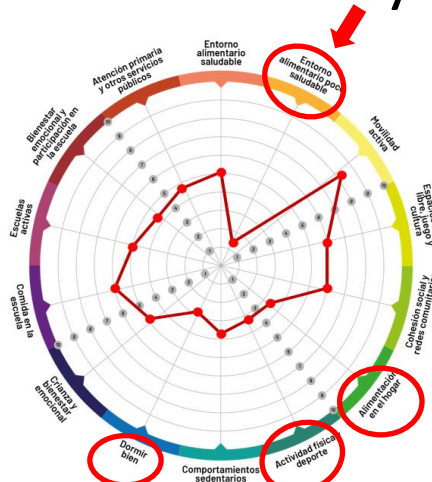
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Community needs assessment

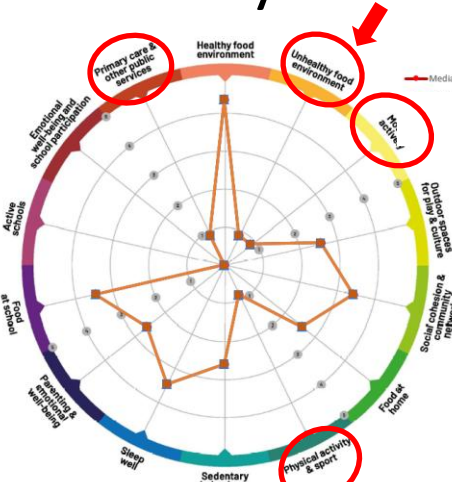
- Our intervention area: Polígono Sur (Seville, Spain)
- Needs identified through health data analysis and participatory analysis with **3 groups** in the community: **Living Healthy Tool**
- Educational programs improve eating habits over time, especially when families and the community are actively involved.



1 Health professionals



2 Mediators from different neighborhood associations

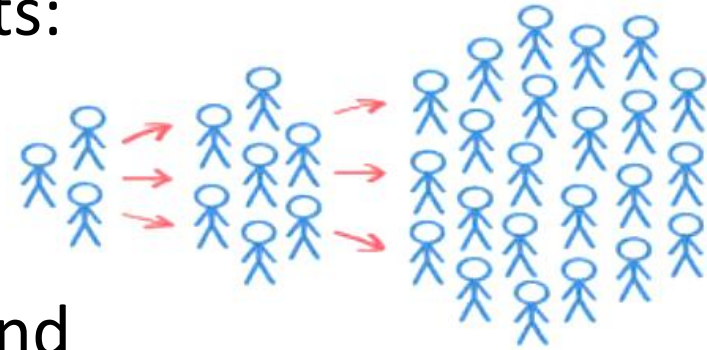


3 Mothers
(adapted version)

Adapted version of the "Shopping Basket" Course



- Previous "Shopping Basket" course focused on practical skills
- Adaptation for vulnerable groups with key informants:
 - Simplified, visual materials for low literacy or language barriers
 - Practical, hands-on sessions and peer-to-peer learning.
 - Addressing economic constraints > affordable and seasonal foods.
- Cascade approach to extends the reach, relevance and accessibility of the program





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Training program

- Aims to empower social agents and professionals focusing on making healthy and sustainable food choices.
- A blended learning program
 - 3 online modules: balanced diet, healthy shopping, and healthy cooking
 - 2 in-person modules on workshops facilitation tools.



CONTENIDOS

- UD1 Alimentación equilibrada y salud: evolución y situación actual.
- UD2 Pasos para realizar una compra saludable y sostenible: antes, durante y después.
- UD3 Recomendaciones para cocinar de forma saludable.
- UD4 Metodología didáctica aplicada al taller "Alimentación saludable: de la cesta a la mesa" en contextos de vulnerabilidad social.
- UD5 Implementación del taller "Alimentación saludable: de la cesta a la mesa"




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Preliminary results of the Training Program in Andalusia

- Over 10 weeks, 21 attendees from 11 organizations
- 6 community workshops, reaching many local families
- Early encouraging results
 - Workshops are helpful and easy to understand.
- Community-led programs can support lasting, positive changes in families' eating habits and health.

Cuestionario de Evaluación de la Actividad

¡Ayúdanos a mejorar! Solo tienes que marcar la carita que mejor diga cómo te has sentido.

- ¿Te ha gustado la actividad?

😊 Si, mucho	😐 Más o menos	😞 No mucho
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- ¿Te pareció fácil de entender?

😊 Muy fácil	😐 Algunas sí, otras no	😞 Me costó bastante
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- ¿Crees que lo que aprendiste te servirá en tu día a día?

😊 Claro que sí	😐 Puede ser	😞 Creo que no
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- ¿Estuviste a gusto participando?

😊 Me sentí muy bien	😐 Ni bien ni mal	😞 Me costó participar
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- ¿Te gustaría venir a más actividades como esta?

😊 ¡Sí, me encantaría!	😐 No estoy seguro/a	😞 No, gracias
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¿Quieres contarnos qué fue lo que más te gustó o qué mejorarías?
(Puedes escribir aquí lo que quieras)



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Lessons learnt from a community-based intervention with institutional support

- Training program that can be used in other vulnerable communities.
- Factors for success and challenges :
 - Strong institutional leadership
 - Involving the community
 - Flexible training program
 - Building partnerships
 - Tackling resource constraints
- Local skill-building & coordinated efforts across health, education, and social care systems.



Junta de Andalucía
Consejería de Salud y Consumo



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Thank you all for your participation!



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