

**WORKING TOGETHER AND IDENTIFYING
OPPORTUNITIES FOR COLLABORATION ON THE HEALTH-
PROMOTING SCHOOL APPROACH**

SCHOOLS4HEALTH SEMINAR




Dr Stefanie Vandevijvere

Evidence of creating healthier food environments in schools

SUPPLEMENT ARTICLE

OBESITY
Reviews WILEY

Improving the school food environment for the prevention of childhood obesity: What works and what doesn't

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→ **Environmental changes** that increase the availability of vegetables for children, the provision of healthy meals with high palatability and attractive presentation, the regulation or banning of vending machines and SSBs **could contribute to the improvement of dietary intake**, which could influence the reduction of childhood obesity.

→ **Obesogenic food environments around schools** remain a **key barrier** for successful school food environment interventions and the prevention of childhood obesity!



World Health Organization

stop
Science and Technology in
Childhood Obesity Policy

FOOD
SYSTEMS
FOR
HEALTH

NUDGES TO PROMOTE HEALTHY EATING IN SCHOOLS: POLICY BRIEF

Background and rationale

Supporting good nutrition during childhood is the basis for many gains in health and well-being across the life course (1). Good nutrition is critical for achieving the highest attainable health for children and adolescents, as outlined by the Global Strategy for Women's, Children's and Adolescents' health 2016–2030 (2). It is also important for realizing the ambitions of nutrition-relevant and nutrition-enabled Sustainable Development Goals (SDGs) and targets (3). Ultimately, supporting optimal nutrition during childhood responds to children's rights to nutritious food and the best possible health (4).

Given the relevance of diet to obesity and overweight (5), policy action to improve children's diets is central to addressing the substantial and global challenge of childhood obesity. Countries continue to struggle with stemming the rate of childhood overweight and obesity (6), and there were over 300 million children and adolescents worldwide with overweight or obesity in 2016 (5). Obesity has adverse social and economic consequences (7); it also has implications for physical and psychological health in childhood, adolescence and adulthood (8). The importance and magnitude of the challenge posed by childhood obesity is established, and there is an evident need for urgent and accelerated public health actions and strategic investments for achieving the global targets on childhood obesity (8, 9).

Supporting good nutrition during childhood is the basis for many gains in health and well-being across the life course.

It is critical to achieving the highest attainable health for children and adolescents, and responds to children's rights to nutritious food and the best possible health.

Obesogenic food environments around schools in Flanders, Belgium

2008→2020

Primary schools



Greengrocers: **-50%**
Bakeries: **-23%**
Shops selling animal products: **-30%**

Fastfood outlets: **+17%**
Convenience stores: **+15%**

Fast food
&
Convenience

Secondary schools



Greengrocers: **-50%**
Bakeries: **-31%**
Shops selling animal products: **-43%**

Fastfood outlets: **+19%**
Convenience stores: **+18%**

Traditional
stores



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