



DEFINITION AND CRITERIA OF GOOD PRACTICE FOR CHILDHOOD OBESITY PREVENTION PROGRAMS

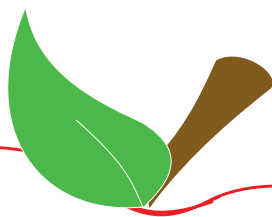
What is it about?

This document presents a definition and set of criteria to identify good practices based on the characteristics, planning, implementation as well as monitoring and evaluation of preventive programs and policies aiming to counteract childhood obesity and improve nutrition and physical activity from pregnancy to adolescence.

To establish the final list of criteria, a literature review was conducted followed by a Delphi consultation among JANPA partners to decide on the relevance and priority of the identified elements.

Nine core criteria divided into 3 categories have been identified to consider a measure as JANPA Good Practice:

1) **intervention characteristics:** the approach is proven to be successful and effective in practice; objectives are clear and SMART (specific, measurable, assignable, realistic, time-related); target group is clearly defined;



The good practice collection is an inspiring tool for health practitioners and decision makers to adapt the presented actions to the local context or to create new measures.

Good practice definition

A good practice is not only a practice that is good, but a practice that has been proven to work well and produce good results, and is therefore recommended as a model. It is a successful experience, which has been tested and validated, in the broad sense, and which has been repeated and deserves to be shared so that a greater number of actors can adopt it.

2) **implementation:** activities are using/integrating existing structures; target group is aimed to be empowered; there is broad support for the intervention amongst the intended target populations;

3) **monitoring and evaluation:** outcome/impact evaluation showed significant contribution to the target behavior or its determinants; most of the planned activities have been performed and most of the objectives have been reached; financial and human resources are in place for evaluation.

Using in practice

How can the report be used?

Exchanging, transferring, and adapting existing practices or their main elements helps to spread successful examples as well as to foster the learning process. All parties can benefit from the wealth of experience provided by a good practice: either from the overall idea or from the details that contributed to the success of a practice.

Who needs to be involved?

The document primarily targets programme planners and decision makers who wish to act against childhood obesity, e. g. policy makers, practitioners, healthcare personnel, social workers, school head masters, non-governmental organisations, etc.

Criteria for good practice identification are needed in order to facilitate and standardize the search for effective activities among different countries.

Good practices were selected from European countries participating in JANPA, according to a set of agreed evaluation criteria (DELPHI Technique), clustered into the following categories

Concept
& Design

Implementation

Monitoring
& Evaluation

**EVALUATION OF THE INTERVENTIONS
(policies, programmes and practices)**

*C Hsu and BA Sandford. The Delphi Technique: Making Sense of Consensus.
Practical Assessment, Research & Evaluation. Vol 12, No 10, 2007*

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This factsheet is a summary of the D6.1 "Definition and criteria for good practices" and D7.1 "Definition and criteria of good practice for overweight and obesity prevention programs targeted to families during pregnancy, breastfeeding and early infancy" available on the JANPA website/outcomes

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