

# Joint Action Health4EUKids

(Start Date 1<sup>st</sup> Dec 2022- End Date Dec 2025)

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MINISTRY FOR HEALTH AND ACTIVE AGEING

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# JA Health4EUKids – Goals and Objectives

- Implement 2 best practices:  
**Grunau Moves – Germany** and  
**Smart Family – Finland**
- **Community based**, obesity prevention Health Promotion Programmes.
- Addressing obesity in children (4-12 years) living in **deprived districts**
- Malta is implementing **Grunau Moves only (BP owners Ulrike and Fin - Germany)**
- **Scope** to promote healthy lifestyles in families with children (4-12 years) to prevent childhood obesity, to increase physical activity and healthy diet in children
- Prepare the sustainability and transferability of these best practices

# *Work Packages*

WP1- Coordination

WP2 – Dissemination

WP3 – Evaluation

WP4 – Transferability and sustainability

WP5 – **Grunau Moves**

WP6 – Smart Family (not involved in this)

# Key Activities undertaken



# *Selection of neighbourhood to implement best practice – Intervention Area (IA)*

## HOW?

- **Socioeconomic indicators** that show vulnerability - education level, occupation, household income, wealth, teenage pregnancies
- **Opportunity indicators** such as political will, previous community work, local or community health projects, platforms, and participation forums.
- **Health indicators** on the prevalence of child overweight and obesity, as well as of physical activity levels.



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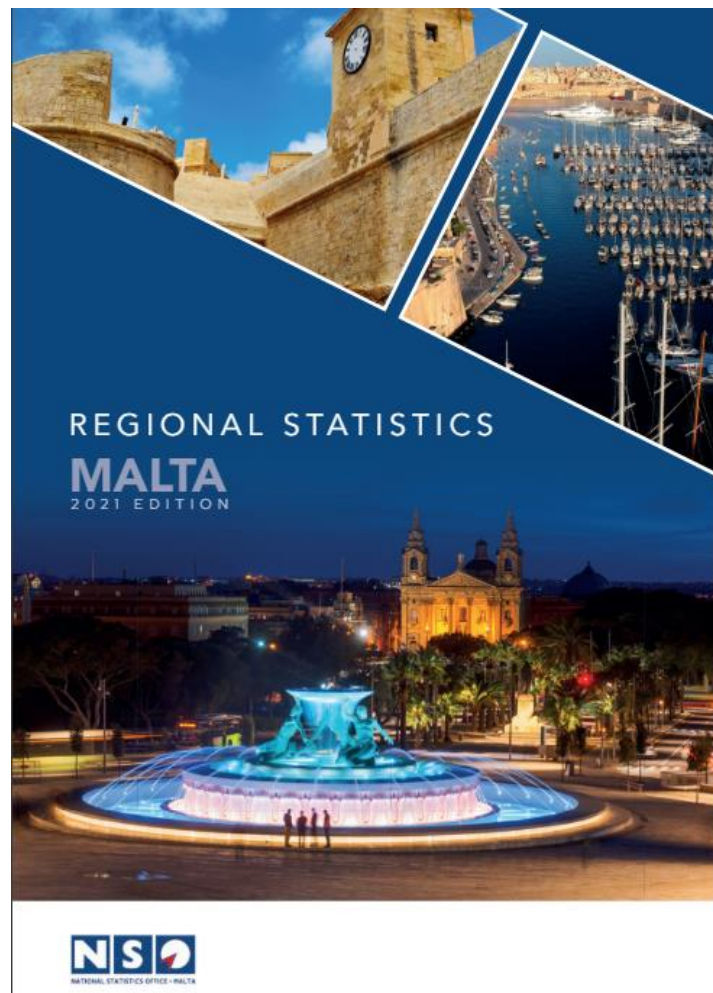
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# Sources used to obtain population information



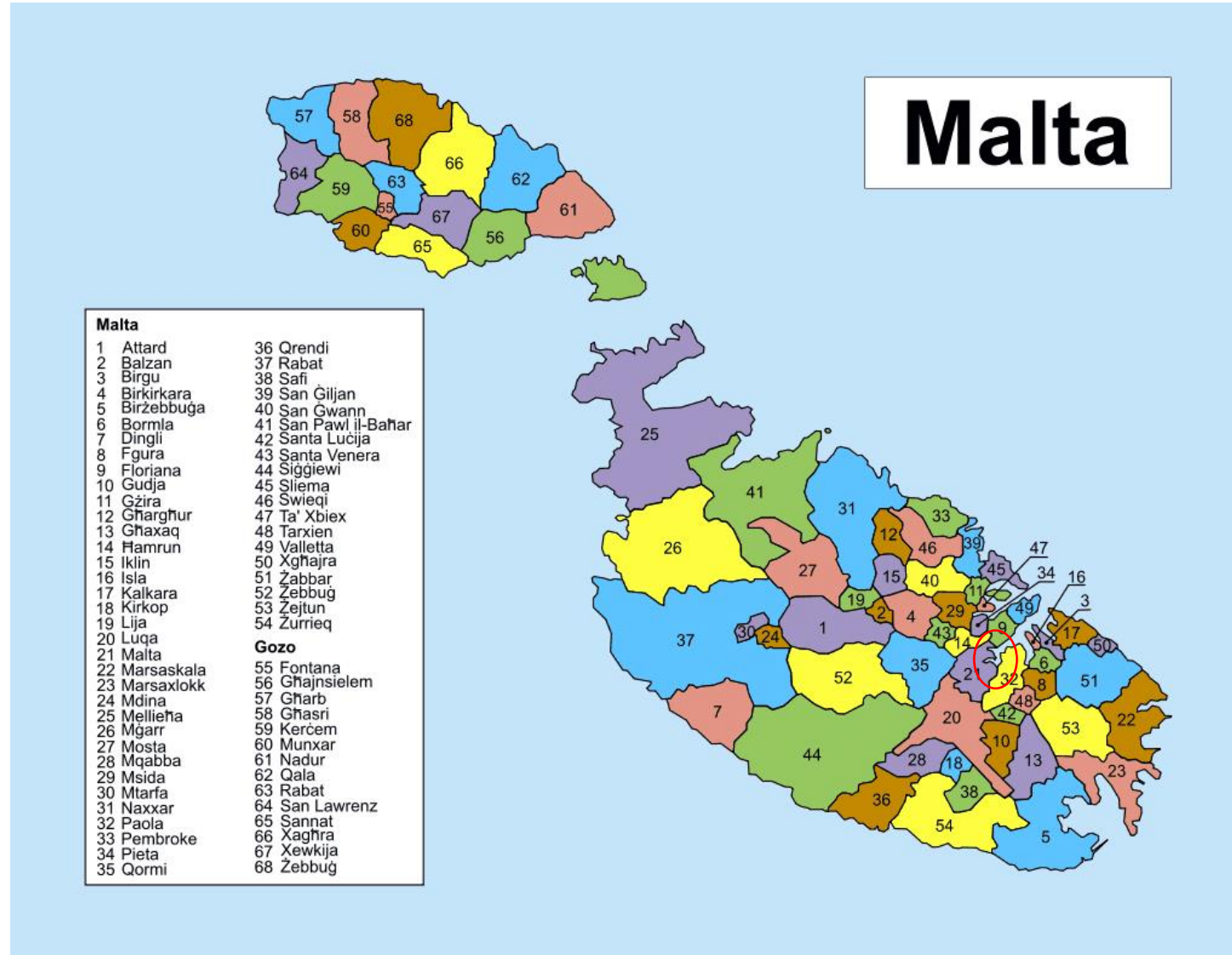
DHIR - Directorate for Health Information  
and Research - Malta





# Hamrun – Northern Harbour District of Malta

- Description of the neighbourhood
  - Total population – 10,514 (M – 5,571; F – 4,943)
  - Total children between 4-12 years – 692 (M – 385; F – 307)
  - Population density – 9,978 per km
  - Non-Maltese 24.2%



# ***Percentage weight classification of population residing in Hamrun compared to the rest of Malta – 2019/2020***

	Hamrun	Rest of Malta
Underweight	1.70%	1.70%
Normal Weight	32.80%	34.00%
Overweight	39.70%	35.60%
Obese	25.90%	28.60%





## Intervention Area Mapping - HAMRUN

# Establishing a 'Core Group (CG)'

**CG/steering committee** - working group, involved in decision making and problem solving throughout different phases of project (us, senior social worker, executive secretary local council Hamrun, priest)

**Goal:** to facilitate the necessary environmental changes through meetings with stakeholders

## How:

- Presenting the initiative to mayor and integrating it into their political agendas.
- Building relationships and fostering engagement with affected communities, educational centres, organisations, and businesses.



# Identification of stakeholders

- Mayor/executive local council secretary
- Priests
- Persons teaching catechism
- Scouts' leaders
- Band clubs' secretary
- Football clubs' secretary
- Business community



# 1<sup>st</sup> Focus group meeting –Hamrun Community leaders



# Establishing a 'Health Network (HN)'

**Health Network:** Contact was made with the deputy chairperson of Primary Healthcare to help us identify 3 HCP's working at Hamrun Community Clinic (HCC).

No health services are offered to children and adolescents at HCC.

Collaboration with the School Medical Services

## Goal:

- Promote the exchange of knowledge, experiences, and the use of already available resources.
- Support the dissemination of project results to a broader audience.
- Sustain project outcomes and ensuring their legacy once the project comes to an end.

## How:

- This is achieved through meetings and collaboration

# Needs Assessment

## Goal:

Analyse local health situation and map Health Assets

## How:

- Using the **Place Standard tool** is a way of assessing places - **Living Healthy Tool (LHT)** questionnaire
- LHT explore 14 dimensions (e.g. food environment, physical activity, outdoor space, social cohesion, community network and sedentary behaviour)
- Give rating and write feedback on current situation and what they like to see different in the future





# Healthy Living Tool Extract



## What is the Living Healthy tool?

The Living Healthy tool is a fun and interesting way to help you answer the question: **“how healthy is my place?”**

*Does the place where I live make a difference in how healthy I am?*

This version of the Living Healthy tool is made especially for children aged 6 to 12. It helps children talk about the things that matter to them in a way that can allow their views to make a difference. It asks questions about what children need to live healthy in a place and what changes might make things better.

## Why is the place around me important?

The place where we live, and play is important because it helps us to live a healthy and happy life.

When we walk, use the scooter, or cycle around, we are performing exercise which is good for our health. The outdoor spaces where we play and spend time with friends at and outside of school influence how we feel. The stores, markets, and the food available around us, as well as at the school canteen, are important in helping us eat well and stay healthy.

Habits at home, like spending too much time sitting or using the screens (smartphone, tablet, videogames...) do not help us engage in fun activities with others or being as much physically active as we need to stay healthy. It is important to get enough sleep and feel well rested and energised during the day.



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## Faċli tużaha din l-ġhodka!

L-ġhodka Nghixu Fajja b'Saħħiha tistaqsi 14-il mistoqsija dwar il-post fejn tghix u tqatta' hinek, l-iskola u d-dar. Kulma għandek bżonn tagħmel huwa li taħseb dwar kif inhu l-post fejn tghix bħalissa u x'taħseb dwar is-sugġett mistoqsi. Wara li tagħmel dan iddeciedi dwar il-punti li tixtieq tagħti għal kull mistoqsija: 1 sa 5.

1 hażin hafna (hemm bżonn ta' hafna titjib!)	2 hażin	3 OK	4 mhux hażin	5 tajjeb hafna (Inħobbuh!)

Tista' jew tikteb it-tweġibiet fl-ispazji pprovduti jew tista' tniżżel l-affarijiet li jgħobbuk jew ma jgħobbukx mod iehor, pereżempju billi tpingi.

Tista' taħseb ukoll dwar x'se tbiddel fil-post tiegħek kieku kellek xi superpoter.

What is good now?  
How could we make it better?



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# RESULTS

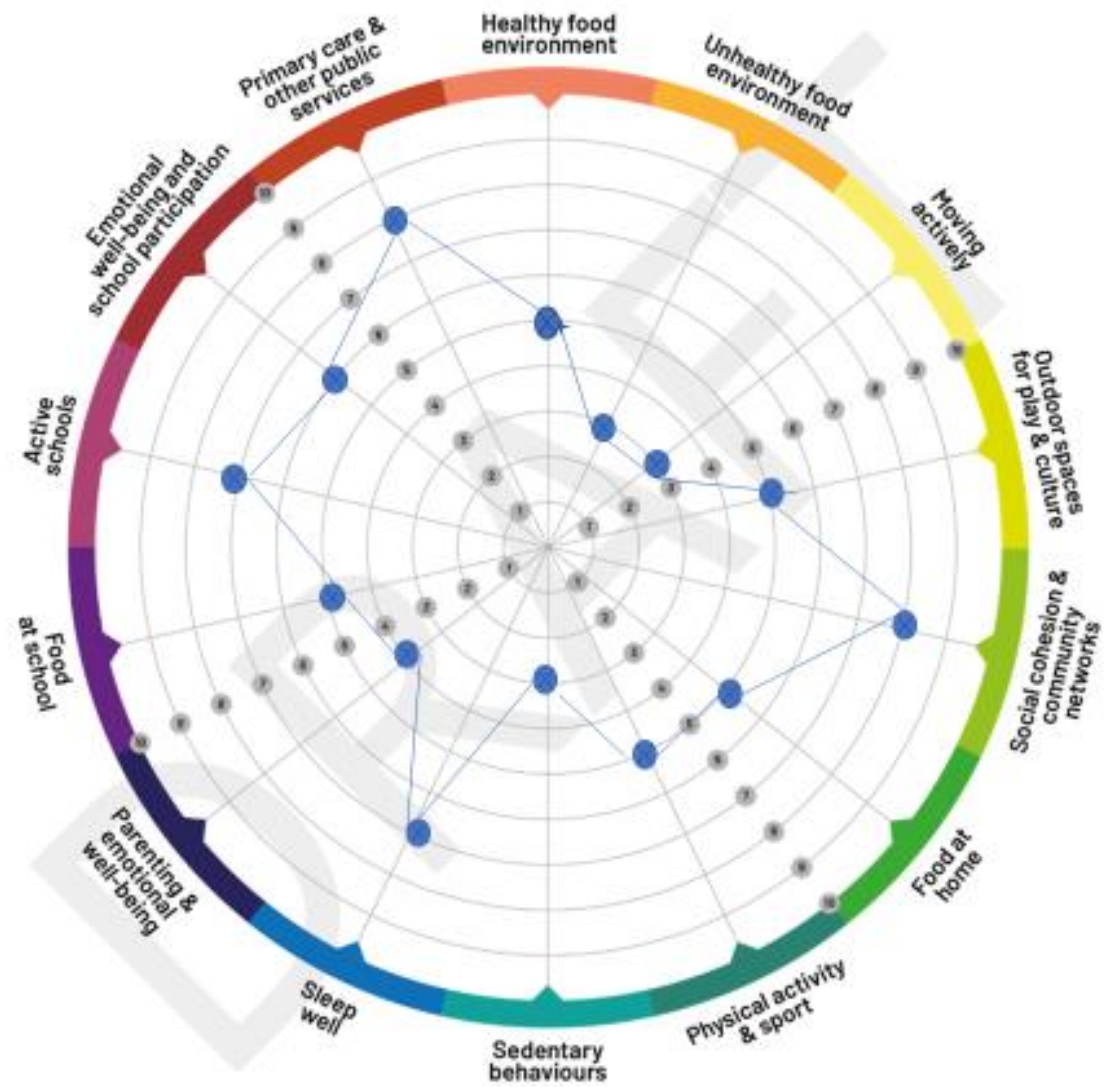
Participant Number	Dimensions													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14
1	5	5	5	5	9	5	3	3	7	5	5	8	6	8
2	2	1	2	6	9	5	2	3	5	5	5	8	7	8
3	7	2	2	3	8	5	7	4	9	5	5	8	6	7
4	5	1	4	4	8	4	4	3	5	4	4	6	6	8
5	5	2	2	2	8	4	5	3	6	2	5	7	6	7
6	8	4	2	7	7	5	7	2	7	5	6	7	6	8
average rating	5.33	2.5	2.83	4.5	8.12	4.67	4.67	3	6.5	4.33	5	7.33	6.17	7.68
highest rating	8	5	5	7	9	5	7	4	9	5	6	8	7	8
lowest rating	2	1	2	3	7	4	2	2	5	2	4	6	6	7

## Dimensions

## Av rating

1. Healthy Food environment 5.33
2. Unhealthy Food environment 2.5
3. Moving Actively 2.83
4. Outdoor Space for play and culture 4.5
5. Social Cohesion and Community Networks 8.12
6. Eating Healthily 4.67
7. Physical Activity and Sport 4.67
8. Sedentary Behaviours 3
9. Sleep well 6.5
10. Parenting and Emotional Well-being 4.33
11. Food at School 5
12. Active Schools 7.33
13. Emotional wellbeing at school 6.17
14. Primary Care and Other Public Services 7.68

# Results



# Some feedback received from Focus group

## Physical activity and sport

- Lack of time to do PA because of lots of homework.
- GYM /PE only at school otherwise you need to pay
- Freedom and playing outdoors no longer present.
- Walking is not safe due to heavy traffic and pollution

## Healthy eating

- They eat a lots of ready-made food instead of homecooked food

## Social Cohesion

- Between the local people the network is strongbut between non-Maltese the social cohesion is lacking and are not very much respected.

## Digital health

- Excessive use of mobiles

# Areas to work on

Food environment

Physical activity and sedentary time

Parental education

Parenting and emotional wellbeing

# Needs Assessment Schools

- LHT for adults was adapted to be used with kids
- Invite letters were sent to the Heads of 2 Hamrun primary schools (SGPC Hamrun SS Primary School & SGPC Hamrun GP Primary School)
- Request for students, parents and teachers to participate in the study as well for 3 teachers to form part of Core Group.
- Application with Research ethics committee
- 25 consent letters sent to parents (Hamrun SS) and 60 consent letters to parents (Hamrun GP) (school aged children mainly 10-year-olds)
- 3 out of 25 parents signed consent from Hamrun SS and 22 out of 60 parents signed consent Form from Hamrun GP Primary school

Persons who live in the community

# RESULTS from Hamrun GP school

Children GP Primary	Participant Number	Dimensions	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	1		5	3	1		5	4	3	2	5	4	4	4		
	2		4	2	1	3	4	4	3	2	1	4	4	4	4	4
	3		4	1	2	3	5	4	2	2	5	5	5		5	
	4		3	1	5	4	4	4	5	4	3	5	3	3	3	4
	5		5	3	4	5	5	5	5	4	3	5	5	5	5	5
	6		5	4	4	4	5	1	4	4	4	5	3	3	5	5
	7		4	3	5	4	5	4	3	2	4	5	1	4	1	3
	8		3	1	2	4	4	4	3	2	4	5	1	4	1	3
	9		2	1	5	3	4	3	4	2	5	3	5	5	4	4
	10		5	3	3	4	5	5	5	4	3	5	5	5	5	5
	11		5	3	3	5	5	5	5	4	4	4	5	5	5	5
	12		5	3	3	3	5	5	5	4	4	4	3		3	4
	13		5	5	5	4	3	4	4	4	3	5	3		3	
	14		4	4	5	4	5	4	5	4	1	3	5	4	3	4
	15		5	3	3	2		5	3	3	4	5	5	4	3	
	16		3	4	2	1	4	4	3	3	3	4	4	4	4	3
	17		5	3	5	5	3	4		2	5	3	5	5		
	18		4	4	1	3	4	5	2	3	2	5	5	4	5	3
	19		4	3	5	5	4	4	5	3	5	4	5	4	3	4
	20		5	2	4	5	2	5	1	4	5	5	2	3	5	5
	average		4.25	2.8	3.4	3.75	4.3	4.238095	3.684211	3.1	3.65	4.4	3.9	4.117647	3.722222	4.066667
	highest		5	5	5	5	5	5	5	4	5	5	5	5	5	5
	lowest		3	1	1	1	2	1	1	2	1	3	1	3	1	3

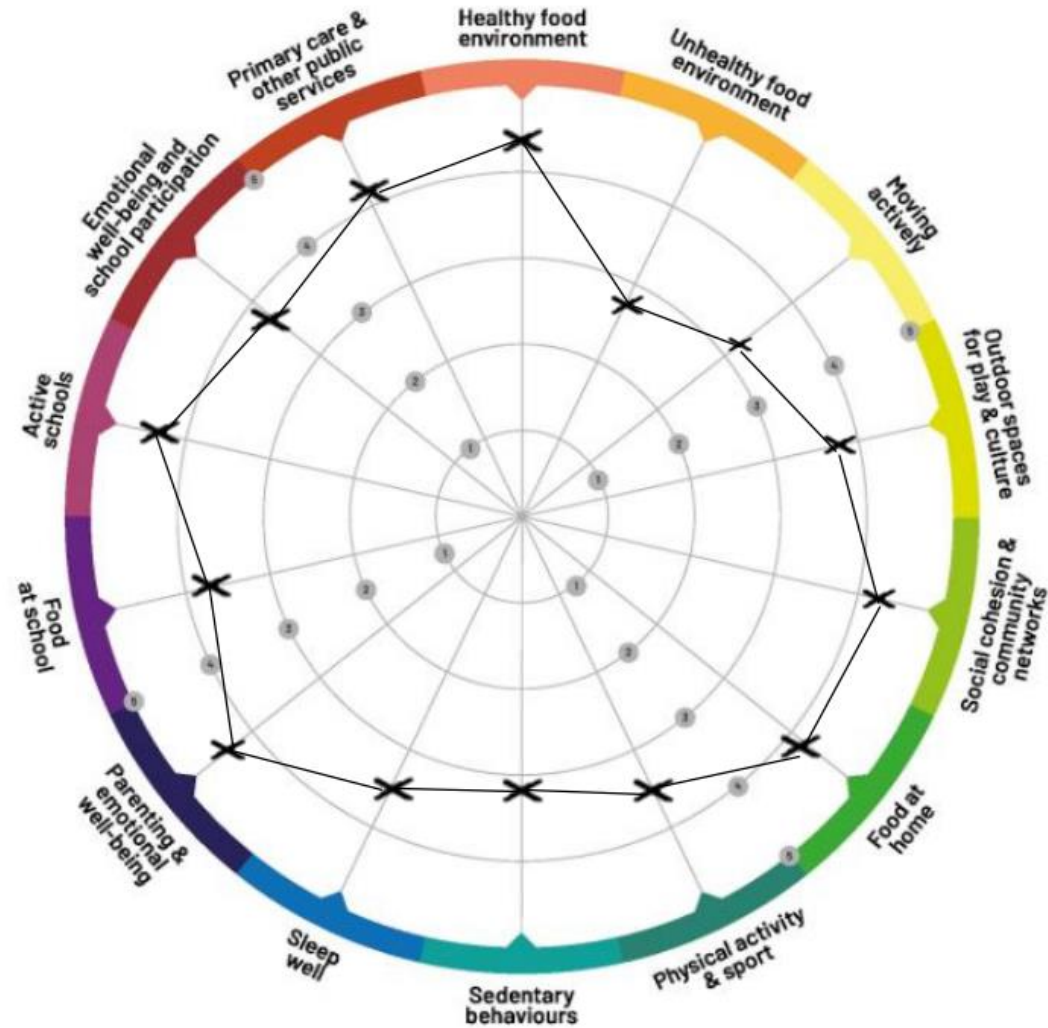
## Dimensions

## Av rating

1. Healthy Food environment 4
2. Unhealthy Food environment 3
3. Moving Actively 3
4. Outdoor Space for play and culture 4
5. Social Cohesion Community Networks 4
6. Eating Healthily 4
7. Physical Activity and Sport 4
8. Sedentary Behaviours 3
9. Sleep well 4
10. Parenting and Emotional Well-being 4
11. Food at School 4
12. Active Schools 4
13. Emotional wellbeing at school 4
14. Primary Care and Other Public Services 4



# Results - Needs assessment Schools





# Areas to work on

- Unhealthy food environment
- Physical activity
- Sedentary time

## Some feedback from children

- Mostly positive and they do not want to see much environmental changes in Hamrun
- Never had problems with having enough food
- They wish to have nutrition lessons and more PA lessons

Living Healthy  
tool Survey  
with 10-year-  
old school  
children



# Intervention Planning

- What can be done?
- Who is doing it?
- Who needs to be involved?
- Start with actions that are easy to implement, do not require much time and resources

Health Network/core group and partners interested

# Intervention Planning – What can be done?

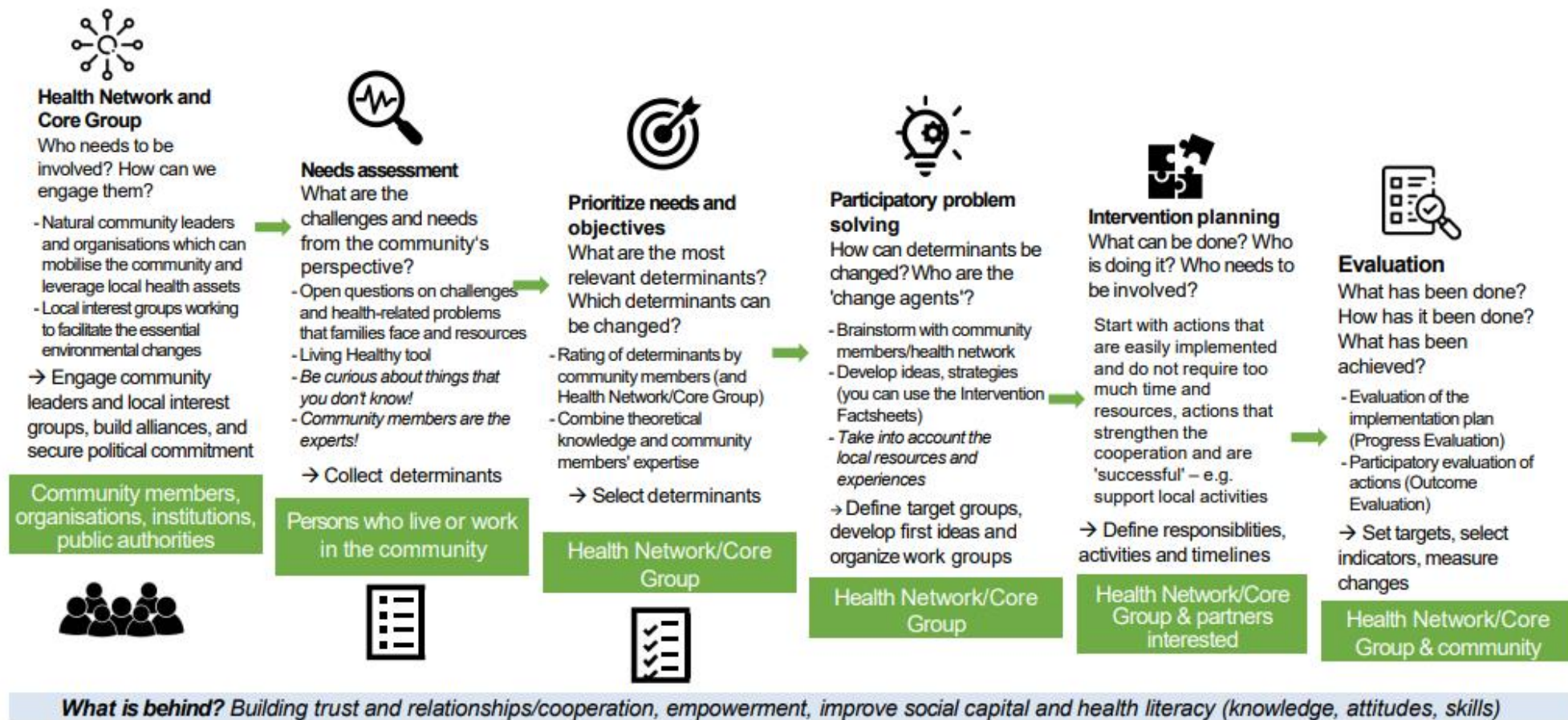
- Participating in Hamrun Primary Summer schools
- Nutrition, physical activity and mental wellbeing programme (3 hours) weekly to children aged 7-10 years x 6 weeks
- Child weight management programme to overweight or obese children between 7 and 12 years of age

# Outcome Evaluation

- 2 levels
- Evaluation of the implementation plan (**Progress evaluation**)
- **Participatory evaluation** of actions with the communities and stakeholders (outcome evaluation)
- What has been done?
- How has it been done?
- What has been achieved?

Health Network/Core Group and Community





**Figure 1.** Intervention Mapping in a nutshell. *Source:* Elaborated by 'Grünau Moves' best practice owners, Ulrike Igel and Fin Kasten.



***Grazzi  
Thank you***

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