

# #76 HEPS GUIDELINES - GUIDELINES ON PROMOTING HEALTHY EATING AND PHYSICAL ACTIVITY IN SCHOOLS

THE NETHERLANDS INSTITUTE FOR HEALTH PROMOTION (NIGZ)

Toolkit, 2009

**Topic for advocacy** Obesity and behavior change / Education and Active Schools

[http://www.schools-for-health.eu/uploads/files/HEPS\\_Guidelines.pdf](http://www.schools-for-health.eu/uploads/files/HEPS_Guidelines.pdf)

## Description of the good example

Document discusses childhood obesity and health promotion in schools. Europe has experienced a dramatic rise in numbers of obese and inactive children. This document introduces HEPS guidelines, which can be used for developing policy.

## Target - Who can best use this example or document?

National policy makers

## Highlights and outcomes

### Why could it be useful for your organisation and advocacy?

Policy makers can develop guidelines for promoting health and prevention of obesity in schools.

## Learning points - What can we learn from it?

The purpose of guidelines for SHE coordinators and policy makers is to support them in developing health-promoting school policies in the area of healthy eating and physical activity. The aim is to develop a comprehensive policy framework for health-promotion policies, in order to create new opportunities for children and young people to make healthy choices.

## Further information

The Netherlands Institute for Health Promotion (NIGZ)

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*\*All information in this entry is sourced from the link above and contact mentioned in the document.*