



# SCHOOLS ON THE MOVE

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- Background
- EPODE methodology
- Evaluation of good practice
- Strategy development
- Schools on the Move



# Background

- Childhood obesity is one of the major challenges in Europe
  - 27% of 13-year-old adolescents and 33% of 11-year-old-children are overweight\*
  - High burden
- Programmes and initiatives already exist in order to prevent childhood obesity
  - EU Action Plan on Childhood Obesity
  - JANPA Joint Action on Nutrition and Physical Activity
  - Steering Group on Promotion and Prevention
  - CHRODIS PLUS
  - LOCAL INITIATIVES

# EPODE Methodology



EPODE is a **coordinated, capacity-building approach** for communities

**EPODE's goal** is to **enable community stakeholders** to implement effective and sustainable strategies to prevent childhood obesity at the local level

By changing the **social lifestyle norms** and **behaviours** especially in the field of nutrition and physical activity

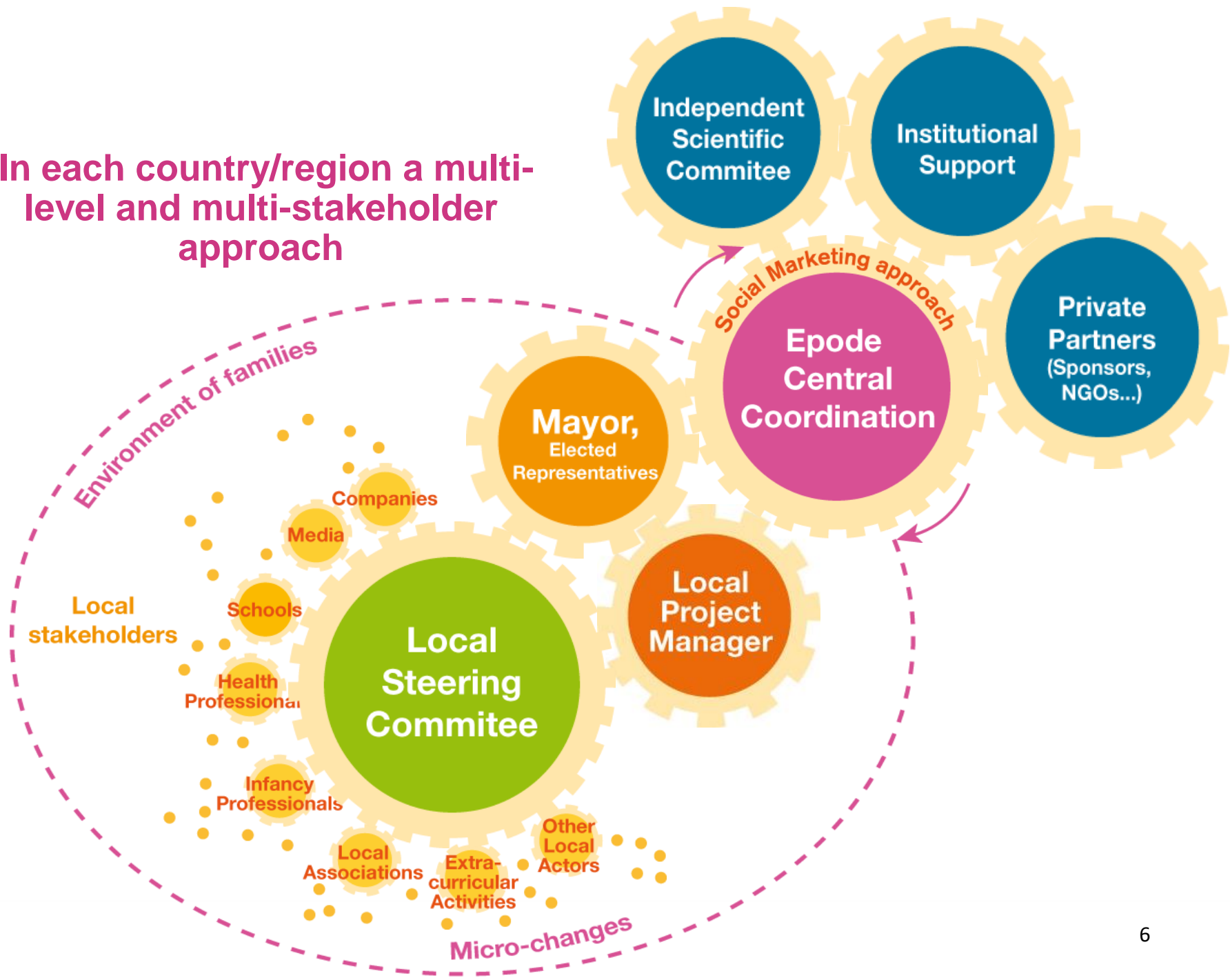
Encouraging **changes in the local environment** to be less obesogenic



# EPODE- 4 pillars

1. Political commitment
2. Mobilisation of resources
3. Coordination and support services
4. Evidence based and evaluation

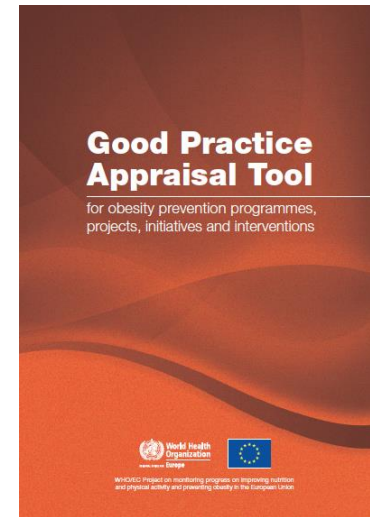
In each country/region a multi-level and multi-stakeholder approach





# Good Practice-Appraisal Tool

- Includes:
  - WHO Good Practice Appraisal Tool (scoring)
  - Complementary questions, based on the EPODE methodology and its 4 pillars



Political Support

Public-Private Partnership

Social marketing

Evaluation

# Coordination Teams progress appraisal: MALTA

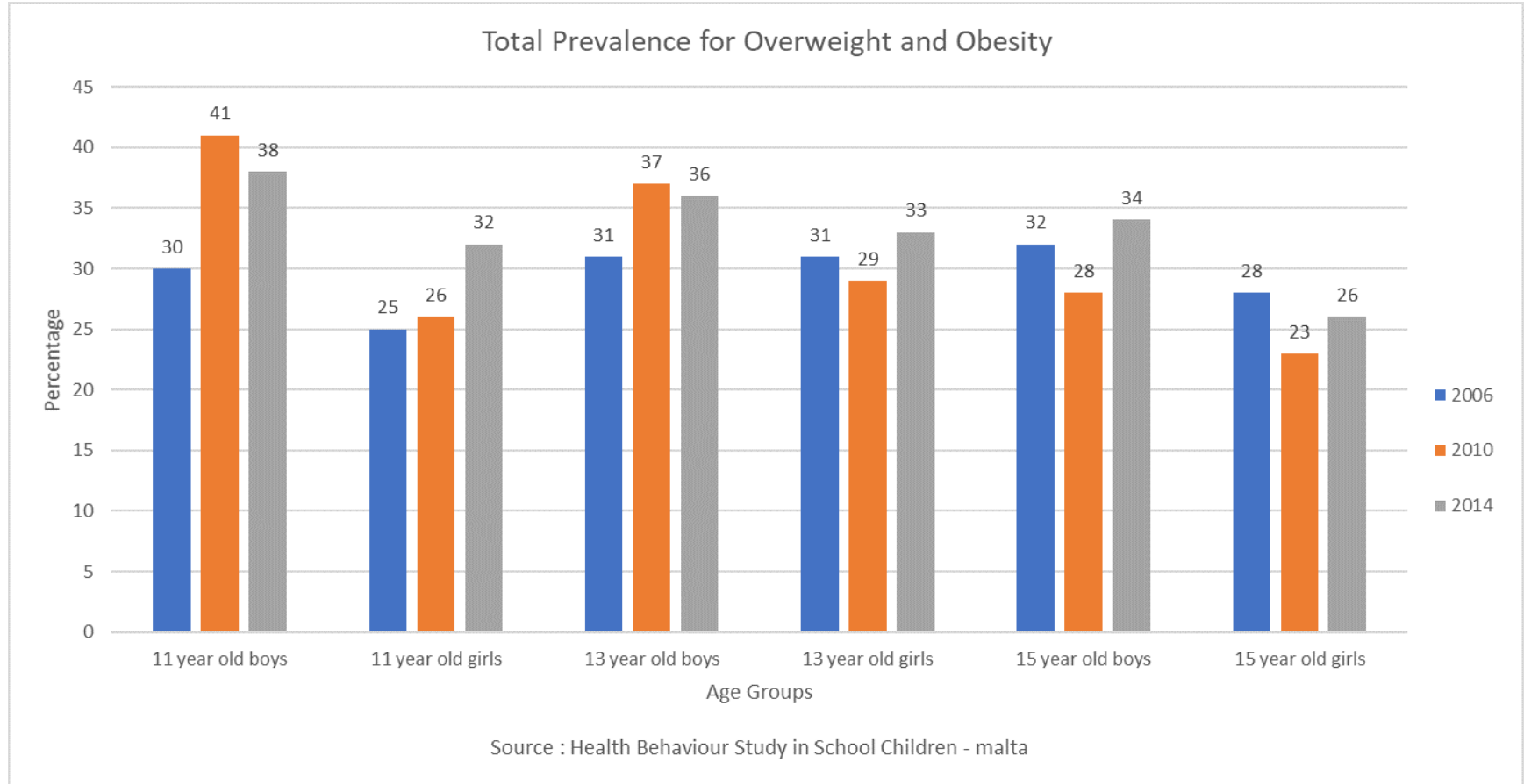


- The Healthy eating lifestyle plan (2007) was evaluated based on the OPEN appraisal tool
- Outcomes of the evaluation were taken in consideration in developing the “ Whole of School approach to healthy lifestyle: healthy eating and physical activity” launched in February 2015





# High burden in adolescents



# Low physical activity in adolescents

- 21.3% of boys practice at least one hour pf PA on daily basis
- 13.6% of girls practice at least one hour pf PA on daily basis

# Targeting adolescents: bridging the gap between research and practice



- Steering Committee - Collaboration
  - health,
  - education,
  - sports,
  - local councils,
  - families

# Targeting adolescents: bridging the gap between research and practice:



## MALTA

- Target adolescents in schools and community
- Mass movement during recess
- Training of peers
- Whole of school approach to healthy lifestyle policy: healthy eating and physical activity
- Community action with local councils
- National campaign : TV, Radio, social media , internet
- Collaboration health, education, sports, local councils, adolescents and families

# Planning: Involving target group

- Focus groups
- Involvement in phases
  - Initial planning brainstorming
  - Piloting
  - Evaluation post pilot
  - Roll out in schools
- Peer leaders
- Planning and delivery of community initiatives





# Objectives

- Active participation of adolescents
- Increase level of physical activity
- Encourage whole of school approach
  - Adolescents
  - School staff
  - Parents
- Train peer leaders
- Community intervention



# Movement sessions

- Mass movement sessions in break x 7 months
- 6 schools
- 600 adolescents (11-15 year olds)



# Evaluation

- Pre and post questionnaire
- 147 respondents
- 55.1% were doing PA and continued
- 16.6% were not doing any PA and started doing PA during project and after





# Community Intervention

- Community action with local councils
- National campaign
  - TV, Radio, social media , internet



# Healthy Weight For Life

Mediterranean Diet

open

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Photo - DOI - Jeremy Wannacott



### Healthy Weight For Life

Mediterranean Diet

**Make the healthier choice!**  
A Guide for Consumers

	High (per 100g)	Medium (per 100g)	Low (per 100g)
Sugars in cereals	Over 10g 10-15g	5g-10g 5p-15p	5g and below 5p and below
Total Fat	Over 20g	3g-20g	3g and below
Saturated Fats	Over 5g	1.5g-5g	1.5g and below
Salt	Over 1.5g	0.5g-1.5g	0.3g and below
Sodium	Over 400mg	100-600mg	100mg and below

open

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**DIETARY GUIDELINES FOR MALTESE ADULTS**

# HEALTHY EATING

**THE MEDITERRANEAN WAY!**

# The Healthy Plate

## A guide for eating throughout life



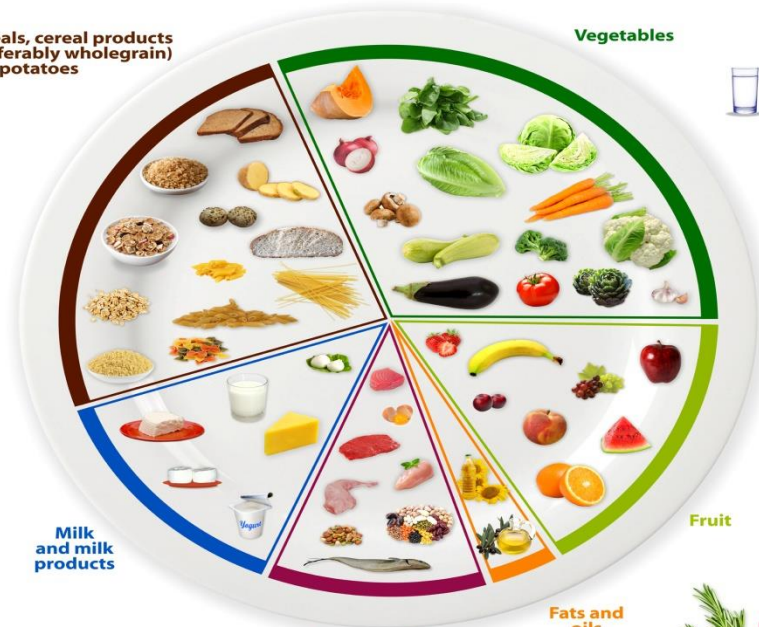
Select a variety of nutritious foods from each food group every day.  
 Drink plenty of water. Keep active. Reduce sitting time. Enjoy your meals with family and friends.

**Cereals, cereal products  
 (preferably wholegrain)  
 and potatoes**

**Vegetables**



**Water**



**Milk  
 and milk  
 products**

**Fruit**

**Fats and  
 oils**

**Lean meat, fish,  
 poultry, eggs,  
 legumes,  
 nuts and seeds**



**Herbs and  
 Spices**

**Limit your intake**



**Children should not be  
 allowed to drink alcohol**

**Limit your intake**





# Learning lessons

- Ensure governance from all stakeholders
- Have champions from schools leading actions
- Involve target group in planning and implementation
- Leave space for stakeholders for creativity
- Make it fun
- School and community interventions

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