



# WEB-BASED TOOLBOX FOR DECISION MAKERS AND PROGRAMME PLANNERS

## Healthy environments by integrated approaches

### What is it about?

JANPA Toolbox ([www.janpa-toolbox.eu](http://www.janpa-toolbox.eu)) is a web-based hub aiming to help programme planners, after a decision process, to design and implement effective interventions. It contains the most important outputs of WP6.

The main feature of the Toolbox is the *Good practice database*, where interventions can be sorted by countries, settings, intervention focus, intervention type, and budget categories. To understand the context in which these interventions were implemented, each country context is described by a country profile document with up-to-date information on the prevalence of overweight and obesity, structure of the education system, nutrition environment and physical activity in kindergartens and schools.

In addition, programme planners can analyse their existing or planned interventions with a self-assessment tool, consisting of four checklists with good practice criteria identified and agreed to by WP6 experts.

### How were the presented practices selected?

The Toolbox brings together diverse practices from 16 European countries which were collected in a standardized way. In doing so, WP6 first set up a definition and criteria for good practices that served as a framework for further work.

Experts from 11 WP6 institutions reached a consensus, in two consecutive Delphi rounds, on the criteria and definition of good practices.

In this work, criteria to select best practices were grouped into three categories: *Intervention characteristics, Implementation and Monitoring and Evaluation*.

The three highest ranking criteria per category were considered as *core criteria* that needed to be fulfilled to qualify an action as *JANPA Good Practice* (see Deliverable 6.1 “Definition and criteria for good practices”).

### Using in practice

#### How can the Toolbox be used?

The Toolbox can serve multiple purposes. Its main goal is to connect those who would like to intervene against childhood obesity with those ones who gained knowledge and experiences in this area by implementing actions on the field.

In addition, in order to get familiar with the structure of the education system and characteristics of the school environment in a particular country comprehensive and up-to-date data can be found easily. Finally, programme planners can evaluate and improve their own interventions with the help of a self-assessment tool.

## Who needs to be involved?

The Toolbox can be useful to anyone who would like to act against childhood obesity in the kindergartens and schools. It is intended to support the efforts of national, regional or local level policy makers, academics, school head masters and non-governmental organisations.

Stakeholders from different sectors (e.g. health, sport, education, agriculture, food supply, etc.) can use the Toolbox to learn from previous the experiences of others and be inspired by country examples.

Public authorities should consider introducing legislations that help to create *healthy environments* in educational establishments.

## Which actions?

Countries need to integrate various actions to create healthier environments in kindergartens and schools, including: the provision of healthy food, banning the availability of unhealthy foods, restricting marketing to children, facilitating physical activity, education and screening and organising care for overweight children.

JANPA Toolbox

HOME GOOD PRACTICE DATABASE ANALYSE YOUR GOOD PRACTICE LIBRARY JANPA

JOINT ACTION ON NUTRITION AND PHYSICAL ACTIVITY - JANPA

JANPA is a joint action across Europe on nutrition and physical activity with the objective to contribute to halting the rise of overweight and obesity in children. An important product of WP6 is this web-based toolbox which helps programme planners and decision makers to design and implement effective interventions.

To see good practices collected by the project select a country and click on it

Number of collected good practices

[www.janpa-toolbox.eu](http://www.janpa-toolbox.eu)

[info@janpa.eu](mailto:info@janpa.eu) | [www.janpa.eu](http://www.janpa.eu)



This factsheet is a summary of the D6.4 "Web-based toolbox for program planners and decision makers" available on the JANPA website/outcomes

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