



European
Commission

2019 EU HEALTH AWARD

for cities, NGOs and schools
on preventing and reducing obesity
in children and young people



Health and
Food Safety



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Foreword

by Vytenis Andriukaitis

European Commissioner for Health and Food Safety



Despite action at European level to reverse the rising trends, the proportion of the population who are overweight or obese remains worryingly high both for adults and for children and young people¹. Especially alarming is the fact that physical activity tends to drop between the ages of 11 to 15 in most European countries. Problems related to overweight, obesity and physical inactivity tend to start in childhood and often disproportionately affect disadvantaged socio-economic groups.

Ambitious action is urgently needed to reduce not only human suffering, but also to decrease the high economic burden of obesity, strengthen national health and social systems, and promote the productivity and growth of the economy, including a healthy future workforce.

To prevent and reduce obesity in children and young adults in the European Union, we have to collaborate at different levels. The role of cities, NGOs and schools is to bring policy makers and citizens together, and they play a fundamental role in educating children about the dangers of unhealthy food and sedentary lifestyles, and advocating prevention as the best policy.

It is here where cities, NGOs and schools are called to act and interact with other actors in the children's environment to stop this worrying trend.

Therefore, the 2019 EU Health Award puts in the spotlight the initiatives of the cities, NGOs and schools that have contributed to high standards of public health in the European Union through the prevention and reduction of obesity in children and young adults. The Jury had the challenging task of selecting only three winning initiatives, one per category, and I would like to thank them. But I would like to stress that it is not winning that matters - what matters is that we all work together to address obesity.

It is my pleasure to showcase the selected candidates and winning initiatives in this booklet. All of them are great examples of good practices that will no doubt contribute to the prevention and reduction of obesity in children and young people.

Naturally, we wish our children happiness, health and success, but as adults, we have to do more than wish these things for them, we must make the right choices for them to prevent their being overweight or obese. They deserve our strong commitment and decisive action. Let us break the vicious cycle of childhood obesity, together and now.

My warmest regards,
Vytenis Andriukaitis

¹ EU Action Plan on Childhood Obesity 2014 – 2020:
https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf

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Introduction

The EU Health Award recognises cities, non-governmental organisations and schools for initiatives that boost public health and that may inspire others to take similar action. The Award is designed to give cities, non-governmental organisations, schools and their initiatives recognition at regional, national, European and international level. It celebrates their commitment and raises awareness of their vital role in strengthening active citizenship in public health. It was designed not only to reward past engagement but also to encourage the pursuit of ongoing work. The specific themes of the EU Health Award differ every year.

The European Commission awards the EU Health Award based on an evaluation by a Jury composed of Commission officials and high-level experts.

This year's EU Health Award is dedicated to initiatives by cities, non-governmental organisations (NGOs) and schools that contributed or are contributing to a higher level of public health in the European Union through preventing and reducing obesity in children and young people.

The three winners were announced at the EU Health Platform Policy annual meeting on 17 October 2019 in Brussels.

Applications from across the European Union were examined against EU Health Award criteria.

The European Commission selected the three winning initiatives as notable models for the future, while recognising and recommending the efforts of all the applicants. These cities, NGOs and schools have provided us with examples of outstanding practices that can be valuable in preventing and reducing obesity in the European Union.

Winner – CITY category: Amsterdam **"Amsterdam Healthy Weight Programme"**

The Amsterdam Healthy Weight Programme aims to improve children's physical activity, diet and sleep – and ultimately help them achieve and maintain a healthy weight – through community-supported interventions and policies in the home, school, community, neighbourhood, purpose-built environment and city. Their strategy is to realise healthier environments in order to facilitate healthier behaviour. Through a whole-systems approach, they influence the social, physical, economical and policy environments of children and their families in order to make the healthy choice the normal choice. To do this they actively build leadership at all levels, stimulate co-creation with professionals and communities and have an adaptive learning approach.

Winner – NGO category: Society "Our Children" Zabok "Project "Healthy and Tasty"

The project "Healthy and Tasty" started in 2012 at the initiative of Children's City Council Zabok, which operates within Society "Our children" Zabok, to encourage healthy eating workshops and decrease the consumption of unhealthy foods and obesity in children. The goal of the project is to promote and educate children and young people about healthy eating, acquiring healthy eating habits and healthy lifestyles, providing information on the problem of obesity in children and preventing obesity in children and young people through active access to health.

Winner – SCHOOL category: IES Guadalquivir "Be Active @IES Guadalquivir"

IES Guadalquivir's main initiative since 2016 has been "Be Active @IES Guadalquivir." Their school is located in one of the most deprived areas of Spain, and student health is a major concern. The central aim of this initiative is the creation of a School Health Action plan aimed at educating and supporting our pupils to incorporate healthy living habits into their everyday lives. This Action Plan is built upon continuing curricular integration and the cooperation of the local Health Centre.

Jury



Chair - Isabel de la Mata

Dr Isabel de la Mata is currently the Principal Advisor for Health and Crisis Management in the European Commission.

Previously, she worked as Counsellor for Health and Consumers at the Permanent Representation of Spain to the EU, as Deputy Director General for Health Planning at the Spanish Ministry of Health and as Advisor to the Vice-Minister of Health.

In addition, she has been a member of the Standing Commission of the Regional Committee, the Pan-American Health Organisation, the Inter-American Development Bank and the Spanish Agency for International Cooperation.

Dr de la Mata graduated in Medicine and Surgery at the University of the Basque Country in 1983 and holds post-graduate degrees from the University of Leuven and Paris. She is a specialist in Preventive Medicine and Public Health.



Marisa Fernández Esteban

Marisa Fernández Esteban is Deputy Head of the Sport Unit, European Commission. She holds a degree of Law from the Autonomia University of Madrid (1992), earning an ERASMUS award for her academic semester in the University of Amsterdam. She holds a PhD in European Law from the European University Institute in Florence (1996). She was a lecturer of European and Constitutional Law at the Autonomia University of Madrid between 1996 and 2001. She joined

the European Commission in 2001 and has dealt with competition policy, copyright and audiovisual legislation. Between 2014 and 2015 she was the assistant to the Director General of DG EAC. She is currently the deputy head of the sport unit. She is the author of 3 academic books on European Law and media.



Herald Ruijters

Mr Ruijters has served as Director of Directorate B - Investment, Innovative & Sustainable Transport in DG Mobility and Transport at the European Commission since February, 2017. He was previously Head of Unit responsible for the Trans European Network (TEN-T), a role he assumed in 2009, and was directly involved in developing the TEN-T Guidelines.

He previously worked in the same DG from 2005 to 2009, promoting the implementation of TEN-T projects in cooperation with the European Coordinators, and helping to develop the road safety policy from 1997 to 2005. Before coming to the Commission, he held various positions in The Netherlands related to transport. Mr Ruijters holds degrees from Nijmegen and Amsterdam Universities in both French literature and European Studies, and completed his post-graduate studies in European Law at the Centre Européen Universitaire in Nancy, and in Business Studies at the University in Leuven.



Jesper von Seelen

Jesper von Seelen, Docent, PhD is head of the Research Program Health Promotion and Learning at University College South Denmark. Dr von Seelen is primarily working in the field of health, promoting schools and the link between physical activity and learning. Dr von Seelen works in the Schools for Health in Europe Network Foundation (SHE) and in the SHE secretariat, where he is responsible for the SHE research activities.



Sabine Jülicher

Dr Sabine Jülicher is Director for food and feed safety, innovation in the Directorate General for Health and Food Safety of the European Commission. She is responsible for policies relating to a range of sectors such as food information & composition, food waste, food processing technologies, novel foods, biotechnology, pesticides and biocides as well as veterinary medicines and animal nutrition. She holds a veterinary degree from the Free University Berlin and completed her thesis on microbiology and food safety. She also holds a postgraduate qualification in food hygiene.



Euan Woodward

Euan Woodward has worked with EASO since 2005, serving since 2007 as its Executive Director. He is responsible for the development and implementation of EASO's strategic action plans and coordinates the activities of the Association's General Council, Executive Committee, Task Forces and Working Groups. He manages EASO's annual congress (the European Congress on Obesity), its network of Collaborating Centres for Obesity Management (COMs) and its research projects. He is the Dissemination work package leader in three current EU Projects: NoHoW, PROTEIN and SWEET (all H2020), and participated in DORIAN, SPOTLIGHT and MooDFOOD (FP7). Established in 1986, EASO is a federation of professional membership associations from 34 European countries. It is the voice of the European obesity community, representing scientists, health care practitioners, physicians, public health experts, early career researchers, students and patients.



João Breda

Dr João Breda is the Head of the NCD Office in Moscow, Russian Federation. This office leads WHO work on strengthening national capacity in all 53 countries in the WHO European Region to prevent and control NCDs, promote an intersectoral approach and develop policies to tackle NCDs. The office was established as the innovation powerhouse for NCDs prevention and surveillance in Europe and beyond.

For eight years prior to taking office in Moscow, João Breda was the Programme Manager: Nutrition, Physical Activity and Obesity at WHO Regional Office for Europe based in Copenhagen, responsible for providing support to Member States in the WHO European Region on the implementation of the European Food and Nutrition Action Plan 2015-2020 and the Physical Activity Strategy for the WHO European Region 2016-2025, as well as for evaluating their implementation process.

João Breda holds a PhD in Nutritional Sciences from Porto University, where he defended a thesis focused on alcohol and young people. His Master's Degree in Public Health was awarded by the Faculty of Medical Sciences of Lisbon University and he holds an MBA from the European University in Barcelona.

CITY category



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WINNER

Amsterdam

WEBSITE: <https://www.amsterdam.nl/sociaaldomein/blijven-wij-gezond/amsterdam-healthy/>

Amsterdam Healthy Weight Programme (AHWP)



Amsterdam

Mission and objectives

In 2012, one in four to five children (over 27,000 children) in Amsterdam were overweight or obese. To tackle this 'wicked problem', the city of Amsterdam developed the Amsterdam Healthy Weight Programme, a long-term adaptive whole-system's approach that reaches into every domain of a child's life. Our strategy is to realise healthier environments in order to facilitate healthier behaviour of children and their parents. We deliver the programme in the most deprived areas in order to reduce health inequalities.

We believe that a child's health and weight are a collective responsibility shared by everyone who plays a part in their life, including families, neighbours, teachers, (care) professionals, policymakers, retailers and food producers. Therefore, everyone is needed: it takes a village to raise a child.

Our mission is for all Amsterdam children to have a healthy weight in 2033. This long-term vision is essential to realise sustainable societal change.

WINNER

Amsterdam Initiative

Amsterdam Healthy Weight Programme

The Amsterdam Healthy Weight Programme (AHWP) works to improve children's physical activity, diet and sleep – and ultimately to reach and maintain a healthy weight – through community-supported interventions and policies in the home, school, community, neighbourhood, purpose-built environment and city. By adopting an adaptive whole-system's approach to tackling childhood obesity, drivers of childhood obesity are viewed and targeted through a system's lens. The trend of childhood overweight and obesity in Amsterdam dropped from 2012 to 2017 from 21% to 18,7%.

Theory of change

AHWP views public health as emerging from a system of political, environmental and individual determinants embedded in a version of Dahlgren & Whitehead's socio-ecological model of health. Accordingly, our strategy is to realise healthier environments in order to

facilitate healthier behaviour. Through an adaptive whole-system's approach, we influence the social, physical, economical and policy environments of children and their families in order to make the healthy choice the normal choice.

Social environment

We support neighbourhood communities to invest in healthy lifestyles for families and to facilitate peer-to-peer groups. Other examples are our support of schools and day-care centres to implement healthy (pre)school policies and environments. We facilitate social and (para)medical professionals to implement a chain of care of welfare, support and treatment with focus on the drivers of obesity. We advise on commissioning the best fitting interventions for overweight children. We train professionals and volunteers how to make their activities with children meet standards to promote good health.



Built and economic environment

The 'active city' guidelines are mandatory in urban planning so the newly built/renewed environment stimulates daily activity such as walking, cycling and playing. We work together with local and national retailers in order to make the product range in their shops or food outlets healthier. We take part in the food lobby to persuade the food industry to take responsibility for a healthier food environment.

Policy environment

There are many levers local government has in policy domains other than health that can help to make the city a healthier environment. For example, we banned childhood marketing from underground billboards and at all sports events aimed (partly) at children and made healthy food and beverages obligatory for all subsidised after-school and welfare

activities for children. Many more policies are in preparation.

Essential conditions

In order to implement this adaptive whole-system's approach we actively build leadership at all levels, stimulate co-creation with professionals and communities and have an adaptive learning approach as well as a sizeable, structural budget. Because childhood obesity is most prevalent among families with low income and/or a migration history, the AHWP focuses on these households and the neighbourhoods in which they live. The Free University / Netherlands Youth Institute concludes that the programme thus integrates all valuable elements for this type of integrated systems approach to tackle health inequalities (Amsterdam Healthy Weight Approach: likely to succeed? A search for the valuable elements, 2018).

SHORTLISTED

Sintra

SINTRA GROWS HEALTHY



Mission & objectives

The mission of the Municipality of Sintra is to create favorable living conditions for its citizens and families. The main goal is to enhance cooperation among its administrative units in order to jointly promote actions in line with the commitment to public service, projecting the city as a significant World Heritage Territory.

The strategic objectives are: prioritize solidarity, social and health policies; commit to sustainable development; invest in education as an instrument of citizenship and economic development; ensure people's safety by promoting well-being and quality of life.

> *More information:*

<http://crescesaudavel.sintra.pt/>

Summary report

Sintra Grows Healthy (SGH) is a community-participatory intervention project promoting healthy lifestyles in primary schools. It is run by the Municipality of Sintra with support from partners from the field of health, academia and with institutional support from national organisations. SGH empowers school communities with health promotion skills, involving all school actors. SGH combines educational strategies with supportive environmental change to make it easier to adopt better lifestyle choices. SGH has a multidimensional approach (classroom, school canteen, playground, home) and prioritises three focus areas: curriculum (weekly sessions on food education taught by the class' teacher), food environment and physical activity. It implements and monitors a School Food Policy, discussed and approved by the school community, and works to develop students' social and emotional skills such as self-regulation, problem solving, communication and critical thinking. Regular monitoring and evidence-based evaluations are conducted, supported by the Academy.

Genk

WEIGHTY FRIENDS



Mission & objectives

Campus O3 promotes and stimulates a positive atmosphere regarding child rearing and upbringing in the city of Genk. Several organisations put their services and expertise to work within a multidisciplinary network. This way we ensure user friendly, accessible and qualitative services for families in every stage of development and concerning every possible parenting question or problem.

Campus O3 wants youngsters to grow up healthy, safe, happy and talented so they can become engaged and competent adult citizens.

> *More information:*

<https://www.campuso3.be/ik-heb-een-maatje>

Summary report

'Ik heb een Maatje' ('Weighty Friends') is a programme for vulnerable, overweight children between the ages of 8 and 12 years old and their parent(s). From a multidisciplinary perspective -including pedagogical and (para)medical professionals- and with a family based approach, we try to establish a healthy lifestyle. We focus on healthy lifestyle awareness, fun activities, parental management, pedagogical skills, empowerment, motivation, self-efficacy and general wellbeing. Even though it's a group programme, the guidance is adapted to the individual needs of the children.

We aim to reach those families who do not fit in regular health care services because of their vulnerable backgrounds. Families who are socio-economically deprived and often have different ethnic-cultural backgrounds are harder to reach. Serving their needs requires a different way of doing things. We find that we get better results thanks to our family-oriented and 'learning-by-doing' approach.

NGO category



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WINNER

Society “Our Children” Zabok

WEBSITE: <http://www.dndzabok.hr/>

Project “Healthy and Tasty”





Society “Our Children” Zabok

Mission and objectives

Society «Our Children» Zabok is a voluntary, non-governmental, non-profit, humanitarian and educational association of citizens, parents and children's friends that promotes and conducts activities for the benefit of children. The mission is to organise free time activities for pre-school and school children in the town of Zabok, and in Krapina-Zagorje County, based on children's rights, as defined in the UN Convention on the Rights of the Child. This is carried out in cooperation with the Union of Societies “Our Children” Croatia, other SOC operating in Croatia and educational institutions. It participates in advocacy activities for children's rights at the national level.

SOC Zabok goals are:

- to encourage and organise actions and activities with children and for children in their free time,
- to monitor and promote the realisation of the children's rights,
- to conduct psycho-social, humanitarian and other actions that help children,
- to provide support to parents in the development and upbringing of children in accordance with the provisions of the UN Convention,
- to encourage the development of volunteering and active participation in the community.

WINNER

Society “Our Children” Zabok **Initiative**

Project “Healthy and Tasty”

The project “Healthy and Tasty” started in 2012 at the initiative of Children’s City Council Zabok, which operates within Society “Our children” Zabok, to encourage healthy eating workshops and decrease the consumption of unhealthy foods and obesity in children. The goal of the project is to promote and educate children and young people about healthy eating, acquiring healthy eating habits and healthy lifestyles, providing information on the problem of obesity in children and preventing obesity in children and young people through active access to health.

With elementary school children – members of the Children’s Council and other interested children and young people – primarily students of the Hospitality School, we perform healthy cooking workshops. During these workshops, children and young people get useful information and advice on healthy foods and food preparation techniques by adopting the skills of healthy cooking and choosing healthy foods, getting healthy nutrition habits that can be applied in their family. Children are also taught about the basics of health, obesity and ecological cultivation, and that one of the

most effective methods of preventing overweight and obesity in children is a healthy, proper and balanced diet. They are educated about making good choices of healthy and nutritiously rich foods in preparing daily meals, as well as in getting enough physical activity, spending time in nature, using positive thinking, and creating harmonious interpersonal relationships.

The project is presented to other elementary school pupils via creative-educational workshops through peer education, so the rest of the population receives information about the importance of adopting healthy eating habits and preventing obesity. Various methods of transferring knowledge and experience are used in peer education: games, associations, replacing the school meal with a healthier variant, raising awareness and adopting the habits of healthy eating and physical movement in the prevention of obesity. Creative-educational workshops adapted for preschool are also implemented with children in kindergarten. For children involved in the initiative, there is organised planting and gardening of vegetables and



fruits in the bio-garden and educational walking in nature and outdoor activities. One of the activities was recording a CD that promotes healthy diet. The song lyrics were written by the children themselves and performed by the Children's Choir Zabok.

The results of the project are:

- Three cookbooks have been published:
 - * Healthy and Tasty – stories from healthy kitchens for children and adults;
 - * Healthy and Tasty Food – Spring, Summer, Fall, Winter;
 - * Healthy and tasty dishes from all over the world.
- The CD «Healthy and Tasty» was produced, with children songs that promote healthy eating and lifestyles.
- A video spot was produced for the song «We Do not Need Sugar».

- Posters «Healthy and Tasty» with messages, slogans and drawings written by children about healthy diets.
- Calendars were produced with thematic photographs of children, promoting healthy eating and the importance of eating fruits and vegetables.
- A short animated film made by children, informing their peers about the importance of healthy lifestyles.
- Expert congresses on the “Prevention of obesity in children” and “Holistic approach to children’s health” were organised for the broader public.

This work is a positive example of how children can be actively engaged in changes in their environment, carry out their ideas, develop creativity, and encourage other peers to participate actively and engage in promoting health and preventing obesity.

SHORTLISTED

RéPPOP BFC

CROKYMOME PROGRAMME



Mission & objectives

The RéPPOP BFC is a Network for the Prevention and Management of Pediatric Obesity in Burgundy Franche Comté.

The network is involved in three lines of work:

- the prevention of pediatric overweight and obesity through communication and awareness actions and primary and secondary prevention.
- early detection through the training of professionals.
- coordinating the management of multidisciplinary, personalised and proximity pediatric obesity.

> *More information:*

<https://www.reppop-bfc.com>

Summary report

CROKYMOME is a primary prevention program for preventing or reducing childhood obesity in children of CP (6-7 years) and for involving the cooperation of their parents, with an overall health objective. It is carried out in areas with high prevalence of overweight.

Several themes are discussed: Rhythm of Life, Taste Development, Physical Activity, Water, Fruits and Vegetables, Food sensation. The workshops are part of the school programme. To encourage the highest level of participation, parents are given several alternative times when they can take part. Playful workshops provide the space to experiment, for children to express themselves and be heard, and to reflect in accordance with the principle of positive education.

Built in the form of action training, the 8 workshops take place in the first year by dietitians with teachers and school nurses. The aim is for teachers to reproduce these workshops in subsequent years, with the tools still available to them.

SHORTLISTED

FitforKids

FITFORKIDS



Mission & objectives

FitforKids is a Danish volunteer organisation that offers a research-based, scientifically tested childhood obesity intervention program.

Our mission is to counter the negative health effects of low SES families' lifestyle by offering stakeholders the most effective, attractive and cost-efficient childhood obesity programme in the world: FitforKids, giving overweight children more self-confidence, the wish to socialise and the desire to train. The objective is to have hundreds of FitforKids teams in every European country.

> *More information:*

<http://www.fitforkids.dk/en/>

Summary report

The FitforKids' programme is about learning how to have a healthy, strong and happy family, parents and children together, as well as reducing the child's BMI and body fat.

FitforKids has developed a community-based multi-component lifestyle intervention consisting of: nutritional advice, physical training, parent coaching, a motivational programme and social events organised by volunteers for 25 families who meet twice a week to exercise together. The programme is based 100 % on volunteer work.

The FitforKids programme combines the knowledge and method of hospital-based interventions with the community-feel of the civil sector creating an effective, attractive and low-cost solution with the potential of widespread implementation throughout the EU. It has already been implemented and used in Portugal and Italy.

In addition, we have a digital infrastructure to support our volunteers with knowledge, and we provide motivational support to our families through texts, emails and online classes. FitforKids is thus the first civil sector childhood obesity programme to offer both in-person training, nutritional advice and online support for free to its users; our FitforKids families.

SCHOOL category



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WINNER

IES Guadalquivir

WEBSITE: <http://iesguadalquivir.org/>

Be Active @IES Guadalquivir





IES Guadalquivir

Mission and objectives

IES Guadalquivir (Córdoba, Spain) is situated in the 5th most deprived socioeconomic area in the country. Our pupils suffer the effects of this daily, most evidently health issues associated with obesity.

Following the recommendations of the EU Action Plan on Childhood Obesity (2014-2020), the ongoing initiative of the school since 2016 has been “Be Active @IES Guadalquivir”.

The three aims of this initiative are:

- to integrate the “School Health Action Plan” into the school ethos
- to nurture pupil wellness and happiness through nutrition, education and physical activities

- to include parents and other stakeholders in order to build support networks for pupils

To fulfil these aims, the objectives are:

- to integrate health education into the school curriculum
- to increase physical activity by organising local activities and events
- to ban the consumption of snacks and fizzy drinks, most notably energy drinks, in the school

As a result of these changes, the school won a regional and a national health award, which motivated the entire school community, especially pupils, to commit to working even harder toward achieving these aims.

WINNER

IES Guadalquivir Initiative

Be Active @IES Guadalquivir

“Be Active @IES Guadalquivir” has made substantial progress towards fulfilling its main goals.

To fulfil the first aim, the integration of the “School Health Action Plan” into School policy, we created new subjects such as “Ecohuerto Scholar” (School Allotment) and “Magic Words” (a videogame that rewards pupils who make lifestyle changes). Teachers also produced key competence curricular materials for integrating healthy living within our own existing subjects

To fulfil the second aim of nurturing of pupil wellness and happiness, school counsellors have implemented socio-emotional sessions with pupils to help them recognise the emotions behind food choices, the importance of nutrition plans, and the benefits of physical activity. Pupils can speak privately with a school nurse who offers confidential advice to pupils about their weight and the impact this has on their self-esteem and psychological health. The impact

of these practices is evident with the pupils’ own initiative of “Health Patrol”, an association of pupils who meet weekly to provide ideas and feedback on health activities.

Ultimately, all these accomplishments would not have been possible without working tirelessly towards fulfilling the third aim of including parents and other stakeholders to build the necessary support networks for pupils. We coordinate with local NGOs who offer sports facilities, food provisions and healthy cooking workshops, as well as NGOs who work with children at risk of social exclusion. Moreover, including parents in workshops has been a major success and confirmed that a community approach is absolutely crucial for the children and also for their families.

Working towards these aims, the three main tangible results that provide evidence of the impact of our initiative include:

- The recording of BMI measurements for



- The early identification of malnutrition or eating disorders, enabling the school to work jointly with families and health professionals to support pupils.
- Improvement in attendance and motivation levels of pupils due to the “whole school approach” of the initiative.

This initiative has had major impact at local, national, and European levels. At European level, we have integrated this obesity-tackling initiative into our Erasmus+ KA229 project “We are European, We are Equal” and disseminated resources on our Twinspace. At national level, we have been recognised for our impact with the award of the national prize for “Coles Activos” (Active Schools) by Fundación Atresmedia. By recognising our work with this award, this foundation continues to promote our activities as inspiration for other schools tackling childhood health

issues here in Spain. At a local level, we are involved with primary schools in our area to tackle obesity in younger children and promote the adoption of our healthy living initiatives. All of our outputs and results are publically accessible on our website, on the regional network for teachers “Colabora 3.0,” and on all of our social network channels.

Most recently, we have been encouraged to apply for the Sello Vida Saludable (Healthy Living Label) by the Spanish Department of Education. This encapsulates the impact of the work we continue to do for pupils, their families and the whole school community. We are confident of the long-term sustainability of “Be Active @IES Guadalquivir” and are excited to see the continued impact of this initiative on our pupils, as they become responsible young adults in the future.

SHORTLISTED

Primary School Podturen

SCHOOLS SCHEME FOR FRUIT AND VEGETABLES, MILK AND DAIRY PRODUCTS



Mission & objectives

Primary school Podturen works under the school motto: “Learning for life!” which depicts the goal of a modern society and the intent of our school educational workers to empower pupils to take a more active role within the society and maximise their potential.

The goal of our school is to help children become happy and healthy individuals. Special emphasis is put on providing adequate help for pupils, parents and teachers in order to achieve equal educational possibilities regardless of any language barriers and cultural differences in classes.

> *More information:*

<http://os-podturen.skole.hr>

Summary report

Our “School fruit and milk scheme initiative” complements the plan of our school kitchen staff to satisfy students’ nutritional needs. The school cooperates with the Institute of Public Health and school medicine, Obesity prevention team and eating disorders counsellors. Our PE teacher regularly conducts morphological characteristics measurements in the 5th, 6th, 7th and 8th grade.

Based on the indicated problems, programmes have been created to help develop critical thinking and a healthy attitude to food as a source of energy and nutrients. School employees also provide an example and stimulus for students with their constant participation in many cycling, hiking and general sports activities.

Primary school Podturen conducts sport activities in the school gym and on sports pitches as a secondary socialisation agent (football groups, volleyball, athletics, judo, universal sports school and cross-country running). The school’s vision is to raise the level of our activities related to healthy nutrition and exercise through introducing extracurricular activities for learning about the importance of a balanced and varied diet and a healthy way of life.

Antsla Gümnaasium

ACTIVE SCHOOL BREAK



Mission & objectives

The modern and safe learning environment in Antsla Gümnaasium prepares a student to become a successful, self-sufficient and healthy individual who values our local culture and traditions. In our school, teachers consider the individual needs of every student and set an example with their good manners.

We encourage our students to be physically active and healthy. We work towards ending school bullying. We cooperate with various interest groups and local schools. Enterprising learning, integration and scientific approaches are important features in the curriculum.

> *More information:*

<http://antslakk.edu.ee/>

Summary report

Our initiative Active School Break is dedicated to promoting healthy lifestyles by increasing students' physical activity. We have two 30-minute breaks, which students can spend in the schoolyard, on the playground, on the multifunctional ballgames field, in the gym or on the inside health track. Students have ample choices and can show initiative in picking a suitable activity and equipment. Their safety is ensured by supervising teachers.

Students can also take part in dancing and games led by students – officially certified game organisers. They know how to play safely and have an extensive stock of games.

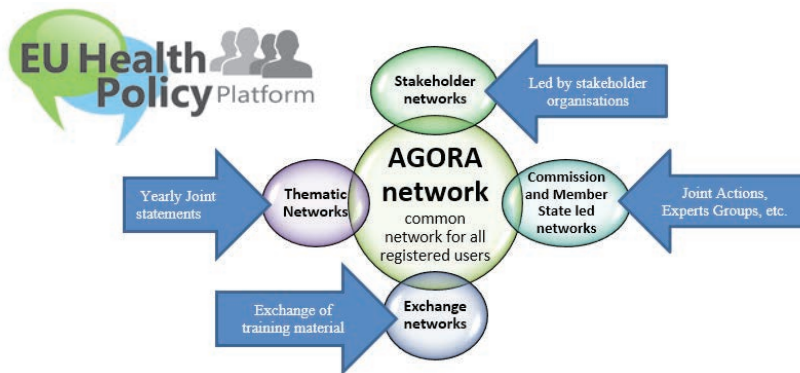
There are korona boards and ping-pong tables in school corridors, which are used extensively, even during shorter breaks. We have received help from local authorities and parents in carrying out the ideas.

Our children's physical health concerns not only our teachers; our activities have raised the awareness of the wider community. Active School Break is only one of our strategic aims. We also promote active lessons, active commutes to school and active hobby groups. We want to keep students active throughout the entire school day.

EU Health Policy Platform

Interacting with stakeholder organisations is an essential part of the European Commission's health policy activities. Created in 2016, the EU Health Policy Platform is an operational health stakeholder platform set up and managed by the Commission, which brings together some 5,650 registered users active in over 67 networks led by Commission services, Member State authorities or stakeholder organisations. It is open to all health stakeholders complying with the Platform Working Methods*.

The online Platform has five different types of networks covering different user needs:



Registered users benefit from the different online tools available in the Platform such as the library, the online calendar, the webinars and the bi-weekly newsletter to develop their position papers, organise and promote their activities, improve their internal management of documents and communication messages, and reduce the need for physical meetings.

Get the latest news on EU health policy, propose the topic of the next webinar, create your own network and promote your initiatives, simply by registering in the Platform! Just follow this link <https://webgate.ec.europa.eu/hpf>, use or create your EU login and submit your request to gain access to this valuable resource.

* https://webgate.ec.europa.eu/hpf/assets/documents/Working%20Methods_Final.pdf



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