



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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Unit 3.4.2

Post-implementation phase of Smart family “Lessons learnt and plans for the future in Kaunas city”

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Intensive working with the families

In Kaunas, the Smart Family model was implemented with modifications to the intensity of activities and work with families, due to the type and possibilities of the country's healthcare policy, compared to the practice in Finland.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
	R - REMOTE	D - DIRECT	JANUARY				FEBRUARY				MARCH					
	week	1	2	3	4	5	6	7	8	9	10	11	12	13		
	92															
RELAXATION SKILLS AND SLEEP HYGIENE	FAMILY (3 groups) D														6	
POSITIVE PARENTING SKILLS/STRESS MANAGEMENT	PARENTS D (2 grupės)				4			4			4					
BODY IMAGE/RELAXATION SKILLS	KIDS (2 grupės) D		2		4			4			4					
	34															
FAMILY DIET	PARENTS R				2			2			2				2	
	PARENTS D		2													
2x SPORTS INSTRUCTORS																
JOY OF MOVEMENT	Family (2 groups) D		2	2	2		2	2	2		2	2	2	2	2	2
	76															
APPRENTICE COOK+assistant																
FOOD PRODUCTION PRACTICE	Family (3 groups) D			6			6		6		6		6		6	
	132															
COUCHER/CASE MANAGER																
REMOTE FAMILY SUPPORT	PARENTS R			2					2				2			
	22															
	WORK HOURS															
Hours of food production per family	44															
Physical activity for one family	39															
Adult diet planning and implementation training	34															
Parenting skills and stress management for one adult	16															
Relaxation classes for one family	8															
Body image and relaxation classes for children	22															
Remote support for parents	22															
	185															

Started 2024 January
Ended 2024
December
(except summer 3 months)



Team working with the families:

- nutritionist
- case management specialist
- chef
- physical activity specialist
- psychologist

- **TOTAL WORKING HOURS WITH ONE FAMILY DURING THE PROEJECT YEAR – 185 DIRECT AND REMOTE HOURS**
- **KEY TOOL – FINNISH TEAM MATERIALS FROM SMART FAMILY MODEL IN FINLAND**
- **BEFORE START – PROJECT COORDINATORS TRAINING SESSION WITH MENTIONED TEAM AND SPECIALISTS (how to use Finland Smart family model materials)**






Results after the implementation and working with the families

◆ OVERVIEW OF CHANGES BY KEY AREAS

Changes in Healthy Eating Habits - What has changed?

- People started cooking at home more often.
- Before the program, cooking was mostly done 3–5 times per week; now, more people cook daily.
- Fruit and vegetable consumption increased.
- Previously, they made up about 20% of the diet; now, they have increased to 35–50%.
- Fast food consumption has decreased.
- Before the program, many children ate fast food several times a month - after the program, they reported eating it only once a month or not at all.



Conclusion: the program successfully encouraged families to choose healthier food and cook more at home, but there may still be challenges in maintaining these changes long-term.



Lessons Learned from Practical Events

The weight gain in children is a normal sign of growing bodies.

However, most did not increase their waist circumference, and nearly half even reduced it.

This suggests that after changes in diet, sleep routines, physical activity, and increased parental support, about half of the children successfully applied the knowledge gained during the program and ensured healthy growth.

Still, about half of the participants gained additional weight, indicating that some families need more time for change.

While many adults successfully applied knowledge about nutrition, physical activity, and sleep, they did not have time to adjust their psychological attitudes and parenting skills, which are essential for initiating internal changes in children.



Participants' suggestions for continuity and quality improvement

1. Extend the program duration.

- Some participants stated that changes do not solidify in a short time, so they would like a longer program or a support system after it ends.

2. More practical activities.

- Participants enjoyed hands-on sessions the most, so they suggest more:
- More healthy cooking workshops.
- More coaching group and one-on-one support.
- Family-oriented physical activities.



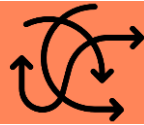
Participants' suggestions for continuity and quality improvement

3. Greater parental involvement.

- Some parents felt they should have participated more.
- Suggestions: More individual consultations (coaching and psychotherapy) for parents or practical advice on changing family habits

4. How to maintain habits after the program?

- Some respondents reverted to old habits after the program due to a lack of support.
- Suggested creating a continuous motivation system:
- An online community with tips and challenges.
- Periodic reminders or meetings with specialists.



Possible Improvement Directions

Longer program duration or greater psychological support mechanisms.

More practical sessions – people engage best when they can apply concepts in real life.

More family-oriented activities to involve both parents and children.

Creating a system to sustain motivation after the program ends (e.g., online support meetings, individual and group coaching).



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Conclusion

The program was beneficial and encouraged healthier habits, especially in nutrition, physical activity, and family time without screens.

Participants engaged most in practical activities (cooking, sports).

Challenges remain in reducing screen time and maintaining habits long-term.

Greater Psychological support and additional support mechanisms after the program would be valuable.

All participants agreed they would 100% recommend this program to others.

These conclusions can help further improve the program to make it even more effective and ensure a lasting impact!



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Future plans in Kaunas city:

Sustainability Strategies

- ✓ Identify long-term strategies for financial and operational sustainability.

Regulatory and Compliance Considerations

- ✓ Address regulatory requirements or approvals needed.

Next Steps and Action Plan

- ✓ Define actions, responsibilities, and timelines for further progress.

Thank you all for your participations!



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VISUOMENĖS SVEIKATOS BIURAS



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Funded by the European Union. This project has received funding from the European Union's **EU4HEALTH** Programme under Grant Agreement no. **101082462**. This publication reflects only the author's view. It does not represent the view of the European Commission and the European Commission is not responsible for any use that may be made of the information it contains