

# Health4EUkids

Newsletter



## Kick off meeting, Athens, Greece

The kick off meeting of the EU4Health European joint action "Health4EUkids" co-funded by European Union and HaDEA took place on 8th and 9th February 2023 in Athens (Greece), where the coordinator partner welcomed the collaborated partners from Belgium, Croatia, Finland, Hungary, Italy, Lithuania, Malta, Poland, Portugal, Slovenia and Spain.

The "Health4EUkids" project is included in the field of health promotion and prevention of non-communicable diseases, by indicating best practices and specific risk factors on childhood obesity from research results developed, namely Grünau Moves (Germany) and Smart Family (Finland).

The "Health4EUkids" project specific objectives are to increase data and survey requirements and prerequisites, to strengthen a cooperative approach in tackling childhood obesity by facilitating the exchange of knowledge and learning skills among the participated MSs and the best practice providers, to improve the planning and development of the policies to tackle childhood obesity and to facilitate transferability and sustainability of best practices.

The expected results of the project focus on the identification of concrete challenges in the prevention of non-communicable diseases and policy solutions in the form of best practices and the innovative solutions for collaborative actions between the MSs and the European Commission, in order to tackle the public health challenge of childhood obesity.

The Newsletter is prepared by WP2 and the partners of the Health4EUkids project.

For comments or questions, please contact us at [health4eukids@dypede.gr](mailto:health4eukids@dypede.gr).

Welcome to the 1st Newsletter of Health4EUkids project, co-funded by the European Union and the Health and Digital Executive Agency (HaDEA) in order to achieve prevention of non-communicable diseases and promote policy solutions.



**HEALTH4EUkids**  
Your Kids' Health, Our Priority

[www.health4eukids.eu](http://www.health4eukids.eu)



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## Health4EUkids on the 16th European Public Health Association (EUPHA) Conference, Dublin, Ireland)



On the 16th EUPHA Conference in Dublin (Ireland) on November 10th all work package leaders presented their work and the steps they are willing to take in order the project to implement

in the best way the best practices "Grunau Moves" from Germany and "Smart Family" from Finland.

George Karydas from 6th Health Administration (Greece) presented the Health4EUkids project and highlighted the importance of coordinating and monitoring the appropriateness and timely completion of all activities from 22 organizations of 12 countries.

Vasiliki Iliopoulou from 6th Health Administration (Greece) referred to the importance of a well-coordinated communication with all the MSs and presented the dissemination plan in order to maximise the efforts and results of the Health4EUkids project.

Zsofia Kimmel from Nemzeti Nepegeszsegugyi Kozpont (Hungary) referred to the evaluation plan in order to assure and verify that the Health4EUkids project is implemented as planned and that accomplishes the objectives defined by meeting high quality standards.

Angela Giusti from Istituto Superiore di Sanita (Italy) referred to the Sustainability and transferability of good practices for children's health promotion, obesity and NCDs prevention and responsive parenthood by providing an added value in the policymaking process at local, regional, national and EU levels. Ana Boned – Ombuena from Fundacion para el Fomento de la Investigacion Sanitaria y Biomedicade la Comunitat Valenciana (Spain) referred to the best practice "Grunau moves", a complex multilevel long-term intervention with focus on social work & community by building networks, by considering social and environmental conditions.

Apostolos Vantarakis from University of Patras (Greece) referred to the best practice "Smart Family", which Terveyden ja Hyvinvoinnin Laitos of Finland is leading, by supporting MSs to develop a monitoring system on childhood obesity adapted to the national contexts, well suited to policy requirements and sustainable over time.





## Smart Family (WP6)

### Helsinki, Finland

The "Health4EUkids" project of the joint action of the EU4Health European program co-funded by European Union and HaDEA is included in the field of health promotion and prevention of non-communicable diseases, by indicating best practices and specific risk factors from research results on childhood obesity, namely WP5 - Grünau Moves (Germany) and WP6 - Smart Family (Finland), in order to tackle the public health challenges of childhood obesity by finding policy solutions.

The "WP6 - Smart Family" general objective is to support MSs to develop a monitoring system on childhood obesity adapted to the national contexts, well suited to policy requirements and sustainable over time while the specific objectives are to support the development as well as the use of childhood obesity indicators for health policy evaluation and prioritization.

The Smart Family (WP6) meeting of the European program "Health4EUkids" took place on 12th and 13th September 2023 in Helsinki, Markku Tervahauta, the General Director of Terveyden ja Hyvinvoinnin Laitos (THL) and the responsible of the WP6 – Smart Family, Heli Kuusipalo, representative of the Terveyden ja Hyvinvoinnin Laitos (THL), welcomed the collaborated partners (Croatia, Finland, Greece, Italy, Lithuania, Poland, Slovenia, Spain).

The second day of the meeting, a school visiting and a list of presentations took place. Paula Häkkänen, Head Physician in Health Promotion of HUS Helsinki University Hospital presented School health care promoting well-being and preventing obesity. Kati Kuisma and Taina Sainio of Sydänliitto presented tools and E-learning for trainers. Taina Sainio, Marjaana Kauranen, Anne Kuusisto, Kati Kuisma, public health nurse/healthcare professional and early childhood education professional /education professional, presented Smart family method in practice. Pilvikki Absetz, PhD Professor of Public Health, Faculty of Social Sciences of Tampere University, presented Strength-based approach to lifestyle counselling. Terhi Koivumäki, doctoral researcher of Tampere University presented Parental experiences of childhood obesity. Finally, Nella Savolainen, Senior adviser of Terveyden ja Hyvinvoinnin Laitos (THL) presented Pilot action plan for implementing elements of Finnish good practice Smart Family.

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## Grunau Moves (WP5)

### Santiago de Compostela, Spain

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The "WP5 – Grunau Moves" main objectives are to transfer this best practice to a collection of deprived neighbourhoods in different countries around Europe; creating health promoting settings (childcare, schools) via increasing awareness, knowledge and skills, self-esteem, and cooperation between local actors. The aim is creating environments that promote physical activity and health via advocacy and persuasion of policy makers –changes in street design, youth welfare planning, increased physical activity and healthy diets among children and families with a focus on social norms, recognition and self-esteem.

At the WP5 – Grunau Moves meeting of the European program "Health4EUkids" that took place on the 5th and 6th October 2023 in Santiago de Compostela, the General Directorate of Public Health, Generalitat Valenciana & the General Directorate of Public Health, Consellería de Sanidade of Galicia welcomed the collaborating partners (Belgium, Greece, Malta, Portugal, Spain).

A list of presentations took place: Carolina Muñoz Ibáñez, Xefa de Servizo de Estilos de Vida Saudables e Educación para a Saúde, D.X. De Saúde Pública, Consellería de Sanidade of Galicia presented the Plan Obesidade Zero en Galicia. Rosana Peiró and Marta Garcia-Sierra, Fisabio & General Directorate of Public Health of Valencia presented WP5 current status, the agenda for achieving WP5 objectives and the steps for D5.1 Implementation guide. Finally, all countries presented their pilot cases studies and participated on teamworks about monitoring and evaluating the interventions, led by FISABIO & Prof. Ulrike Igel (best practice owner), SWOT Analysis, led by FISABIO & NNGYK, and several participatory tools to conduct the pilot's needs assessment, namely Group Model Building (MSc. Jessie Van Kerckhove, Sciensano) and the Living Healthy Tool (FISABIO).