

Healthy Life for Children 2 October 2018, Reykjavik

Place: Grand Hotel, Reykjavik (room: Galleri)

Moderator: Anna Sigríður Ólafsdóttir, Professor at the University of Iceland, Faculty of Health Promotion, Sports and Leisure Studies

9.15 - 9.30 Opening speech

Director of Health, Alma D. Möller MD, PhD, EMPH, The Directorate of Health, Iceland

9.30 - 10.00 Update from WHO

Dr Juana Willumsen, Technical officer, WHO, Department for Prevention of Noncommunicable Diseases, WHO, Geneva

10.00 - 10.30 Genetics of Common Diseases

Kári Stefánsson, M.D., Dr. Med. and founder of deCODE genetics. Dr. Stefánsson has held different positions as a Professor of Neurology, Neuropathology and Neuroscience

10.30 - 11.00 Coffee

11.00 - 11.30 JANPA - Joint Action on Nutrition and Physical Activity

Dr Viktória Anna Kovács, National Institute of Pharmacy and Nutrition, Hungary

11.30 - 12.00 How shall we treat overweight children?

Anders Forslund, Associate professor, Paediatrician, Head of pediatric obesity unit, Uppsala University Children's hospital

12.00 - 13.00 Lunch

13.00 - 13.30 Economic perspective on Healthy Life for Children

Professor Kevin P Balanda, PhD FFPH, Director of Research, Institute of Public Health in Ireland and Adjunct professor, School of Public Health, University College Cork

13.30 - 14.00 Healthy body image through health promoting schools and communities

Dr Dóra Guðrún Guðmundsdóttir, Head of division, Determinants of health and wellbeing, Directorate of Health, Iceland

14.00 - 14.20 Coffee

14.20 - 15.00 Parallel sessions

- *ECHO zone – an example of a whole of society approach*
- *Interactive tool from JANPA Work Package 6*
- *Health promotion programs in Iceland*

15.00 - 15.10 Short break

15.10 - 15.40 Panel discussion (room: Galleri)

Moderator: Tiina Laatikainen, Institute of Health and Welfare (THL), Finland

Panel: Sirpa Sarlio from The Ministry for Social Affairs and Health Finland, Eva Rustad de Brisis from The Norwegian Directorate of Health, Ragnar Bjarnason from The University Hospital in Iceland, Tatjana Hejgaard from the Danish Health Authority, Lauren Lissner, University of Gothenburg, Sweden.

15.40 - 16.00 Closing words

The PromoKids workshop 3 October 2018, Reykjavik

Place: Grand Hotel, Reykjavik

Room: Galleri

8.30–8.45 **Opening and introductions**

8.45–9.00 **Overview of the PromoKids network**

9:00–12.00 **Country presentations and discussion**

During this session each country could give presentations on country actions taken to halt childhood obesity, research and programs.

9.00–9.30 **Iceland**

Practical approach to treatment of pediatric obesity. Tools and experiences

Anna Sigríður Ólafsdóttir, Professor, University of Iceland and Landspítali University Hospital

Body composition and sleeping patterns in adolescence

Erlingur Jóhannsson, Professor, University of Iceland

9.30–10.00 **Norway**

Short presentations of different initiatives and projects in Norway to increase physical activity and healthy nutrition in children

Eva Rustad de Brisis, Senior Advisor at The Norwegian Directorate of Health; Ingrid Leversen, Head of National Centre for Food, Health and Physical Activity/Assistant Head of Department, Department of Sport, Food and Natural Science, Western Norway University of Applied Sciences

- School in Motion
- SEFAL – Centre for Physical Active Learning
- Food Jungle
- Food and Meals as an important field and responsibility in Kindergartens in new national guidelines

10.00–10.30 **Coffee**

10.30–11.00 **Denmark**

Knowledge-based recommendations in municipalities

Tatjana Hejgaard, Danish Health Authority, Health Promotion and Karen Karlsson Eriksen, Local Government Denmark

The Our Healthy Community project, The SoL-project (Local Community and Health)

Ulla Toft, The capital Region of Denmark, Centre for Clinical Research and Prevention

During the breaks it will be possible to see three new guides for healthier meals in day-care, schools and educational institutions in Denmark. The guides are based on the Danish dietary guidelines and NNR 2012 and are developed by the Danish Veterinary and Food Administration, Ministry of Environment and Food of Denmark.

- 11.00–11.30 Sweden**
The Swedish COSI-story and short descriptions of a variety of interventions to increase physical activity and a healthy living among children in Sweden
Agneta Sjöberg, Professor in nutrition at the Department of Food and Nutrition, and Sport Science at the University of Gothenburg, Kajsa Mickelsson, Analyst at the Department of Living Conditions and Lifestyles, Public Health Agency of Sweden
- 11.30–12.00 Finland**
Wellbeing through healthy nutrition and physical activity, the National obesity prevention programme
Tiina Laatikainen, Professor, National Institute for Health and Welfare and University of Eastern Finland
- Implementation of overcoming obesity programme model to six Finnish municipalities**
Ulla Ollinkoski, Project Planner, City of Seinäjoki
- 12.00–13.00 Lunch**
- 13.00 – 14.00 COSI collaboration** (moderators Dr Kremlin Wickramasinghe and Agneta Sjöberg)
Childhood obesity; monitoring and prevention
Dr Kremlin Wickramasinghe, WHO European Office for Prevention and Control of Noncommunicable Diseases
- Plans for organizing and implementing a new wave of the COSI data collections**
Ingunn Holden Bergh, Post doc, Norwegian Institute of Public Health
- Invited commentary**
Hanna Lagström, Senior researcher, University of Turku
- Discussion**
- 14.00–15.00 Media, marketing and food labelling** (moderators Lauren Lissner and Sirpa Sarlio)
Policies to improve consumer knowledge on foods
Sirpa Sarlio, Ministerial Advisor, The Ministry for Social Affairs and Health, Finland
- Pester-power and screen time in relation to weight status in European children - findings from the IDEFICS study**
Lauren Lissner, Professor, University of Gothenburg, Sweden
- Discussion**
- 15.00–15.30 Coffee break**
- 15.30–16.30 Obesity prevention without stigmatization** (moderators Tiina Laatikainen and Anna Sigríður Ólafsdóttir)
The Smart Family – experiences when working with families with overweighed child
Terhi Koivumäki, Project Manager, The Finnish Heart Association
- Invited commentary**
Susanna Lehtinen-Jacks, University of Tampere
- Discussion**
- 16.30 Closing the day**

About the event

Healthy Life for Children 2 - 3 October, Reykjavik

Childhood is a period in life with specific health - and developmental needs and rights. The children are our future and it rests a heavy responsibility on society to create good conditions for a healthy childhood and adolescence that can be transformed into a healthy adult life.

The number of children with overweight or obesity has risen and is now reaching 20 percent among 5-year old children in many European countries, including the Nordics. With obesity comes related diseases, such as type 2 diabetes. Obesity during childhood can lead to life-long suffering and far-reaching economic consequences. Also, childhood obesity prevalence is unevenly distributed among socioeconomic classes and interventions to prevent and counteract obesity amongst children is therefore a vital component for creating a more equal health in the Nordics.

The seminar and the workshop are organised by the Nordic Welfare Centre and the Nordic Network on promoting Healthy Weight in Children – PromoKids. The event is financed by the Nordic Council of Ministers.

The purpose of the event is to:

- Strengthen Nordic cooperation and create a more solid ground for joint action on the EU and WHO level in issues concerning healthy life for children and how to counteract childhood obesity
- Share scientific evidence and exchange experience about good practice and good policies regarding healthy life for children and how to counteract childhood obesity
- Create more awareness among policy makers and politicians within the Nordic region and the Nordic cooperation about the importance of Nordic cooperation in the field of healthy life for children.

Information about presenters and sessions on 2 October

- **Update from WHO**
Dr Juana Willumsen, Technical officer, WHO, Department for Prevention of Noncommunicable Diseases, WHO, Geneva

Dr Juana Willumsen gives an update on the global scene.
- **Healthy body image through health promoting in schools and communities**
Dr Dóra Guðrún Guðmundsdóttir, Head of division, Determinants of health and wellbeing, Directorate of Health, Iceland

Dr Dora Gudrun Gudmundsdottir describes how the work with children's weight has developed in the Directorate of Health in Iceland. The work with the programme Healthy body image aims to diminish shaming and blaming and support a more empowering and humanistic approach. Everyone, no matter what their size is, should feel included and have possibilities to benefit from physical activity, good nutrition and positive social interactions.

- **JANPA - Joint Action on Nutrition and Physical Activity**
Dr Viktória Anna Kovács, National Institute of Pharmacy and Nutrition, Hungary

Dr Viktória Anna Kovács presents JANPA's technical Work Package 6 that targets "Healthier environments in kindergartens and schools". The Work Package 6 toolbox was created during the JANPA project and is an interactive collection that shows good practice programmes and policies which focus on prevention of childhood obesity. The toolbox also presents the best programmes that were identified in the Work Package 7 "Early interventions - programmes targeting pregnant mothers and children under the age of 36 months".

JANPA was carried out by a network of institutions from 25 EU countries plus Norway. JANPA emphasised on assessing and building policy capacity and underlines the important role that programme planners and decision makers can play in addressing childhood obesity.

- **How do we treat overweight children?**
Anders Forslund, Associate professor, Paediatrician, Head of pediatric obesity unit, Uppsala University Children's hospital

Dr Anders Forslund gives an overview, from a medical perspective, of the risk factors that are contributing to overweight and how we can aid children in tackling them. Treatment options for children with overweight or severe overweight are limited. So far, available options have proven to be rather ineffective in achieving long-term beneficial effects, including reducing weight. Therefore, new options need to be considered. These treatment options need to be integrated into national strategies aiming to reduce the overweight prevalence permanently.

- **Economic perspective on healthy life for children**
Professor Kevin P. Balanda, PhD FFPH, Director of Research, Institute of Public Health in Ireland and Adjunct professor, School of Public Health, University College Cork

Professor Kevin Balanda will give an overview of JANPA Work Package 4 which aimed to estimate, in several EU countries, the lifetime human impact and financial costs of childhood obesity and the savings that might be expected if mean childhood BMI was reduced.

Micro-simulation was used to estimate the excess direct healthcare costs and societal costs (income penalty and productivity losses due to absenteeism and premature death) experienced by obese/overweight children during their lifetimes. Details of the research and data requirements, data processing and modelling are given. Challenges encountered and findings for the Republic of Ireland are presented.

- **Genetics of Common Diseases**
Kári Stefánsson, M.D., Dr. Med. CEO and founder of deCODE. Dr. Stefánsson has previously held positions as a professor of Neurology, Neuropathology and Neuroscience at Harvard University and the University of Chicago.

Kári Stefánsson will present deCodes work to uncover the genetics of Common Diseases. Using unique expertise and population resources, deCODE has discovered genetic risk factors for dozens of common diseases. The purpose of understanding the genetics of disease is to use that information to create new means of diagnosing, treating and preventing disease.

Parallel sessions (afternoon 2 October)

- **Ending Childhood Obesity - (ECHO) zones**

Peter Bergsten, Professor at Uppsala University, Sweden

An approach engaging the whole society is necessary to support a healthy lifestyle and counteract childhood obesity. Ending Childhood Obesity (ECHO) zones are geographical areas, where long-term commitment between key players in society including government, schools and health care have been achieved. In these areas, changes in society are implemented to make it easier for children with their families to make healthy choices.

The workshop addresses questions about starting a whole of society approach and a long-term commitment. The key role of collecting and evaluating data will also be presented. Also, the status of different ECHO zones in Europe will be given.

- **Health promotion programs in Iceland**

Dr Dóra Guðrún Guðmundsdóttir, Head of division, Determinants of health and wellbeing, Directorate of Health, Iceland

The workshop introduces the Health Promoting Programs in communities and pre-, compulsory and upper-secondary schools, including the on-line working area (heilsueflandi.is) that supports participating communities and schools to organise and evaluate their work.

Implementation of the SDG's via Health Promoting Community will be addressed including JA CHRODIS+ dialogue about the subject and implementation of selected elements of JOGG.

Participants will be asked to share practical experience about similar, comprehensive health promotion work in community and school settings in their countries. What are the success factors? What are the main barriers and what is needed to overcome them?

- **Interactive tool from JANPA Work Package 6**

Dr Viktória Anna Kovács, National Institute of Pharmacy and Nutrition, Hungary
Heli Kuusipalo, Senior researcher at THL, Finland

An important product of Work Package 6 is a web-based toolbox including a good practice database. The toolbox helps programme planners and decision makers to design and implement effective interventions. During the workshop the web-based toolbox will be presented.

Evening programme:

Monday 1 October

19:00 You are welcome to join the planning group for an unofficial and self-funded dinner at the Grand Hotel restaurant. We will meet by the reception at 19:00

Tuesday 2 October

18:30-19:30 Reception at the Swedish Embassy in Reykjavik

If you wish to walk together, we will meet by the reception at Grand Hotel at **17:45**. Walking distance to the Embassy Residence on Fjølugata 9 is 3 km through the city center. You may arrange a taxi for yourself by asking the reception at Grand Hotel to call you a taxi or call +354 588 5522

The Swedish ambassador Håkan Juholt will greet us at the embassy

20:00- Dinner at Restaurant Höfnin by the harbour

We will be served a three course Icelandic meal. Drinks can be ordered separately. Please note that the dinner is self-funded (approx. 54 EUR or 6 960 ISK)

We will start from the Embassy after the reception. The walking distance to the restaurant on Geirsgata 7, from the Embassy is, 1.3 km. The distance from the restaurant back to the hotel is 3 km

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