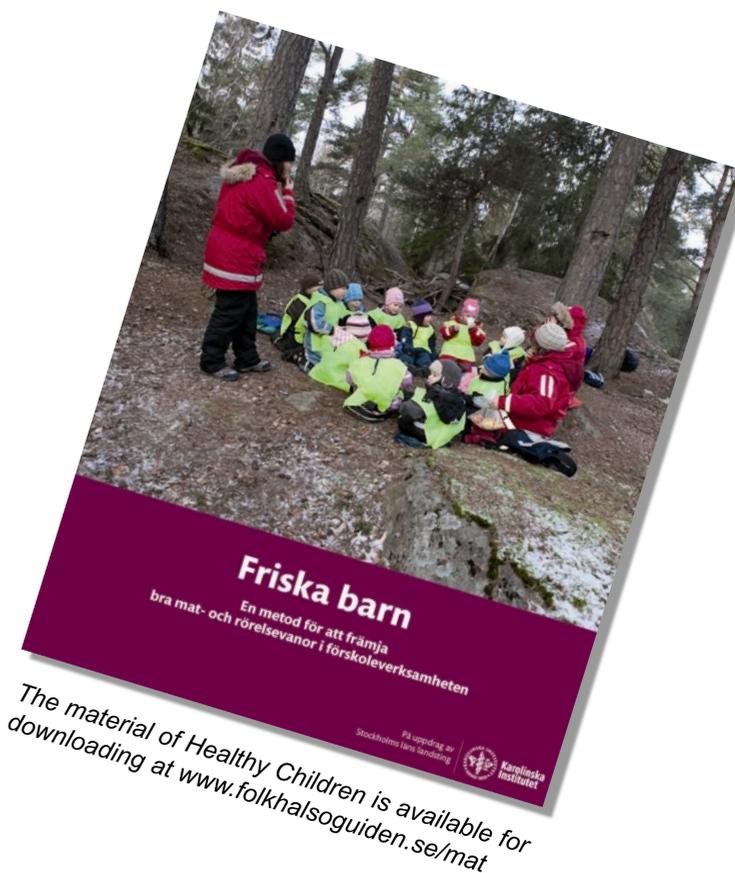


Healthy Children

A Swedish Method of Health Promotion in Diet and Physical Activity in Preschools

Core Components of Healthy Children

- Teachers as role models
 - Eating the same food as the children
 - Sledge riding with the children
- Learning healthy behaviors by doing (trying out healthy behaviors)
 - Going outdoors in all kinds of weather
 - Trying out new kinds of vegetables
- Organizational change
 - Entire staff group studies together
 - Joint decision on actionplan



Evaluated Method

- Pre – post single group intervention without control group.
- 25 preschools in Stockholm suburb
- Baseline – intervention – follow-up

Preschool – an important arena for health promotion and the prevention of obesity

Childhood obesity is globally a growing problem due to poor diet and inadequate physical activity.

Preschools in Sweden – “EduCare”

- 80% of all children age 1-5 attend preschool
- Government approved curriculum
- Subsidized up to 90% by local government
- Weekdays 7 am - 6 pm
- Breakfast, lunch and afternoon snack included

Main features of Healthy Children

Step 1. The entire staff group studies and discusses each chapter in the printed material

- The entire staff group of one preschool, reads and discusses a chapter in the printed material.
- The entire staff group includes manager, chef and all teachers.
- The material consists of nine chapters so it will take the group about a year to work through the material.

Step 2. Joint self-assessment

- The staff group makes a joint self-assessment on a check-list evaluating strengths and weaknesses in routines and teachers´ behaviors at mealtimes and at outdoor activities.

Check-list concludes each chapter

Step 3. Action plan

- The staff decides on an action plan. What to do and what not to do.
- The improvements that are decided upon will then be added to the general operational plan of the preschool.