

# Promoting Healthy Weight in Children (PromoKids)

*Ending Childhood Obesity in the Nordic Countries*

**Action plan 2018-2020**

Version 2.0 2.2.2018



## **Promoting Healthy Weight in Children (PromoKids) - *Ending Childhood Obesity in the Nordic Countries***

The PromoKids network is a communication forum of the health and wellbeing professionals working in the Nordic Countries. A purpose is that the members of the network working in the field of children's health and obesity would benefit from the co-operation. However, the purpose is that the membership of the network does not cause significant extra work for the members.

### **Objectives of the PromoKids:**

- To strengthen Nordic cooperation and networking for promoting children's health and preventing obesity.
- To disseminate and embed good practices and policies.
- To emphasize children's health promotion and obesity prevention in the Nordic countries taking into account early prevention, role of different actors and the importance of living environment and community.

### **Goals of the PromoKids:**

- To strengthen Nordic cooperation and networking in promoting children's health and preventing obesity.
- To share good experiences and ideas on how to implement the recommendations of the report of the Commission on Ending Childhood Obesity report (WHO) in the Nordic countries.
- To share good experiences and ideas on how to implement the Nordic Nutrition Recommendations (NNR) in each of the Nordic countries, for example in the development of guidelines for food and meals served in schools and daycare and in the dissemination of efficient health promotion material.
- To share good practices in monitoring childhood obesity: How do we monitor today and how should we monitor in the future (in order to ensure available and comparable data).
- To share good experiences and ideas on how to collaborate in reformulation of foods and beverages and in marketing of foods and non-alcoholic beverages to children.



<b>Action plan on PromoKids network</b>			
<b>Obejctives</b>	<b>Actions</b>	<b>Time/Milestones</b>	<b>Responsible actor</b>
1. To strengthen Nordic co-operation and networking for promoting children's health and preventing obesity.	<p>Each country will define a contact person and few other members from different fields to the network and mailing list. Members will preferably represent two levels of professionals: 1) decision makers, who plan and coordinate measures related to nutrition, physical activity and childhood obesity 2) professionals, who work in the different fields of obesity prevention, research and health promotion e.g. in daycare, schools and/or families with children.</p> <p>Each of the Nordic country can determine how many people are going to participate in the network and how actively they are participating for instance to the workshops.</p> <p>The network is meant to be very flexible and it can be extended during the project.</p>	<p>In the beginning of 2018</p> <p>2018-2020</p>	Each of the Nordic country
2. To disseminate and embed good practices and policies.	THL will establish a website for the network to share results of research, policies, programmes related to children's health and prevention of childhood obesity from each Nordic country.	The website is ready on January –February 2018	THL; Finland
	Members of the PromoKids participate in updating the contents of the website.	Continuous updating	THL updates the website. Contact persons and



			other members of the network from each of the Nordic country are responsible for delivering topical issues and information for the PromoKids' coordinator .
	The network organizes regular webinars/phone meetings for instance three-four times a year to enhance communication between the national experts on childhood obesity, to share information and experiences on new developments in the field and to plan joint activities.	First webinar/ phone meeting will be organized on March/April	THL coordinates
	The network will arrange annual seminars or workshops.	<u>First seminar and workshop</u> will be arranged in cooperation with Public Health Arena in autumn (Sept/Oct) 2018 in Iceland  <u>Second workshop</u> on 2019  <u>Third workshop</u> on 2020	Public Health Arena coordinates in collaboration with THL  THL coordinates workshops
3. To emphasize children's health promotion and obesity prevention in the Nordic countries taking into account early prevention, role of different actors and the importance of living environment and community.	Themes/concrete issues the network wants to focus on each year will be defined.  For instance: - Monitoring of overweight and obesity - Strengthening collaboration between the Nordic countries in the COSI - Implementation of nutrition and physical activity recommendations - Reformulation of foods and beverages and marketing of foods and non-alcoholic beverages to children - To find new ways to help	Webinars /phone meetings (First on March/April 2018)  Workshops (First on Sept/Oct 2018)	Each of the Nordic country



	<p>families to handle the screen time.</p> <ul style="list-style-type: none"><li>- to focus on support to vulnerable groups of children and families who are at a particularly high risk of becoming obese.</li><li>- to include user involvement from children and families with children</li></ul>		
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