

# #75 HEPS TOOLS FOR SCHOOLS - A GUIDE FOR SCHOOL POLICY DEVELOPMENT ON HEALTHY EATING AND PHYSICAL ACTIVITY

THE NETHERLANDS INSTITUTE FOR HEALTH PROMOTION (NIGZ)

Toolkit, 2010

**Topic for advocacy** Advocacy / HEPA - Physical Activity and Health

[https://pure.au.dk/ws/files/760/ToolforschoolsLRes\\_website.pdf](https://pure.au.dk/ws/files/760/ToolforschoolsLRes_website.pdf)

## Description of the good example

The HEPS project supports EU countries to promote healthy eating and physical activity in schools in a positive and sustainable way. HEPS is using a health-promoting school approach as an effective way of developing school health policy. The HEPS Tool for Schools introduces the concept of school policy on healthy eating and physical activity and provides suggestions and guidelines for its development.

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

Organisations, schools, national level decision makers.

## Highlights and outcomes

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

Organisations and schools can use these guidelines to implement policies on healthy eating and physical activity for schools. Toolkit provides advices during all stages of implementation and also the assesment tool, which is very useful for organizations.

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

Document presents topics on health, healthy eating and physical activity. Furthermore, it gives tips on how to develop a consistent school policy on healthy eating and physical activity. It gives clear guidance on how to disseminate and implement these steps.

## Further information

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