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

* WHO Report, 2014
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
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

Total Prevalence for Overweight and Obesity

Source: Health Behaviour Study in School Children - Malta

- 2006
- 2010
- 2014
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
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

Milk and milk products

Vegetables

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

Fats and oils

Fruit

Herbs and Spices

Limit your intake

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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