

# #78 HEPS TRAINING RESOURCE- INFORMATION AND ACTIVITIES TO SUPPORT THE INTRODUCTION OF A WHOLE SCHOOL APPROACH TO HEALTHY EATING AND PHYSICAL ACTIVITY IN SCHOOLS

THE NETHERLANDS INSTITUTE FOR HEALTH PROMOTION (NIGZ)

Toolkit, 2010

**Topic for advocacy** HEPA - Physical Activity and Health / Obesity and behavior change / Education and Active Schools

<https://files.eric.ed.gov/fulltext/ED518321.pdf>

## Description of the good example

Document explains how to plan and implement training sessions about healthy eating and physical activity for schools. Via different modules reader learns how to develop a consistent school policy and how to establish partnerships for healthy choices.

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

National policy makers, schools.

## Highlights and outcomes

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

Toolkit provides ideas and practical advises for organisations on how to promote healthy eating and physical activity in schools.

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

To develop, implement and evaluate effective national policy and sustainable practice for work on healthy eating and physical activity in schools in all EU member states. To support the development and implementation of comprehensive, sustainable and evidence-based school programmes for promoting healthy eating and physical activity in the EU member states, based on the health promoting school approach.

## 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.*