



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

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 2.5.2 a

Grünau Moves: Examples of Local Actions “Programmatic Interventions in Greece based on needs assessment and local determinants”

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University of Patras (Greece)/ 6th Health ADM

Implementation protocol in primary schools

Year 1

1. Poster Campaign
2. Optimization of meal composition + Nutrition Days
3. Motion Detector (daily workshop)
4. Movement city map
5. Active to school and back
6. Soccer cup
7. Training for Multipliers, Physical activity, Nutrition and Networking (annual Conference)

Year 2

1. Posters of previous years' exhibition
2. Nutrition Days v2
3. Motion detector v2
4. Movement city map – footpath to my school
5. Annual conference v2
6. Theatrical play/spot
7. Discussion real athletes +play
8. Outdoor activities at local park (+leisure)

Tool for reference
Booklet to all classes



Ongoing evaluation



Local chat
(sustainability, dissemination)





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Year 1 of Implementation (2023-2024)



Monthly poster campaign



Motion Detector



Soccer cap



Active to school



Related local actions



Movement city map



Nutrition days



Annual Conference



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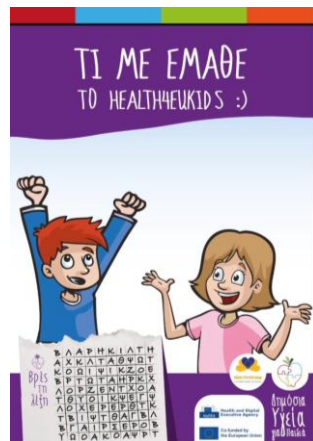
Posters and motion detector workshop

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ΚΑΛΥΤΕΡΗ ΖΩΓΡΑΦΙΑ!



Motion detector actions Workstations

1. "Sugar detective"
2. Healthy eating mediterranean diet
3. Food portion – make my plate
4. Oral hygiene
5. Cooking challenge

Team



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Soccer cup, other related actions



- Patras Football Academies
 - Ancient Olympia - Final rehearsal of the Olympic Flame Lighting
- 12 teams - 22 matches





Nutrition days + movement play

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ΔΡΟΞΙΕΡΕΣ & ΘΡΕΠΤΙΚΕΣ ΚΑΛΟΚΑΙΡΙΝΕΣ ΣΥΝΤΑΓΕΣ ΓΙΑ ΜΙΚΡΟΥΣ & ΜΕΓΑΛΟΥΣ

1. ΓΡΑΝΙΤΑ ΚΑΡΠΟΥΖΙ - ΦΡΑΟΥΛΑ (4 ΜΕΡΙΔΕΣ)

- 300 gr καρπούζι (αφαιρούμε τα κουκούτσια)
- 1 φλ κατεψυγμένες φράουλες
- 100 gr ζαχαύρετι

Χρειάζεστε μπλέντερ για την ανάμειξη - σερβίρετε αμέσως

2. ΠΑΓΟΤΟ ΜΠΑΝΑΝΑ - ΣΟΚΟΛΑΤΑ (2 ΜΕΡΙΔΕΣ)

- Μπανάνα κατεψυγμένη (ολόκληρη την καταψύχουμε - αφαιρούμε τη φλούδα όταν είναι να τη χρησιμοποιήσουμε και την τεμαχίζουμε σε κομμάτια (κάθε κομμάτι περίπου 3 εκατοστά).
- 1 κ.χ. κακάο ή ψιλοκομμένη κουβερτούρα
- 1/2 ποτήρι γάλα
- Φράουλες φρέσκες σε φέτες (για το στέλισμα) ή/και μύρτιλα.

Ε. Μαυριτάλη, Διατροφολόγος
Ε. Παπαχατζή, Παιδίατρος



ΦΡΟΥΤΑ ΚΑΙ
ΛΑΧΑΝΙΚΑ
ΚΑΘΕ ΜΕΡΑ!



Recipes



Mediterranean



Let's prepare our
snack for school



Are our
snacks
healthy?

Let's
move!



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General recommendations - Our experience

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Year 2 of implementation

- A. Same 2 primary schools (round 2)
- B. 2 new primary schools (round 1)

Pros

- Same protocol
- Edited as per feedback (participatory)
- Pre/post intervention questionnaires + anthropometrics
- Possible associations + comparisons

Cons

- Adhesion to protocol (parents)

1. Protocol easy to follow
2. Planned dates per year as per school schedule
3. Minimal expenses (equipment)
4. Train the trainers (KEDIVIM, annual conference and local actors) – team!
5. Trust (involve!)



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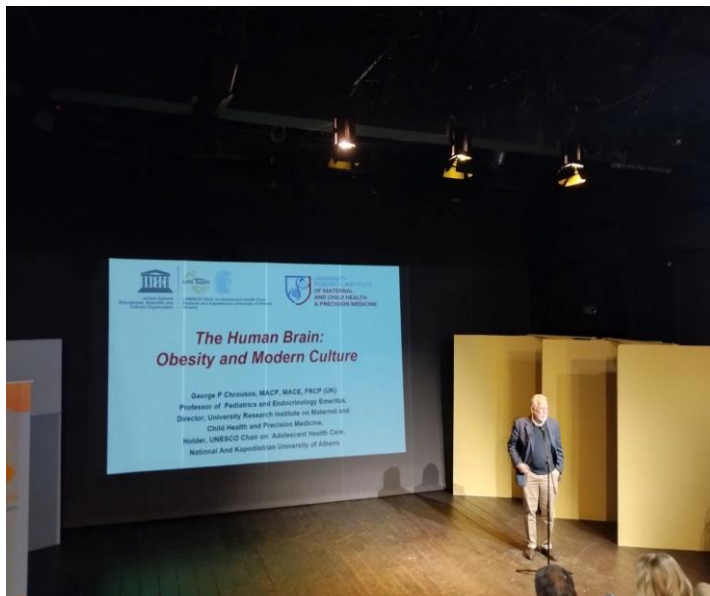
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Presenters:

- Apostolos Vantarakis
- Emmanuela Magripli
- Eleni Papachatzzi
- Georgios P. Chrousos
- Theodoros Dasios
- Irini Kostopoulou

Panel:

- Antonis Zambelas
- Gavriel Dimitriou
- Manolis Souris
- Eleni Behliouli



Thank you all for your participation!



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**UNIVERSITY OF
PATRAS**
ΠΑΝΕΠΙΣΤΗΜΙΟ ΠΑΤΡΩΝ

MINISTRY OF HEALTH



ADMINISTRATION OF 6TH HEALTH REGION
Peloponnese Ionian Islands Epirus & Western Greece



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