

CREATING HEALTHIER ENVIRONMENTS IN KINDERGARTENS AND SCHOOLS



A guide for programme planners and decision makers

What is it about?

Numerous local and national programmes and policies aim to curb increasing obesity levels by promoting healthy nutrition and physical activity in kindergartens or schools. Some of these programmes or programme elements have been shown to be more effective in preventing obesity and/or its risk factors and thus can serve as a good example for other countries to follow. This Guide has two aims: first to present good examples collected from 16 European countries following a strict and standardized protocol. Secondly to provide lessons learnt conclusions on HOW to design and implement effective and sustainable actions.

These conclusions were synthesized based on the experiences of programme planners, decision makers, and those working in programme implementation via semi-structured interviews and online questionnaires carried out in the WP6 countries (Bulgaria, Estonia, France, Germany, Greece, Hungary, Italy, Latvia, Luxembourg, Poland, Romania, Slovakia, Slovenia, Spain plus Ireland and Malta).



Main objectives

- Provide inspirations and examples for future initiatives based on rigorously selected practices
- Present lessons learnt from decision makers and programme planners on HOW to design, implement and evaluate actions.

What can be done in kindergartens and schools?

- 1) Facilitate physical activity
- 2) Provide easy access to the healthy options and eliminate unhealthy foods
- 3) Restrict marketing
- 4) Improve education on nutrition and healthy lifestyle
- 5) Care for overweight children
- 6) Monitor and screen for overweight children

Using in practice

How can the Guide be used?

The Guide includes recommendations based on the suggestions of the EU Action Plan on Childhood Obesity 2014-2020 completed by ideas, examples and case studies coming from the 39 collected practices. It can serve as an inspiration tool for countries on how to implement policies and strategies to increase physical activity and promote a healthy diet in 3 to 18 years old children by creating enabling environments in kindergartens and schools. Besides listing specific measures and intervention elements, the document also describes opportunities on HOW to implement integrated measures, HOW to address inequalities, HOW to consider transferability and sustainability aspects as well as HOW to include a robust evaluation during the planning phase. At the end of the Guide, specific action items for key actors are listed.

It can be used closely with the JANPA web-based toolbox which gives an easy access to a searchable database with details on the selected good practices (see specific Fact Sheet).

Who needs to be involved?

The Guide mainly addresses national, regional and local governments, municipalities, schools and non-governmental organisations who can play a role in creating healthier kindergarten and school environments either by legislations or by effective programmes.

Stakeholders from different sectors (e.g. health, education, food and agriculture, sport, transport, urban design, media) can use the Guide to learn from existing and past programmes.