

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

Session 2.5 - Grünau Moves: Examples of Local Actions

Unit 2.5.3 - Case A "Structural Interventions in Galicia"

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Slide 1

So welcome to the Module 2, in which we are going to talk about Grünau Moves: a Best Practice to promote health and prevent obesity in children.

Slide 2

Welcome to Lesson 5. Grünau Moves: examples of Local Actions. I am Carolina Munoz, the chief of the Healthy Lifestyle service in the Public health department in the Spanish region of Galicia. And in this video, we're going to talk about the Structural Interventions.

Slide 3 - The Procedure

Here we have the procedure that we followed for achieving our goal. We firstly use the Living Healthy Tool about which we talked in the lesson 3 and in order to conduct the needs assessment of the area of intervention.

So, once we established the needs assessment map with the Living Healthy Tool, we noticed that community remarked a high sedentary behaviour. We prioritise this item by deciding to improve the facilities for children to play by painting traditional games on a public space.

Secondly, with the results that we obtained with this need assessment, we made a participatory intervention where all the Health Network had the opportunity to give their opinion on what we should do, what area we should change within the area of intervention.

Thirdly, we established the place in which we were going to modify the structure and this was somehow difficult because it requires some permissions and the first place that was chosen changed to the second one that finally was chosen.

In the fourth step we have the project co-design. We decided to establish some traditional games, but we had to study which one were the most used in this area of intervention.

And finally, in the fifth step we had the opening day where we show all the kids this new place where they will be able to play since that day.

Slide 4 - Place establishment

So, the place establishment was done in the roof of the local auditorium where we can see all the concerts of the local area. In front of this auditorium we have the local market, so this was a very busy area usually every day. And also, we have closed the library of the area so we changed an empty space that was not currently used for any purpose in a playground place in a busy area that used to be used by the local persons. What we needed? We needed permissions. It was required some cost for the paintings and a maintenance of the paintings

that we were going to build in this area. Also, it was important the climate conditions and the type of pain we were going to use because this area is empty of any tree or any covered place, so it was required to use a specific painting for achieving our goal. That was to paint traditional games that could be inclusive for every child in the neighbour.

Slide 5 - Painting design

Which is important is that we co-designed the painting through citizen participation. In fact, there was involved a job volunteer association that was the responsible for painting these games into the ground, so the costs were very low and they were done by the Council of the Region. So, this was made by the volunteer association, young people that are interested in improving their skills for obtaining a new employment, so they participate in many groups of work.

Slide 6 - Painting design

Finally, you can see the result. Some of the pictures of the different paintings we made in the ground of the place. You can see that maybe these games are different to those of other countries because they are very well adapted to the local area of intervention. So, they were co-designed through a participatory approach, and the result is what you see.

Slide 7 - Opening day

On the opening day we took many groups of children from different schools of the local area to taste, to prove, to use these wonderful games and the result you can see it in this video and in these pictures. All the children that we interviewed were so happy to have this new place, this new game place and of course, we took into account these inclusive games that take into account also the children that could be with disadvantages because they were games that are used for every family in this local area that are very well known by their grandfather, grandmother. These games were designed so they can be used by all the family between generations and with the whole community, not only for children but for these grandparents that can show them how to play them because they were very typical in this area.

Slide 8 - Thank you all for your participations!

And that's all. Thank you very much for your attention.