

# LUXEMBOURG HEALTH SUMMIT

## Engaging early-age children into active lifestyle

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Active Lifestyle for Health



LE GOUVERNEMENT  
DU GRAND-DUCHÉ DE LUXEMBOURG  
Ministère de la Santé



# 1. The Goal of the Project



- Problem

- **Lack of early years education to active lifestyle** (0-6y) – goal of minimum recommended activity one hour / day is hardly met
- **Failure to put the premises** for active lifestyle later in life
- **Lack of institutional framework**; at most individual, fragmented initiatives

- Solution

- Involve all relevant stakeholders – from newborn care to preschool, kindergarten, daycare, sports clubs - to develop and implement a **coherent, integrated concept** towards fostering motor skills and physical activity from the onset

## 2. The Pilot Phase (to test the Project idea on a small scale)

- Where

- A well-enclosed project at **local** level (a commune) aimed at children 0 – 6 years and their parent at local level

- What

- The pilot will involve setting up an **integrated concept** to be implemented during 5 years at least, at local level. Such concept will be based on acknowledgments which have already been introduced through past initiatives (ministry of health, of sports, of education) and on existing best practices – **physical activity as part and parcel of lifestyle rather than a specific, distinct task**

- Who

- Ideally a **champion at local administration level**. Potential partners include:
- Relevant ministries (health, sports, family, education), ligue médico-sociale (consultation du nourisson); crèches; maison-relais; préscolaire; local sports clubs, physical education specialists, and of course parents

# 3. The Pilot: Requirements for success

- Data Gathering

- **Changes in behavior and lifestyle** (children & parents) / motor skills / social skills / school performance / incidence of overweight and obesity / parents' attitude towards active lifestyle
- Need for **initial assessment** &
- **Need for a control** of some kind

- Risks/Barriers

Challenges:

- Strong **champion** and **efficient coordination**
- **Networking** of all stakeholders; coherent approach; compliance; cultural differences; involvement of socially disadvantaged population strata
- **Long-term commitment** (at least 5 years)

# 4. The Pilot: Outcome and Timelines

- Outcome

- **Demonstrate effects of early adoption of active lifestyle** on overall health, school performance, sociability and other outcome variables identified earlier

- Timelines

- Preparation time, including baseline survey 9-12 months
- 4 years of intervention and regular follow-up
- Final survey after 5 years

# 5. Conclusions

- Good or bad habits are developed very early in life and therefore **appropriate intervention at the onset** is crucial – the project aims at leading the way;
- Results should **help identifying appropriate tools for** as well as barriers to the implementation of **effective preventive measures**;
- The implementation of this pilot will allow to **develop a roadmap**, allowing other interested local constituencies to **replicate the concept respectively adopt best practices**;