



JANPA in BRIEF

***European Joint Action
to contribute to halting the rise
of overweight and obesity in children***

What is JANPA?

- ***JANPA is a Joint Action across Europe***
on nutrition and physical activity
- Started in 2015 and will continue until 2017
- Will help member states ***to halting the rise of overweight and obesity in children and adolescents*** by 2020
- Focuses on ***nutritional and physical activity policies targeting childhood and adolescence***

Who is involved?

- **26 countries**, including 25 of the 28 European Member states and Norway, *participate in JANPA either as partners or collaborating stakeholders*
- A total of **39 Institution partners**, and **13 collaborating stakeholders** are involved in JANPA

What do we want to achieve?

Through sharing, identification and selection of best practices within participating countries, JANPA aims to:

- ***estimate and forecast the economic costs*** of overweight and obesity
- improve the implementation of integrated interventions to ***promote healthy nutrition and physical activity*** for pregnant women and families with young children
- ***contribute to healthier*** child care in family, kindergarten, pre-school and school ***environments***
- ***improve the way in which nutritional information about foods is collected and used*** by public health authorities, stakeholders and families

JANPA work packages

JANPA is organised in seven work packages.

Work packages 1, 2 and 3 deal with *Coordination (France)*, *Dissemination (Italy)* and *Evaluation (Greece)*

They help facilitate four technical work packages:

4. *Evidence and economic rationale for action on childhood obesity - Ireland*
5. *Nutritional information monitoring and food reformulation prompting - France*
6. *Healthy environments by integrated approaches - Hungary*
7. *Early interventions - Finland*

Why JANPA?

- In Europe the number of children overweight or obese is increasing: ***currently affecting 1 out of 3 children aged 6-9 years old***
- Obesity is related to several diseases and represents a large burden on health and social care

How?

- A *life-course approach* is necessary, the promotion of a healthy diet and physical activity in children already starts during pregnancy and early age
- Policies and interventions stem from a *multi-sectoral approach*, including better coordinated government actions between the social, employment, education, health, agriculture, transport and private sectors
- Nutrition and physical activity are related to social conditions. The reduction of *social inequalities* is considered a crucial aspect of JANPA

What can be done?

- ***Social and political mobilisation is needed*** to facilitate actions and their coherence at various levels to improve nutrition and physical activity among children in Europe
- ***Such initiatives require partnerships and networks*** mainly between public health professionals, regional and local authorities, educational institutions, communities, universities, food industry, non-profit organisations and associations

What can be done?

***All member states are called on
to contribute
to the JANPA objectives
by promoting public health policies
and encouraging healthy lifestyles***

Find out more about JANPA:

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Thank you!

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