

PROJECT FICHE

PROJECT TITLE: **HEALTHY CHAIN OF GOOD HABITS**, Healthy Child-Healthy Family - adoption of healthy habits through play and fun in order to prevent obesity and chronic joint diseases in children)

MAIN APPLICANT **THALASSOTHERAPIA CRIKVENICA Special Hospital for Medical Rehabilitation of Primorje-Gorski Kotar County**

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PARTNERS **To be defined.**

Desired partners:

Public health care institutions from following countries:
Spain, Greece, Malta, Denmark, Norway, Slovenia, Ireland

INTERREG EUROPE – POLICY OBJECTIVE More social Europe
(v) Equal access to health care, health systems resilience, family-based and community-based care

RELATED CALL FOR PROPOSALS The first call is opened on 5 April and close on 31 May 2022 at noon CEST (Paris time).

https://www.interregeurope.eu/sites/default/files/2022-04/Interreg%20Europe%20-%20First%20call%20-%20Terms%20of%20reference_0.pdf

ESTIMATED PROJECT VALUE 1.500.000,00- 2.000.000,00 EUR
EU member state partners get up to 80% of project activities.

PROJECT DESCRIPTION According to the results of the research presented at the Ministry of Health of Republic of Croatia, (17 May 2018), 35% of children aged 8 to 9 in Croatia are overweight and obese, and according to statistics Croatsians are among the top five European countries with this problem. The research was conducted by the European Initiative for Monitoring Obesity in Children, Croatia 2015/2016. (CroCOSI)” which gave devastating results. According to the European Obesity Surveillance Initiative (COSI), Croatia, along with Spain, Greece, Italy and Malta, is at the top of the list in terms of the number of obese people, which is a devastating fact for the so-called Mediterranean countries that should

base their diet on Mediterranean principles. Among the best ranked are Denmark, Norway, Ireland and France. There is a need to motivate and rehabilitate the whole family of obese children because if children at an early age adopt healthy habits of eating, walking and exercising, it is to be believed that they will adopt them for life time. If the family as a fundamental unit of every community, adopts a healthy lifestyle, it will become the basis of a happy community.

PROJECT OBJECTIVE: Increase the number of active families to achieve healthy younger generations

SPECIFIC OBJECTIVES:

1. to acquire knowledge and skills based on a real and applicable way of life to be implemented EU countries
2. motivate and rehabilitate the whole family of obese children because
3. train a rehabilitation centre for the prevention and treatment of obesity in each country
4. create a base of educators who will create a new micro-centre in their countries and the program is accessible to everyone from both urban or rural area
5. Develop a single rehabilitation program for childhood obesity (all Member States participate)

TARGET GROUPS

- children aged 8-15 whose BMI exceeds 25
- Parents of the children suffering from obesity
- health care professionals
- educational and non-educational staff in primary schools

IMPLEMENTATION AREA

PARTICIPANT COUNTRIES: Croatia, Spain, Greece, Malta

EDUCATOR COUNTRIES (mentors): Denmark, Norway, Slovenia, Ireland

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