



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

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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 b

Grünau Moves: Examples of Local Actions “Programmatic Interventions in Malta”

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Department for Health Regulation - Malta



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Area of Intervention

Hamrun – Northern Harbour District of Malta

Description of the neighbourhood

- Total population – 10,514
(M – 5,571; F – 4,943)
- Total children between 4-12 years – 692 (M – 385; F – 307)
- Population density – 9,978 people per km
- Non-Maltese 24.2%





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Needs Assessment and Prioritisation of Actions

- Needs assessment (carried out with stakeholders/community leaders of Hamrun/educators/students)
- Healthy Living Tool mostly used
- Areas to focus on were identified
- Workshop with different residents to prioritise actions
- Proposed - Education programmes





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Action 1: Health Education Programme during Summer school

- Collaboration with the Foundation for Educational Services (FES) – Summer state schools Malta
- School programme delivered at Hamrun Primary school (mid-July-end August 2024)
- Skills based sessions - nutrition, physical activity and mental wellbeing (40 mins/lesson) weekly to children aged 7-10 years x 6 weeks
- Evaluation sheets in English and Maltese used to elicit feedback from children
- To be repeated every year



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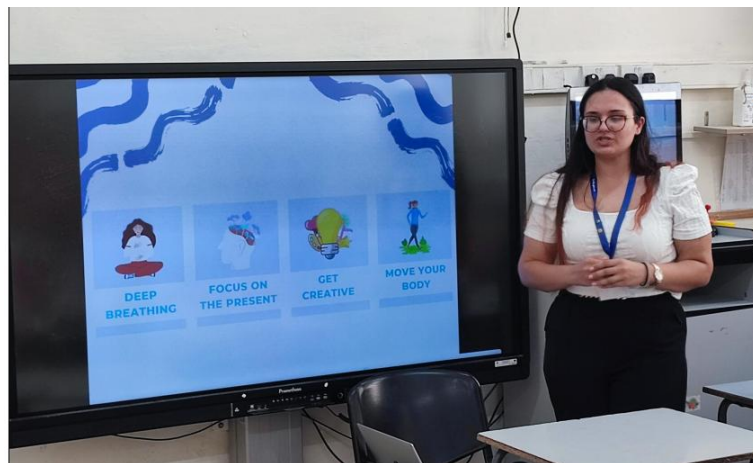


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Health Educational Material



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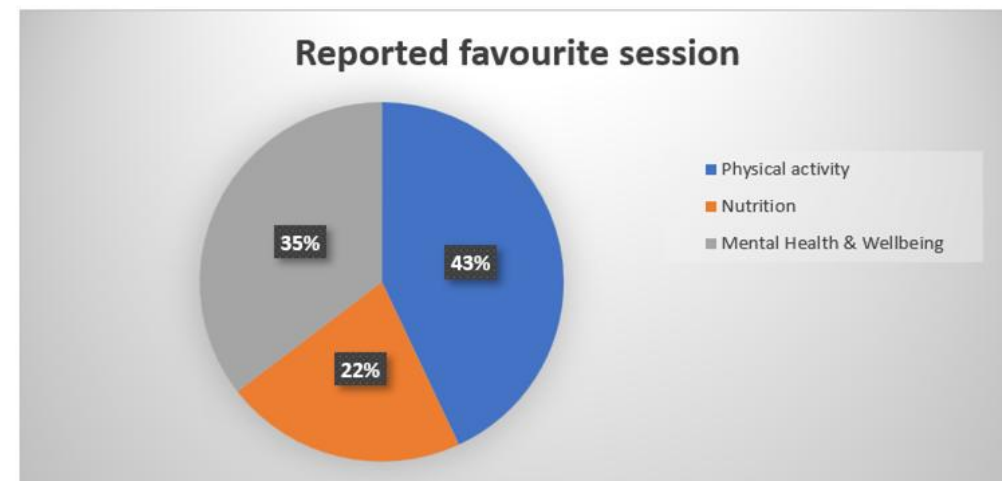
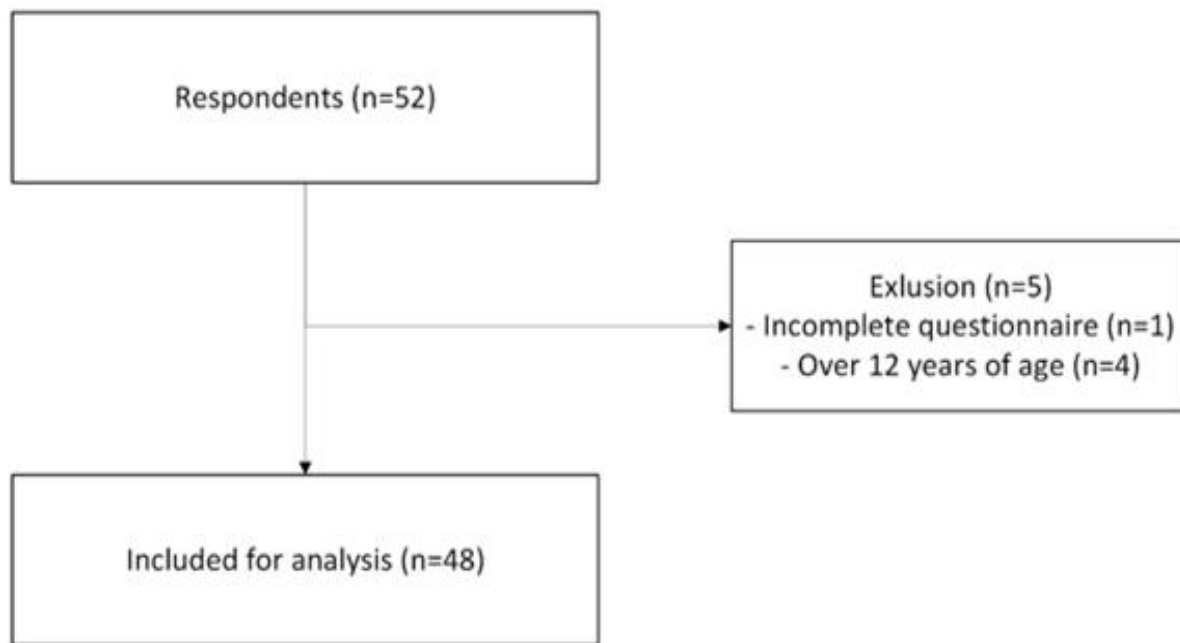


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Evaluation of Summer School programme



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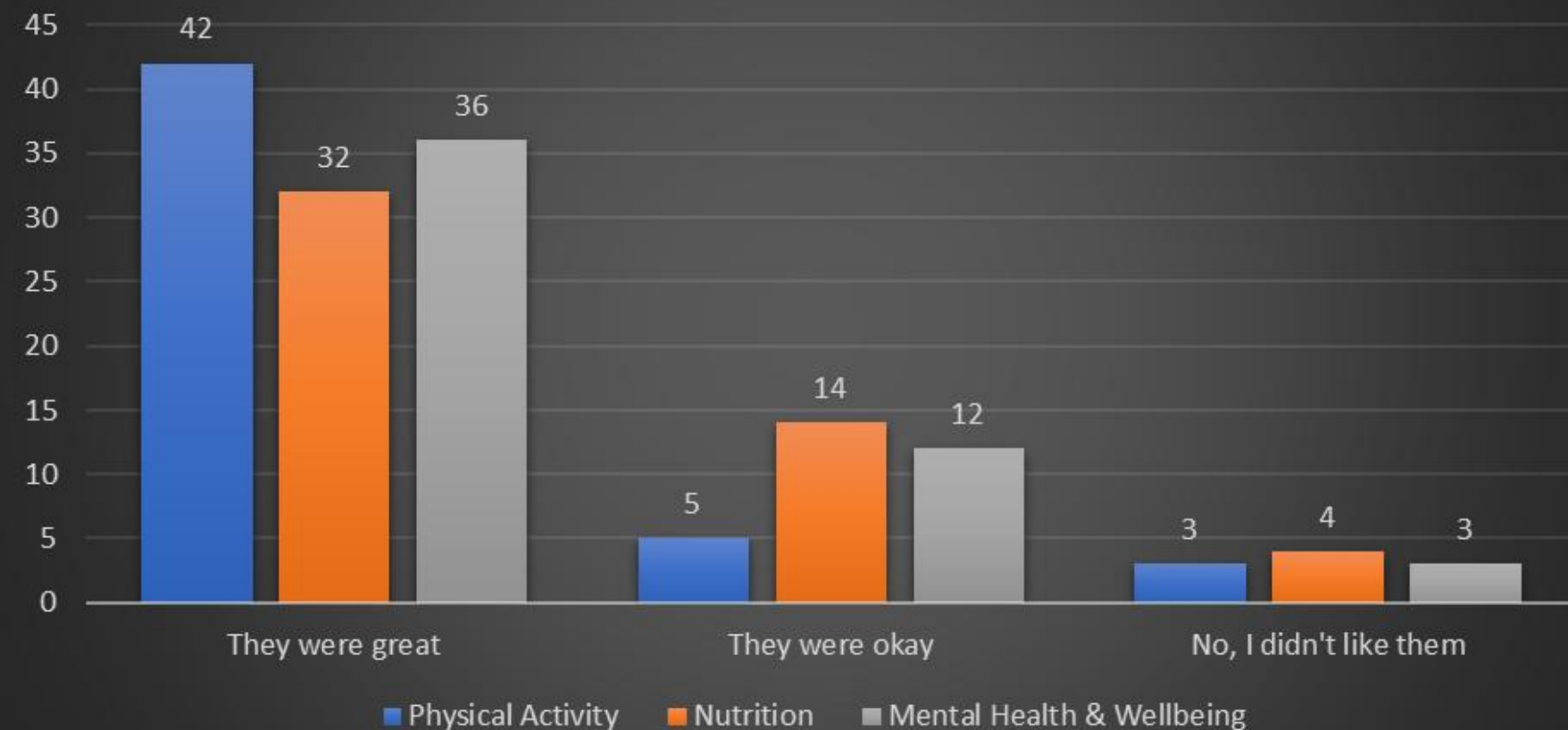
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Evaluation of Summer School programme

Participants' satisfaction of each session



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Action 2: School Play

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- Organised a school play focused on healthy eating behaviours
- Wrote/practised script
- Involvement of three members of staff
- Performed it in front of 45 primary school age children and educators



School Play

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Action 3: Winter Afterschool Healthy Lifestyle Programme (March-April 2025)

- Meetings with Head of School regarding the logistics
- Evidence-based interventions for age group 8-10 years and their parents/guardians including cooking class
- 6-week programme involving nutritionist, physiotherapist and psychologist
- Sent invitations to parents/guardians and children to attend Healthy Lifestyle programme
- Created resources such as educational nutritional games and a snakes and ladders game to promote PA and provided health educational material



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Poster Reminder of Programme

Healthy Lifestyle Programme

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Healthy Lifestyle Programme

Join Us for 6 Weeks of Fun & Learning!

When?
Every Thursday starting from 6th March

Time?
2:30 PM - 4:00 PM

Where?
Hamrun GP Primary School (Karmen Azzopardi)

Who?
Parents/Guardians with children aged 8-11

What's Included?

- ✓ 6 Interactive Sessions
- ✓ Fun Activities for Kids & Parents
- ✓ A Special Cooking Class

Don't miss this great opportunity to learn and practice a healthier lifestyle together!

Limited spots available! Inform the school if you're interested.

Let's make healthy living fun and exciting!

San Gorgi Prisca College



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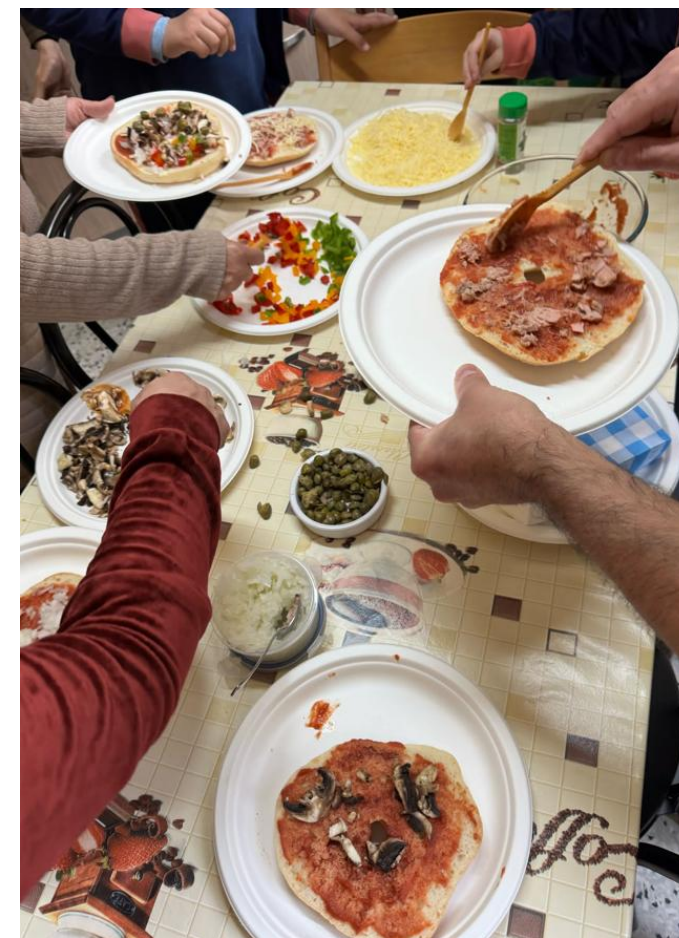
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Cooking Class (Healthy Lifestyle Programme)

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Action 4: Supermarket nutrition education

- Contacted owners of 2 supermarkets in Hamrun – **Alfsons** and **Interspar**
- Prepared material to disseminate to customers (recipe books, shopping guide, information on salt, sugar, fat, colouring books)
- Visited Alfsons supermarket and Interspar supermarket 4 times each between August and October 2024
- Around 80 interactions with shoppers recorded each time
- Time from 8am till noon



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Action 5: Multicultural Activity in Hamrun

- 30th August evening 2024
- Disseminated health material and spoke with residents
- Talked to an estimate of 77 people
- Opportunity to meet with non-Maltese residents residing in Hamrun



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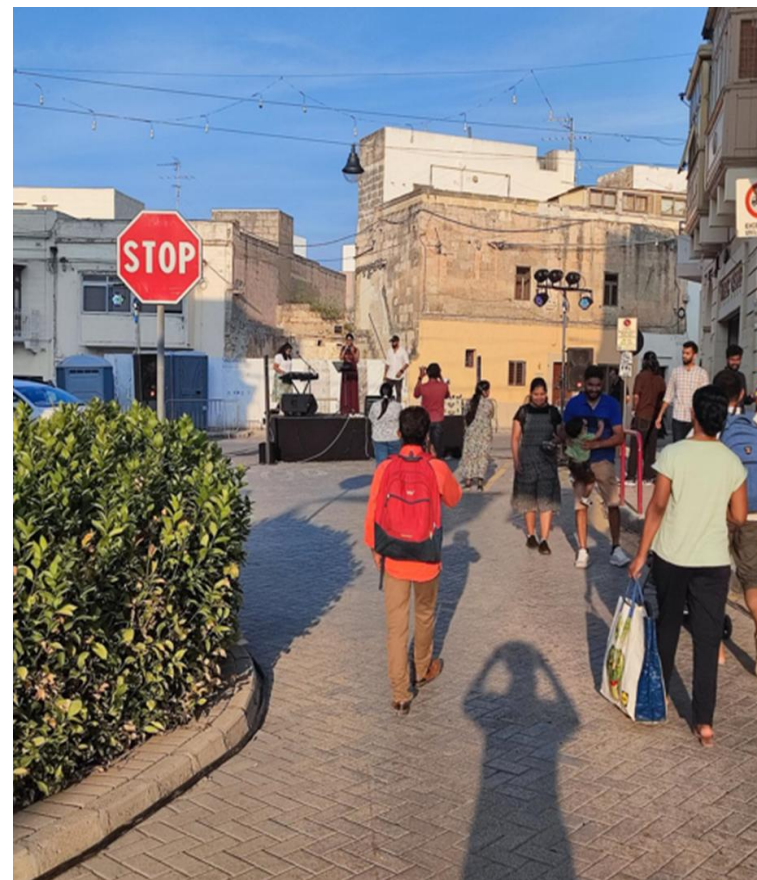


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Action 6: Family Fest in Hamrun

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- 24th November 2024 (Sunday morning event)
- Closure of main street in Hamrun
- Disseminated health material and performed health checks (blood pressure/blood glucose tests)
- Spoke to an estimate of 60 people and performed around 25 healthchecks
- Opportunity to meet with the locals and do brief health interventions



Family Fest organised by Hamrun Local Council

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Poster Campaign for school – social media posters



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General Recommendations for Programmatic Interventions

- Perform a needs assessment
- Involve a diverse group of stakeholders
- Plan ahead
- A number of human resources are involved
- Tailor messages and interventions to match community values and practices



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General Recommendations for Programmatic Interventions

- Choose programmes which can be sustained by the chosen neighbourhood and repeated over time.
- Train the trainer programmes (scout leaders, teachers, community leaders)
- Set up feedback systems and robust evaluation component

Members of working Group

- Dr Paula Vassallo - Project lead
- Dr Mariella Borg Buontempo – Senior researcher
- Ms Sharon Vella –Project manager

Thank you all for your participation!



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