

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

HEALTH 4 EU kids

Your Kids' Health, Our Priority

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)

Your Kids' Health, Our Priority

Unit 2.5.3 b Grünau Moves: Examples of Local Actions "Structural Interventions: a School Garden Experience"

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Actions to implement school gardens in a vulnerable neighbourhood



Analysis of territorial needs

Getting to know and listening to the community

Create a community health asset map

Connect and dinamize these assets for health

School garden in La Coma neighbourhood of Paterna, Valencia -Spain







Actions to implement school gardens in a vulnerable neighbourhood





In the needs assessment process, a meeting is scheduled with the neighbourhood schools.

Their active projects and current needs are discussed, and we found that they had designated space for a school garden, but it has never been implemented.

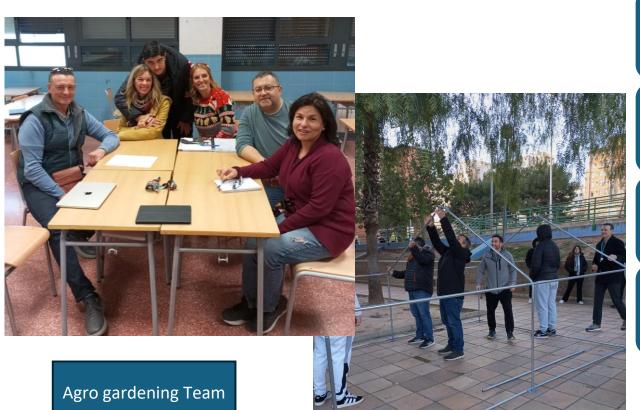
Among the reasons is the lack of knowledge about how to create, care for, and maintain gardens in schools.







Actions to implement school gardens in a vulnerable neighbourhood



We contacted a farm school outside the neighborhood. The results weren't positive

We began a second round of meetings with the basic vocational training program in Agro gardening and Floral compositions located in the neighborhood.

Students and teachers were asked questions, and they expressed a willingness to collaborate.

As a result of this commitment, collaborative agreements are established: We schedule meetings to connect them.







Connecting and dynamizing of local assets and resources



Health and Digital

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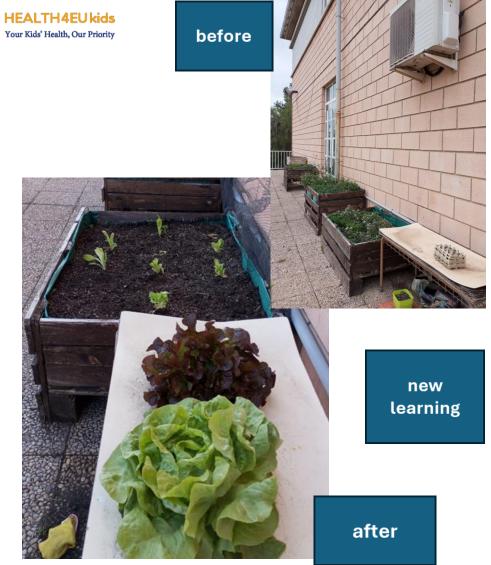




after



Connecting and dynamizing of local assets and resources



Antonio Ferrandis primary school











What are the benefits of these community actions?

Promotion of collaborative learning

Promotion of environmental care, improvement, and transformation of neighborhood spaces

Promotion of healthy habits in the school environment

Contribution of improving self-esteem

Promotion of peer education and intergenerational activities

Strengthening ties and improving neighborhood coexistence









The sustainability of this project is based on the stimulation of local resources

Human resources of the neighborhood: primary school students, students from the Agro gardening vocational training program and their teachers.

Material resources: Each school has contributed tools, seeds, fertilizer, gloves, spaces, etc.

Economical resources: The Paterna Town Hall, through the Department of Health, has contributed to this project with a financial grant.









The sustainability of this project is based on the stimulation of local resources





TO SUM UP

The key: commitment and awareness is needed to take care of what has been built. Otherwise, we will go back to the previous image of the neighbourhood





Thank you all for your participations!











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