

Our Programme « Gesond iessen, Méi bewegen »



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Santé



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère des Sports



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Famille, de l'Intégration
et à la Grande Région



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de l'Éducation nationale,
de l'Enfance et de la Jeunesse

- Since 2006
- Collaboration between 4 Ministries:
 - Ministère du Sport
 - Ministère de l'Education nationale, de l'Enfance et de la Jeunesse
 - Ministère de la Famille, de l'Intégration et à la Grande Région
 - Ministère de la Santé
- A common Policy with a complementary action plan

- **Our main objectives:**

- Inform and sensitise on every day healthy living style.
- Promote a healthy and balanced diet
- Encourage an increase in the quantity and quality of physical activities, especially in children and adolescents.

Focus on physical activity : Objectives

- Intersectorial and Complementary Actions :
 - Ex. health weeks in municipalities with the participation of schools, parents, sports clubs, European week of Sports etc.
- Creation of networks
 - Several national working groups elaborating recommendations and activities for physical activities and nutrition
- Mobilising and collaborating with other Ministries, municipalities, partners, associations and the general population



- Promote the sustainability of projects in the field of physical activity and nutrition
 - Ex.: health weeks, national sports day in schools, etc.



- Creation of didactic materials and publications
 - Ex.: Sport activity calendar, Brochures “Manger et Bouger”, Food pyramid, etc.



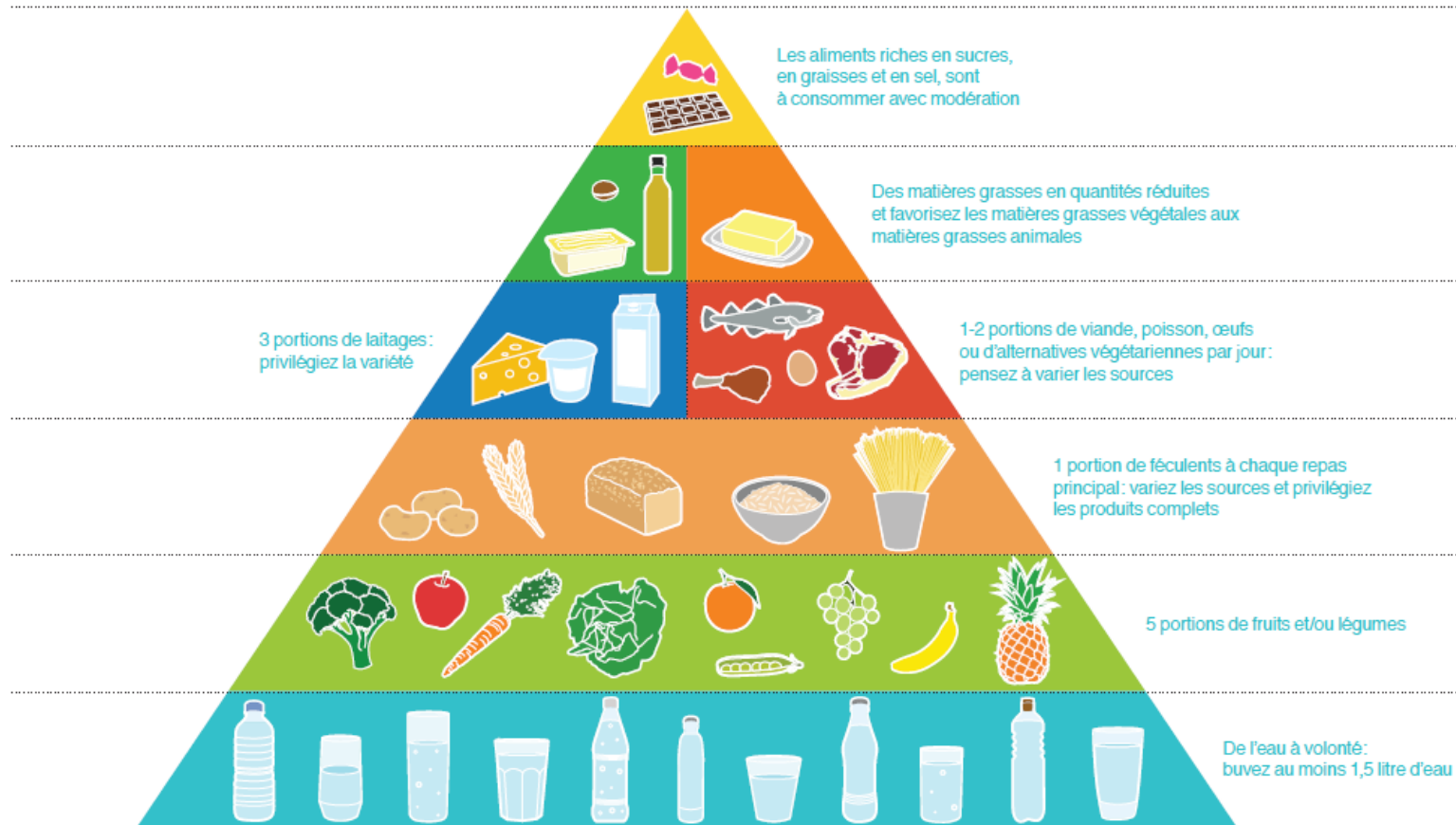
- Label GIMB
 - Ex.: Attribution to sports clubs, schools, structures in the field of informal education, etc. for their activities promoting physical activity and healthy eating
- Consistent messages about physical activity and healthy eating
- National recommendations



Recommandations for a balanced diet :

(Source: Ministère de la Santé)

Recommandations pour une alimentation équilibrée au quotidien:

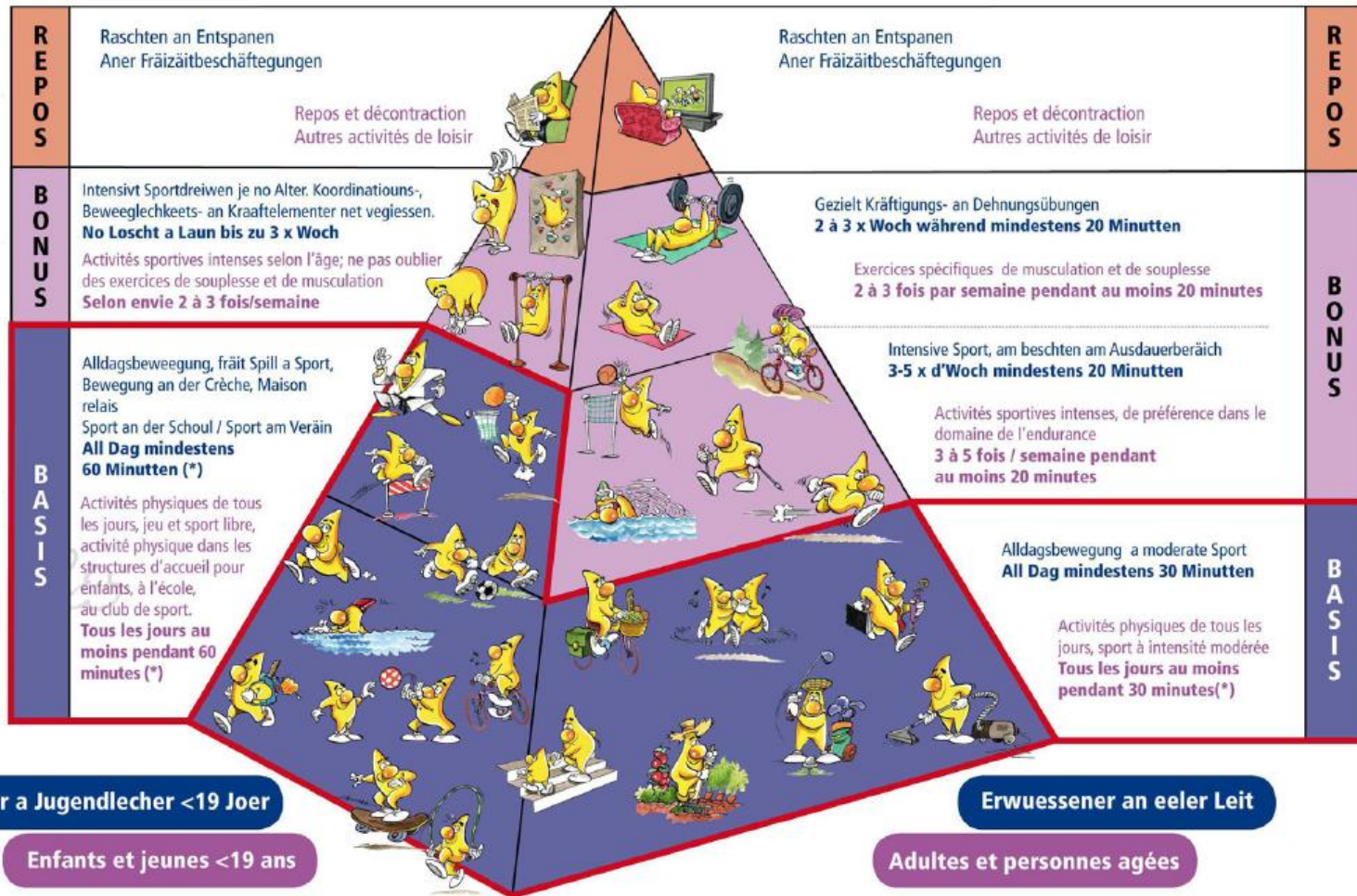


Recommendations for regular physical activity:

(Source: Ministère du Sport)

Bewegungspyramid

La pyramide de l'activité physique

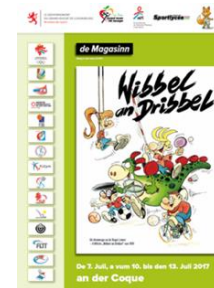


Focus on Physical Activity : In practice

- In 2011: extension of the GIMB-Programme in the field of physical activity
- Political focus:
 - Sustainable structures and programmes for children (and adolescents) in favor of developing their motor skills based on their need and pleasure to move
 - Motivating children to have the kind of active lifestyle that fits them the best and makes them feel better

Encourage physical activity

- Reinforce the place of sport in schools and motivate young girls and boys to practice physical activity and sports
 - Ex. : Wibbel an Dribbel, national Sports day in schools, « School in movement», Project „Clever move“



- Ministerial promotion and financial support for the creation of rooms for physical mobility games in structures of informal education
- Reinforce the initial, and continuous training of professionals in matters of motor, physical or sport activities
 - Ex.: Train the trainer, Integrated in teacher training
 - In process: Guide pratique sur l'éducation motrice 0-12- ans



- Complete and improve the local and national sports offered:
Integrated concepts of sport on municipality level
 - Ex. : Nuit des sports, LASEP



- Favor gentle mobility and informal sport
 - Ex.: « Pedibus »

- Motor stimulation and education of children before the age of 3 years
 - Ex.: support for the creation of rooms for physical mobility games

- **Projects in process:**

- Specific physical activity programme for children with special needs - adapted to their physical condition (weight loss, handicap ...)
- Developing a global concept to promote motor skills in early childhood