

# EUROPEAN JOINT ACTION TO CONTRIBUTE TO HALTING THE RISE OF OVERWEIGHT AND OBESITY IN CHILDREN



## PARTNERS

- Austrian Federal Ministry of Health, BMG, Austria
- Austrian Agency for Health and Food Safety, AGES, Austria
- Federal Public Service Health, FPS Health, Belgium
- Scientific Institute of Public Health, WIV-ISP, Belgium
- National Centre of Public Health and Analysis, NCPHA, Bulgaria
- Ministry of Health, MoH BG, Bulgaria
- Faculty of Medicine, Sofia University with University Hospital "Lozenetz", MFSU-UHL, Bulgaria
- Croatian Institute of Public Health, HZJZ, Croatia
- Croatian Health Insurance Fund, HZZO, Croatia
- National Institute of Public Health, SZU, Czech Republic
- National Institute for Health Development, NIHD, Estonia
- National Institute for Health and Welfare, THL, Finland
- French Agency for Food, Environmental and Occupational Health & Safety, ANSES, France
- Ministry of Social Affairs, Health and Women's Rights, DGS FR, France
- French National Institute for Agricultural Research, INRA, France
- Friedrich-Alexander-University, Erlangen-Nürnberg, FAU, Germany
- German Nutrition Society, DGE, Germany
- aid infodienst - nutrition, agriculture, consumer protection, aid/GiL, Germany
- Alexander Technological Educational Institute of Thessaloniki, ATEITH, Greece
- AHEPA University Hospital of Aristotle University of Thessaloniki, AHEPA, Greece
- National Institute of Pharmacy and Nutrition, OGYEI, Hungary
- National Institute for Health Development, OEFI, Hungary
- Institute of Public Health, IPH IRL, Ireland
- HRB Centre for Health and Diet Research, UCC-CHDR, Ireland
- Ministry of Health, MoH I, Italy
- Istituto Superiore di Sanità, ISS-CNESPS, Italy
- Centre for Disease Prevention and Control, SPKC, Latvia
- Health Education and Diseases Prevention Centre, SMLPC, Lithuania
- Ministry of Health, Government of Luxembourg, MISA, Luxembourg
- Ligue médico-sociale (Ligue luxembourgeoise de Prévention et d'Action médico-sociales), La Ligue, Luxembourg
- Ministry for Energy and Health, MEH, Malta
- Norwegian Directorate of Health, HDIR, Norway
- Medical University of Silesia, SUM, Poland
- Directorate General of Health, MS, Portugal
- Institute for Mother and Child Care, IOMC, Romania
- Babes-Bolyai University, UBB, Romania
- Public Health Authority of the Slovak Republic, UVZ SR, Slovakia
- National Institute of Public Health, NIJZ, Slovenia
- Spanish Agency for Consumer Affairs, Food Safety and Nutrition, AECOSAN, Spain

In addition to the **39 partners**, **13 collaborating stakeholders** are involved in JANPA including institutions from Cyprus and Sweden as well as WHO-Europe and the Joint Research Centre, JRC-EU.

## CONTACTS

info@janpa.eu | www.janpa.eu  
 janpaeu | janpa | janpaeu

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## KEY ELEMENTS OF JANPA

### WHY?

In Europe the number of children overweight or obese is increasing: currently affecting 1 out of 3 children aged 6-9 years old. Obesity is related to several diseases and represents a large burden on health and social care.

### HOW?

A **life-course approach** is necessary, the promotion of a healthy diet and physical activity in children already starts during pregnancy and early age.

Policies and interventions stem from a **multi-sectoral approach**, including better coordinated government actions between the social, employment, education, health, agriculture, transport and private sectors.

Nutrition and physical activity are related to social conditions. The reduction of **social inequalities** is considered a crucial aspect of JANPA.

### WHAT CAN BE DONE?

Social and political mobilisation is needed to facilitate actions and their coherence at various levels to improve nutrition and physical activity among children in Europe.

Such initiatives require partnerships and networks mainly between public health professionals, regional and local authorities, educational institutions, communities, universities, food industry, non-profit organisations and associations.

## ALL MEMBER STATES ARE CALLED ON TO CONTRIBUTE TO THE JANPA OBJECTIVES BY PROMOTING PUBLIC HEALTH POLICIES AND ENCOURAGING HEALTHY LIFESTYLES

## WHAT IS JANPA?

JANPA is a joint action across Europe on nutrition and physical activity. **The main objective of JANPA is to contribute to halting the rise of overweight and obesity in children and adolescents in EU Member states by 2020.** JANPA focuses on specific factors that contribute to the nutritional and physical activity policies for families targeting childhood and adolescence.

## WHO IS INVOLVED?

**26 countries**, including 25 of the 28 European Member states and Norway, participate in JANPA either as partners or collaborating stakeholders.

The large number of countries and organisations participating in the project provide a wealth of views, information, practices and approaches ensuring widespread engagement.

## WHAT DO WE WANT TO ACHIEVE?

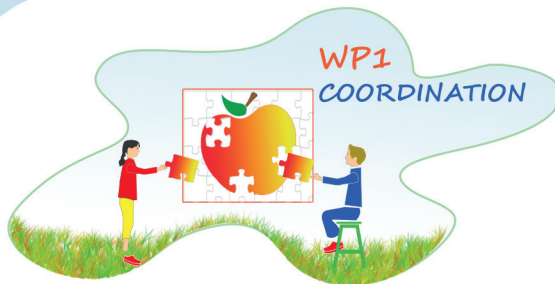
Through sharing, identification and selection of best practices within participating countries, JANPA aims to:

- ✦ **estimate and forecast the economic costs** of overweight and obesity
- ✦ **improve the implementation of integrated interventions to promote healthy nutrition and physical activity** for pregnant women and families with young children
- ✦ **contribute to healthier child care** in family, kindergarten, pre-school and school **environments**
- ✦ **improve the way in which nutritional information about foods is collected and used** by public health authorities, stakeholders and families.

### JANPA:

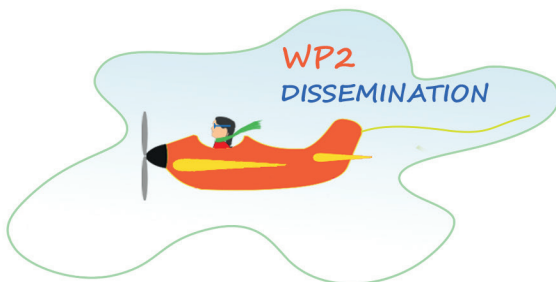
### A JOINT ACTION ACROSS EUROPE 2015-2017

## JANPA IS ORGANISED IN SEVEN WORK PACKAGES



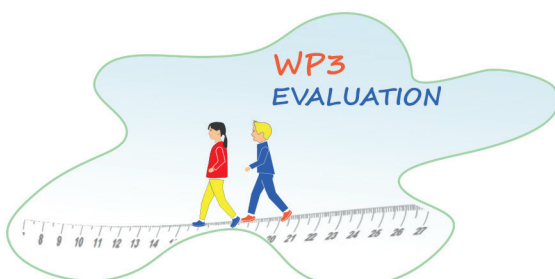
### WP1 COORDINATION

Ensure the success of the joint action by efficient management and coordination of the different work packages



### WP2 DISSEMINATION

Promote the joint action and disseminate the results with the involvement of the relevant stakeholders



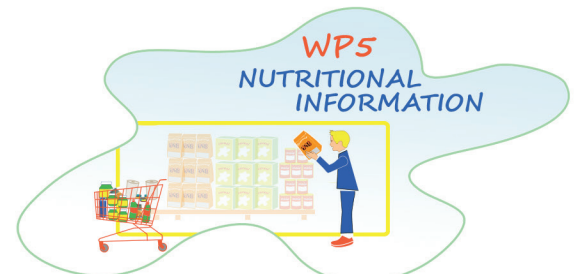
### WP3 EVALUATION

Carry out a systematic evaluation of the entire project with regard to the performance and impact of JANPA



### WP4 COST OF CHILDHOOD OBESITY

Develop an evidence-based economic rationale for action on childhood obesity



### WP5 NUTRITIONAL INFORMATION

Share the best practices on how nutritional information on food and diet is gathered and used for nutritional policies



### WP6 HEALTHY ENVIRONMENTS

Provide guidance on policy options and national initiatives to create healthier environments in kindergartens and schools



### WP7 EARLY INTERVENTIONS

Promote policies and interventions on healthy diet and physical activity for pregnant women and families with young children