

Pilot project:

Project name and short description

**Lebenslust / Leibeslust – pleasure of live / pleasure of body
Nutritional education and prevention of eating disorders in
kindergarten and school**



The LVGF initiated the project “Lebenslust - Leibeslust” to prevent eating disorders already in the kindergarten and in basic schools. It is based on an organisational development approach to change behaviour and circumstances in these institutions. The executing experts of the project are nutritionists and graduated PE (physical education) teachers with special certifications.

Target groups of the project

The main target groups, short term as well as long term, are children, kindergarten teachers / teachers and parents because the project produces lasting effects for all. Besides the responsible of the participating kindergarten / basic school are also long term target groups in order to sustain the changes in the institution.

Partners

Co-operation partners are the ministry for social and health affairs and health insurances in Schleswig-Holstein, which are financing the project, the participating kindergartens and also the executing experts, which were upgraded by the responsible project coordinator in the LVGF before starting the program.

Background of the project

More overweight growing up children concurrent with eating disorders by adolescent persons. Eating situations in families and kindergarten or school are often very stressful so that it is a superior intention of the project to realise positive eating experiences in community as a basic.

Practical implementation

Modules

- One-day training course for the kindergarten / basic school team at the beginning (introduction of the supply and decision model) and one-day training course at the end of the program
- 3-5 Team meetings kindergarten / basic school: development of an individual concept for the institution
- Follow up: conclusion, exchange of experience / further development and independent continuation.
- Support in parental participation
- Exercise and sport actions

Practical experience

The co-operation with kindergarten in general is very good, the employees and the responsible persons valuing the benefit of the project. The demand for implementing the project is increasing (“snowball effect”). It is very important for a successful implementation that the entire team supports the project and not just the responsible persons.

Effect and evaluations

Results:

- The children get more decision competence.
- With the help from the teachers they are able to choose food and to appraise how many they want to eat.
- They get to know new food, are curious to unknown foods and meals and the result is that the children eat more balanced. The eating situations become more peaceful and the children develop better manners.
- Shared responsibility (adults make the offer – children make the decision) is a chance for a friendly atmosphere in eating situations.

Summed up the endangered children learn to choose food well-directed and latent eating disorders can be stopped in the beginning. It's also important to know that the aim of this project is the prevention of eating disorders and not any kind of therapy.

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