



HEALTH4EUkids

Your Kids' Health, Our Priority

Coordinator: Greece

Led by prof. Apostolos Vantarktis,
University of Patras, Greece

”Health4EUkids” aims at the implementation to a broader level and a number of European countries in the field of health promotion and prevention of non-communicable diseases, indicating **best practices** and specific risk factors from research results on child obesity that have already developed from previous research actions.

<https://www.dypede.gr/wp-content/uploads/Brochure.pdf>

EuroHealthNet meeting

Oslo 7.6.2023

Senior Specialist Nella Savolainen, THL, Finland



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the European Union



Health and Digital
Executive Agency



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Goals

The overall goal of the JA is to implement two best practices

- **Grunau Moves established in Germany**
- **and Smart Family established in Finland in different MS.**

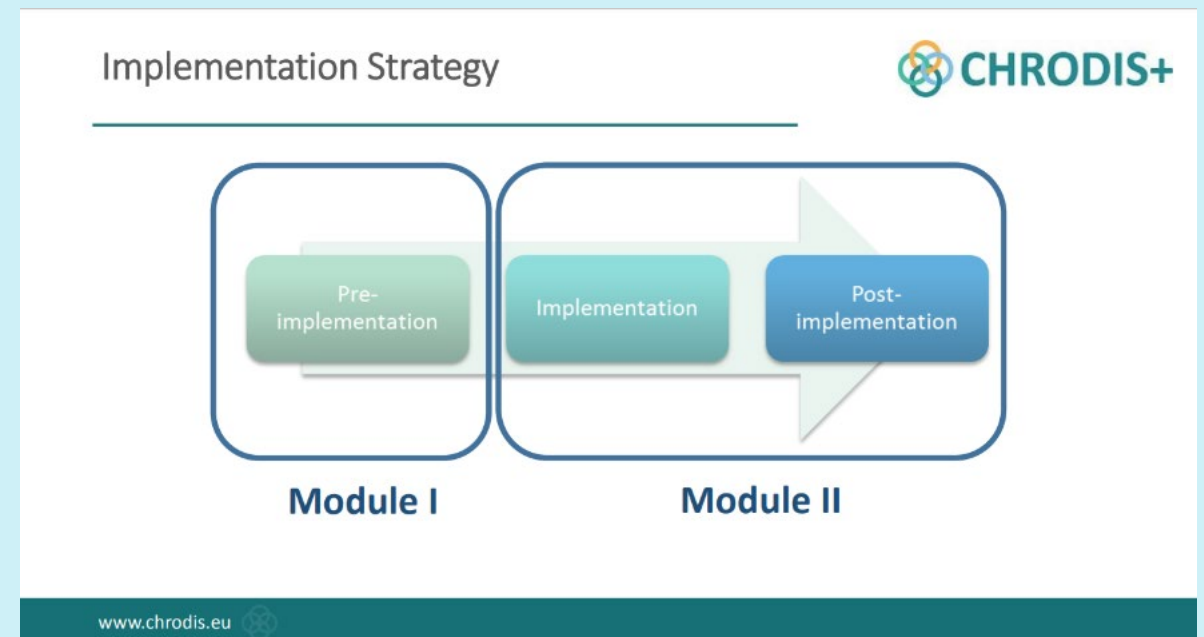
The implementation process will include the knowledge transfer between best practice owners (Smart Family and Grunau Moves) and partner organisations from the Member States through the implementation of actions, the cooperation and exchange of knowledge between member states, the organisation of meetings, and related technical support. Also important part of the project is to produce policy developments to foster public health investments at community level in each country member on Health Promotion, Disease Prevention and Management of Non-Communicable Diseases.

Implementing parts of Smart Family, WP 6

- “The participated Member States commit to reduce childhood obesity by ***implementing concrete actions*** that involve the design of processes and policies at their convenience in the context of thematic WPs and reporting the development and the lessons learned during and by the end of the project”
- “the participated Member States will have the opportunity to ***modify the existing actions*** on Grunau moves from Germany and on Smart Family from Finland to ensure the effectiveness in levelling up the socioeconomic determinants and the case studies to address challenges barriers”

- We are using the experiences and implementation strategy developed in JA CHRODIS+ to transfer and implement parts of Smart Family in the Member States that are involved in WP6.

Chrodis Plus Joint Action (2017-2020) worked with transferring and implementing good practices in Europe



- A common implementation strategy was developed and used
- WP 5 worked with good practices around health promotion and disease prevention, and succeeded in transferring and partly implementing the practices using the implementation strategy and organising the continuous support from the good practice owners to the implementators.
- Building on what works: transferring and implementing good practice to strengthen health promotion and disease prevention in Europe
- <http://chrodis.eu/wp-content/uploads/2021/01/chrodis-plus-d5.3-recommendations-for-the-implementation-of-health-promotion-good-practices-1.pdf>

Timeline & milestones

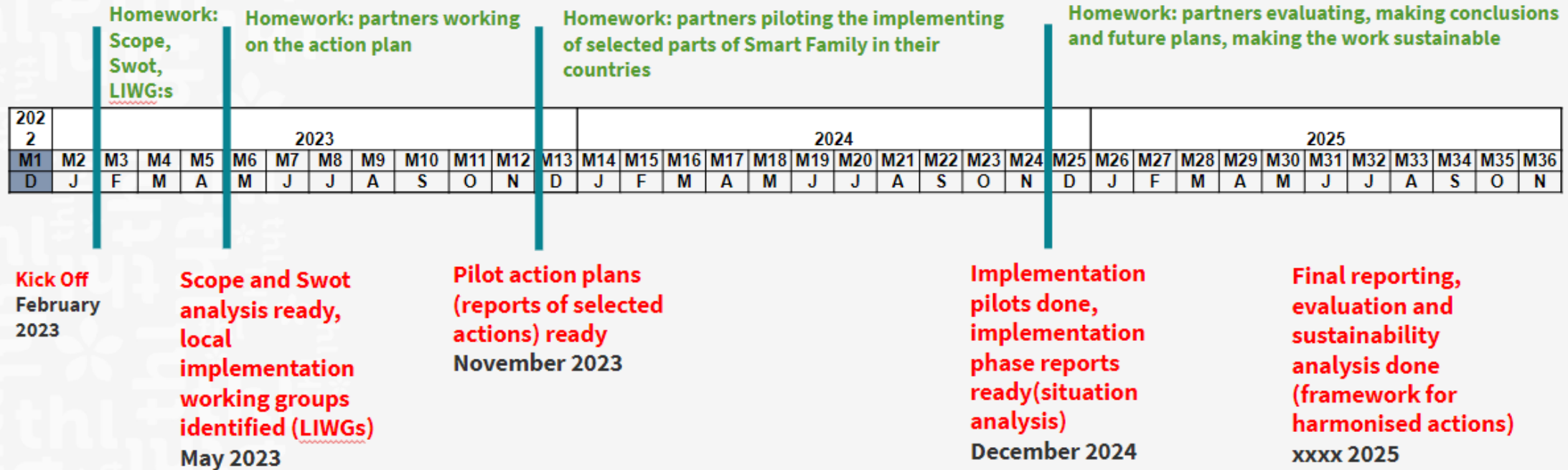
Kickoff in Athens:
Overview of
Smart Family,
start to identify
Scope and Swot
in Workshop 1

Workshop 2 in
Finland:
Scope and Swot
of each
participant,
methods of
Smart Family

Monthly
online
meetings to
support the
progress

Implementation phase
and collecting
experiences, monthly
online meetings, live
Workshop 3 in an
implementing country ?

Post-Implementation
: evaluation and
reporting, monthly
online meetings



Smart Family offers knowledge, support, tools and materials both for professionals and families

Smart Family provides professionals in different settings (e.g. public health nurses, teachers and other professionals working with families) with a method and tools for the lifestyle counselling to bring up lifestyle issues with families without arousing guilt.

The method and tools could be used with every family (children from unborn to 12 y of age).

For families, Smart Family provides information and support on lifestyle choices. Especially, families with overweight children is to be supported.

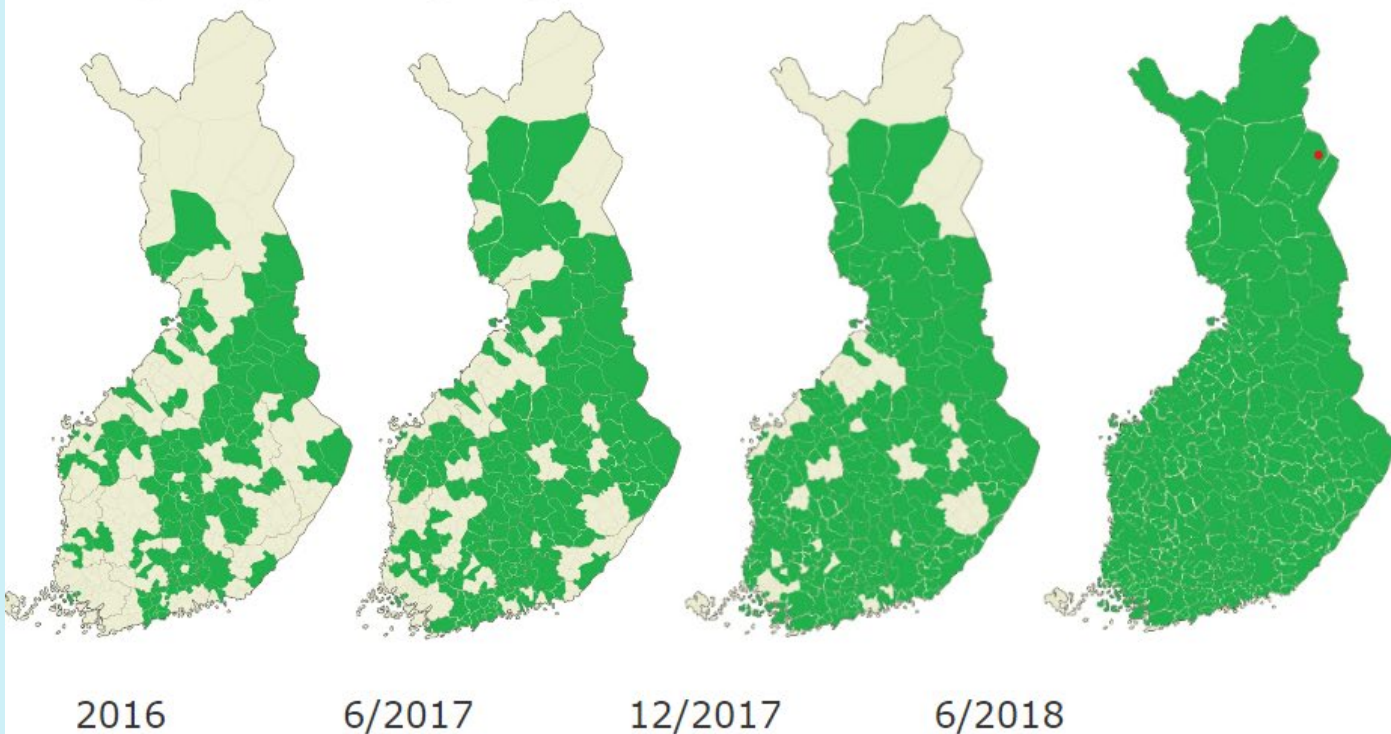




Smart Family lifestyle counselling - professionals

- Developed by health professionals in 2006
- Scientific evidence and professional experience in the fields of nutrition, medicine, physical activity, behavioral science and early childhood education have been taken into account
- Developed to prevent and tackle childhood obesity
- Ongoing intervention: Lifestyle counselling program used in almost every municipality in Finland.
- Reaches approximately 90 % of Finnish families in maternity clinics, child welfare clinics and school clinics
- Expanded to be used multi-professionally by all professionals working with families with children

Smart Family municipalities 2016 - 2018



neuvokas perhe



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- Health and wellbeing
- Good practices into permanent use across the country
- Supporting the changes in dietary and physical activity patterns of families, in the services provided by primary health care

2022		
786000 page views @neuvokasperhe.fi		61 000 professional users @neuvokasperhe.fi /professionals
	246 000 unique users @neuvokasperhe.fi	
active social media channels		6 training days 11 webinars 1800 professionals participated
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SYDÄNLIITTO