



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 3

Smart Family: a Best Practice to support and empower families in promoting well-being and healthy lifestyle



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

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Your Kids' Health, Our Priority

Unit 3.3.1

Implementation phase of Smart family “Implementing actions in Croatia”

Maja Lang Morović
Croatian Institute of Public Health



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Implementation of Smart family in Croatia

Setting the stage

Setting: educational

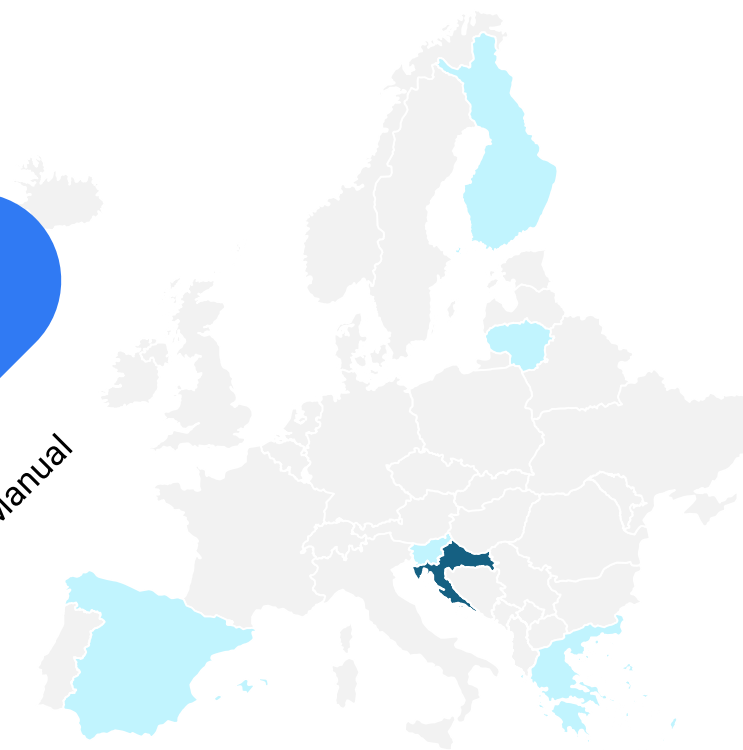
- Kindergarten staff: teachers, nurses, psychologists, pedagogues, others
- Children aged 1 - 7 and their families

Two trainings: general & Smart Card

- First training for general kindergarten staff: basics of Smart Family - 229 participants
- Implementation of activities
- Second training for kindergarten nurses: Smart Card -

Material adaptations

- Materials for implementation in kindergartens; Smart Card & Manual



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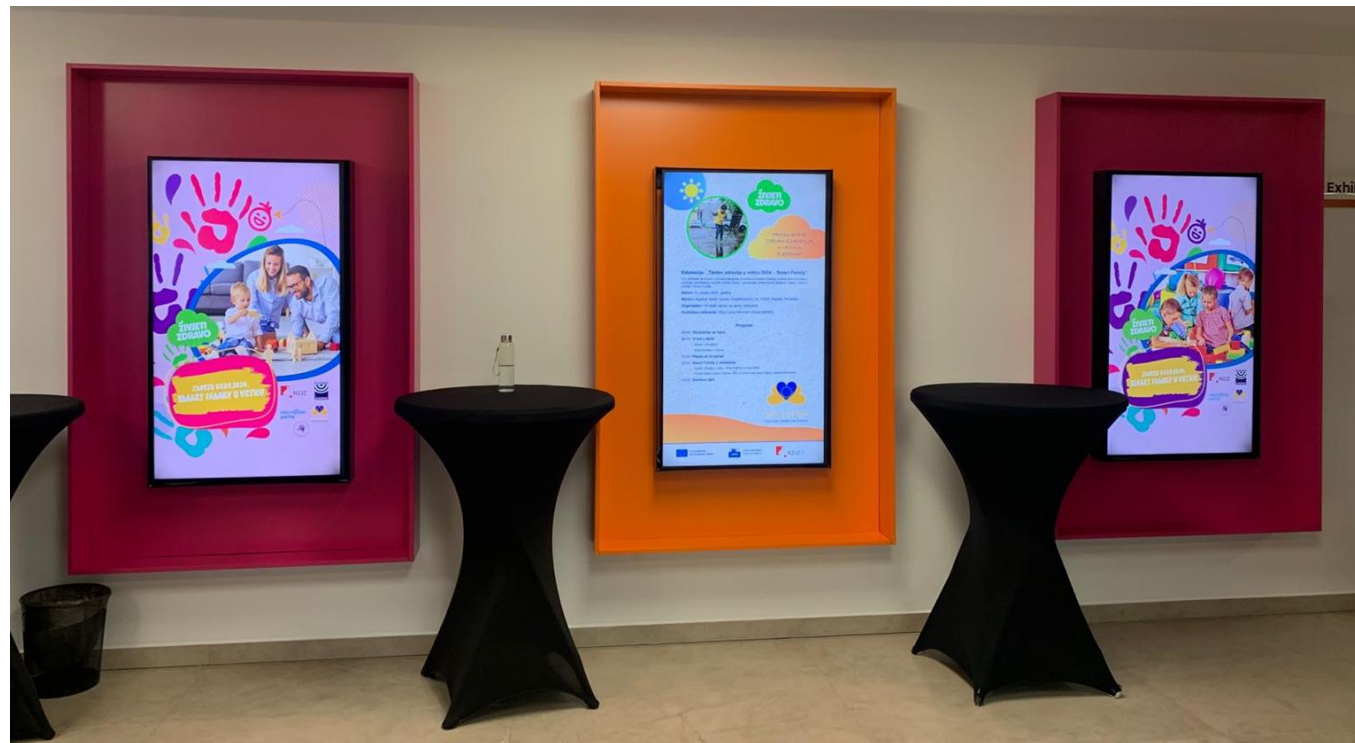
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Implementation of Smart family in Croatia

First training

Scope

- March, 2024
- Kindergarten staff
- 1-day training
- Participants:
128 in-person
159 online



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Goal

- To introduce the Smart Family method and possibilities for its application in Croatian kindergartens with children and with families
- To outline the implementation plan for the method in Croatia



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Content

- Background: lifestyles of families in Croatia
- Policy behind health promotion in Croatia
- Theoretical background of Smart Family
- Possibilities for the implementation
- Implementation plan



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Implementation of Smart family in Croatia

Implementation in Kindergartens



Kindergarten Health Month – April 2024

- Adapted materials: Group Activities for Kindergarten classes, Educational Materials, Assessment Materials, Materials for Families, Materials for Supporting Families
- Implementing SmartFamily model for the minimum of one month
- Implementing activities in kindergarten groups, assessment of lifestyles, working with families



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Implementation of Smart family in Croatia

Implementation in Kindergartens

Kindergarten Health Month

- 117 kindergartens joined – parental consent for sharing photos
- Most decided to prolong the implementation of activities
- Part of them used assessment tools for communication with families



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Implementation of Smart family in Croatia

Second training – Smart Card & Manual

Knjižica obiteljskog
zdravlja predškolskog
djeteta

Smart Card



Ime djeteta:

Imena majke i oca:

Prehrambene navike majke

1/16 Naša obitelj jede zajedno za stolom barem nekoliko dana u tjednu.

1/14 Svaki dan sam tjelesno aktivna (npr. stepenice, rad u dvorištu, kupovina, aktivnosti na otvorenom).

1/14 Dijete voli sudjelovati u različitim tjelesnim aktivnostima.

2/14 Dijete je svakodnevno tjelesno aktivno na otvorenom.

3/14 Dijete ima dovoljno vremena za tjelesnu aktivnost.

4/14 Dijete se kreće u sigurnom okruženju.

5/14 Dijetetu je omogućeno sudjelovanje u različitim tjelesnim aktivnostima.

6/14 Dijete ima odgovarajuću opremu za tjelesnu aktivnost.

7/14 Dijete provodi manje od 2 sata dnevno pred ekranima.

Tjelesne aktivnosti djeteta

Tjelesne aktivnosti oca



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Implementation of Smart family in Croatia

Second training – Smart Card & Manual

Knjižica obiteljskog
zdravlja predškolskog
djeteta

Smart Card



Ime djeteta:

Imena majke i oca:



Manual + Cards



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Implementation of Smart family in Croatia

Second training – Smart Card & Manual

Knjižica obiteljskog zdravlja predškolskog djeteta

Smart Card



Ime djeteta:

Imena majke i oca:

Knjižica obiteljskog zdravlja –
priručnik o provedbi
planiranja obitelji

2024.

Manual + Cards

Dio 1.: Pravilna prehrana
Prehrambene navike majke/oca/djeteta

2/16 Svakoga dana doručujem i ne preskačem obroke

2/16 Dijete svakodnevno dan započinje doručkom, ima redovite glavne obroke i 1-2 međuobroka

Doručak kao dio pravilne prehrane i načina života može pozitivno utjecati na zdravlje i kvalitetu života djeteta. Doručak osigurava energiju potrebnu za početak dana, poboljšava pamćenje, razumijevanje i pridonosi boljem raspoloženju. Konzumiranje doručka može pridonijeti održavanju povoljnog indeksa tjelesne mase (ITM). Preskakanje doručka može uzrokovati mučninu tijekom jutra i ometati procese učenja i pamćenja te biti razlog lošijeg raspoloženja. Istraživanja su pokazala da oni koji preskaču doručak češće tijekom dana konzumiraju hranu bogatu mastima, a siromašnu vlaknima.

Tijekom dana je važno ne preskakati glavne obroke i započeti dan s doručkom. Tijekom noći se naše rezerve u obliku glikogena razgrađuju da bi se osigurala glukozna potrebna našem organizmu. Zato je i jest važan doručak, koji omogućava da se tijekom noći ispražnjene rezerve glikogena popune i osigurava energiju za jutarnje aktivnosti. Također, naš se metabolizam za vrijeme spavanja i mirovanja usporava pa doručak pridonosi njegovom ubrzanju i boljem funkcioniranju. Doručak ne mora biti jednoličan i ponavljati se, a odlična je prilika za opskrbiti organizam važnim i neophodnim hranjivim tvarima.

U izdvojenom dijelu s karticama nalaze se materijali koje možete koristiti tijekom razgovora s roditeljima.

Prve dvije kartice možete koristiti kako biste roditeljima prikazali što sve doručak može uključivati i koje namirnice možete kombinirati za nutritivno bogat doručak.

Kartica 3 može Vam pomoći motivirati obitelji da uvedu ritam u naviku doručka.

Kartice 4 i 5 su kako biste roditeljima prikazali preporučeni ritam obroka kao i najčešće trenutke u kojima uvodimo dodatne međuobroke čime povećavamo dnevni energetske unos i možemo dovesti do neravnoteže odnosno povećanog rizika za prekomjernu tjelesnu masu ili debljinu.

Kartica 6 može pomoći u obiteljskom planiranju obroka.

KARTICA 1 KARTICA 2 KARTICA 3
KARTICA 4 KARTICA 5 KARTICA 6





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Implementation of Smart family in Croatia

Second training

Scope

- December, 2024
- Kindergarten nurses & County Public Health institutes' representatives
- 4-day training (30 - 40 participants per training)
- All together: 139 in-person participants



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Implementation of Smart family in Croatia

Second training

Scope

- December, 2024
- Kindergarten nurses & County Public Health institutes' representatives
- 4-day training (30 - 40 participants per training)
- All together: 139 in-person participants

Goal

- To introduce the Smart Card as a family counseling tool and possibilities for its application in Croatian kindergartens
- To introduce Smart Card and Smart Card Manual
- To get comfortable with using Smart Card with families



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Implementation of Smart family in Croatia

Second training

Scope

- December, 2024
- Kindergarten nurses & County Public Health institutes' representatives
- 4-day training (30 - 40 participants per training)
- All together: 139 in-person participants

Goal

- To introduce the Smart Card as a family counseling tool and possibilities for its application in Croatian kindergartens
- To introduce Smart Card and Smart Card Manual
- To get comfortable with using Smart Card with families

Content

- Ideology behind Smart family
- Motivational counseling
- Obesity stigmatization
- Smart Card & Manual
- Possibilities for the implementation
- Exercise



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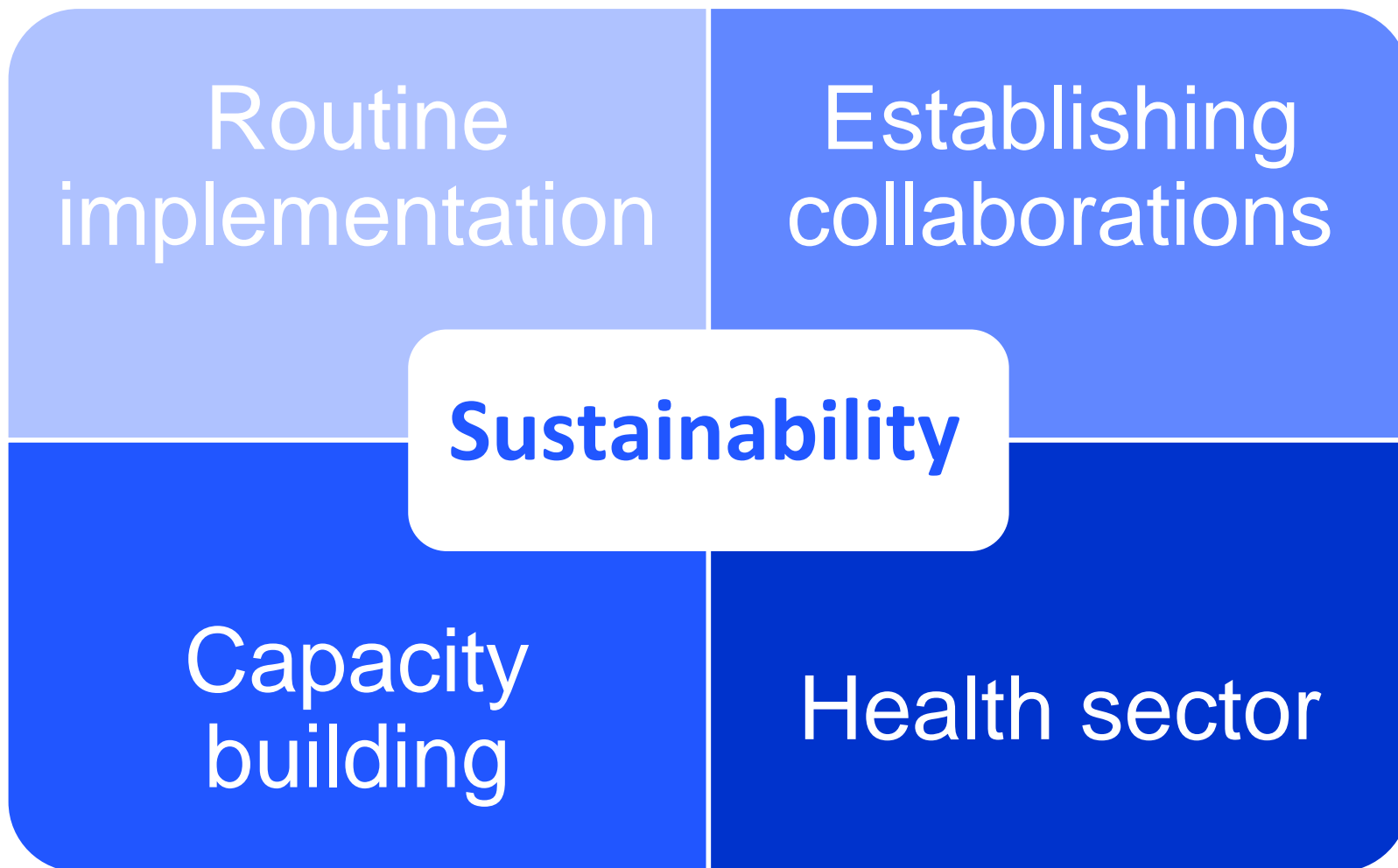
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Looking into the future



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Implementation of Smart family in Croatia

General recommendations

Key Steps

Choice of
the setting

Support and
coordination in
implementation

Alignment
with national
policies

Thank you all for your participation!



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