



European
Commission

Europe's Beating Cancer Plan



Prevention

Start date – end date
01/11/2022 – 31/10/2025

Countries
Ireland, Greece, Poland,
Estonia, Germany

Overall budget
EUR 1 267 667

**EU contribution under
EU4Health programme**
EUR 1 014 133



IHLGIS - Inclusive Healthy Lifestyle Groups in Schools

The goal of the project is to implement accessible, inclusive health promotion, fitness and well-being programmes in schools, designed for youth with and without disabilities, with a strong focus on healthy nutrition, physical activity, mental health and health literacy.

The IHLGIS project seeks to enhance the health, fitness, and well-being of individuals with intellectual disabilities (ID) as well as their peers without ID, so they too are also educated on the importance of healthy lifestyles. Working with the SO Europe Eurasia Foundation, Special Olympics Berlin, and the Special Olympics National Programmes from Poland, Greece, and Estonia, the project aims to address neglect and exclusion faced by the ID community globally.

The project will operate in 100 schools and institutions, involving 4000 youth with and without ID in physical activities, health literacy, and health promotion activities in four EU Member States.

IHLGIS will implement accessible, inclusive health promotion, fitness and well-being programmes in schools and centres for young people with ID which will be customised to the needs of students.

Special Olympics Youth Leaders with and without ID, guided by mentors and health experts, will deliver workshops to their peers focusing on healthy nutrition, hydration, regular health enhancing physical activity, mental health, and health literacy.

The project will also involve community health services, local education establishments, families of the participants and other stakeholders to support a healthy school environment. Activities will be promoted during the European Week of Sport, and other EU health initiatives.



- train 200 youth leaders with and without ID,
- establish IHLGIS in at least 100 schools in 4 EU countries for 4,000 students with and without ID,
- create IHLGIS implementation toolkits to support youth, teachers and healthcare workers to deliver the project,
- developing local partnerships,
- onboarding healthcare professionals, promoting healthy canteens in schools,
- running awareness campaigns alongside major EU initiatives.

The impact of the project will be assessed by collecting quantitative and qualitative pre- and post-data. It is intended that this data will provide solid evidence about how physical activity, healthy lifestyles and good nutrition can impact positively the physical and mental wellbeing of young people both with and without ID. This vital aspect of the project will be overseen by the project's research partner, the National and Kapodistrian University of Athens.

For more info




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Project website

www.specialolympics.org
(Specific page under development)

Social media handles

-  @soeuropeeurasia
-  @SOEuropeEurasia
-  @soeuropeeurasia



Europe's Beating Cancer Plan makes use of the whole range of Commission funding instruments with a total of €4 billion being earmarked for actions addressing cancer. €1.25 billion from the EU4Health programme is being used to support actions and initiatives outlined in the Cancer Plan.

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