



SYDÄNLIITTO
Neuvokas perhe

Smart Family – The Promotion of Healthy Lifestyle Habits and the Prevention of Childhood Obesity in Finland and Europe

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Euroopan unionin
osarahoittama

Parenting children to healthy lifestyle in today's world is far from easy

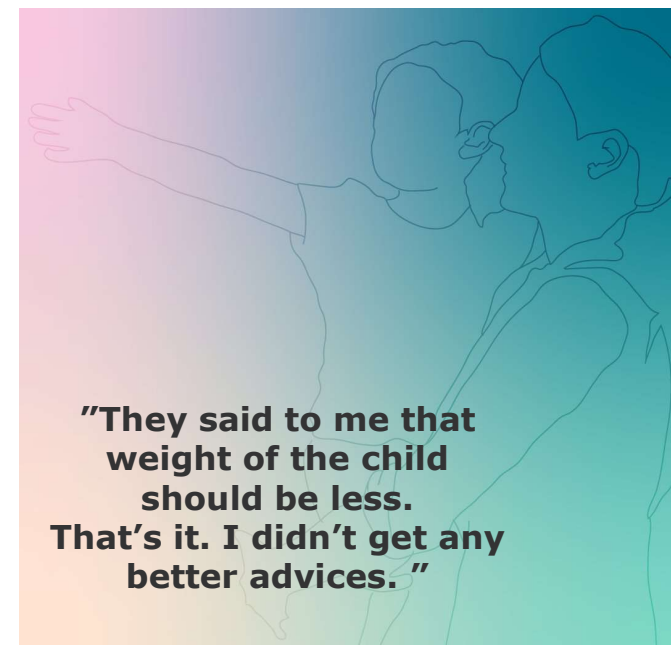
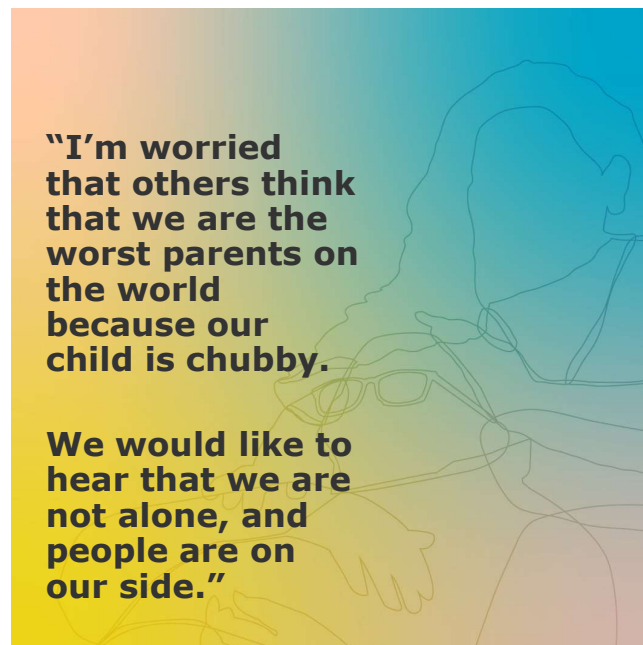
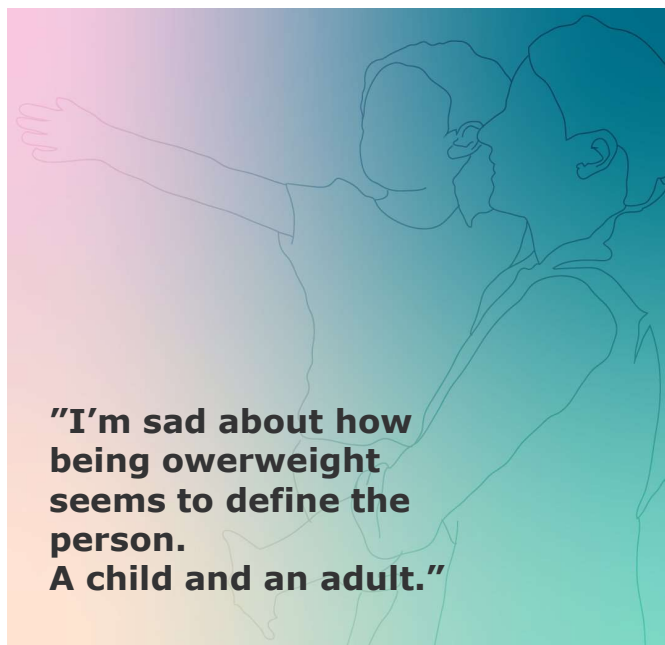


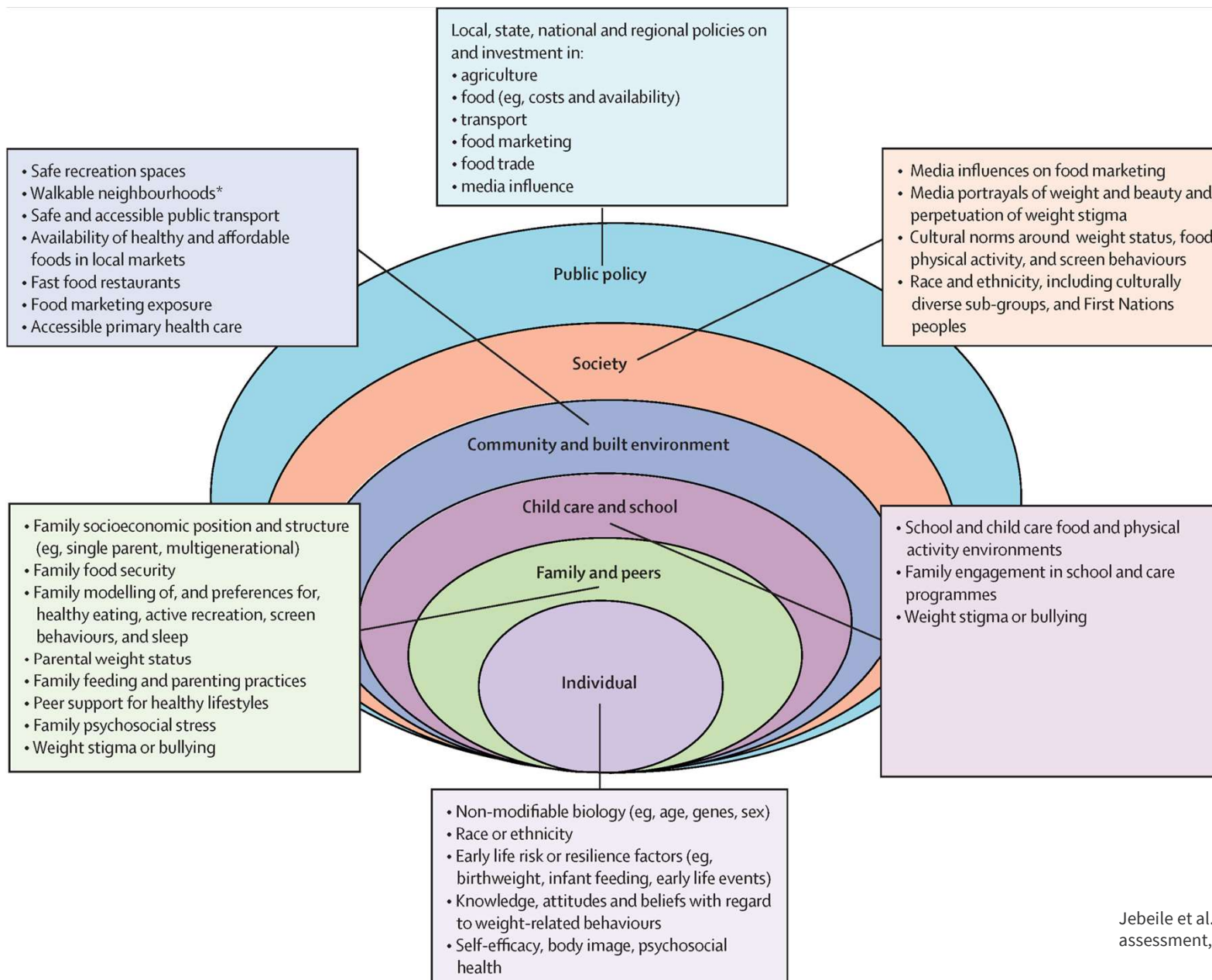
Every child and family is unique –
as are the solutions that work for them.

Overweight among children aged 7–9 years

Fig. 3. Prevalence of overweight (including obesity) in children aged 7–9 years (%); COSI round 5 (2018–2020)



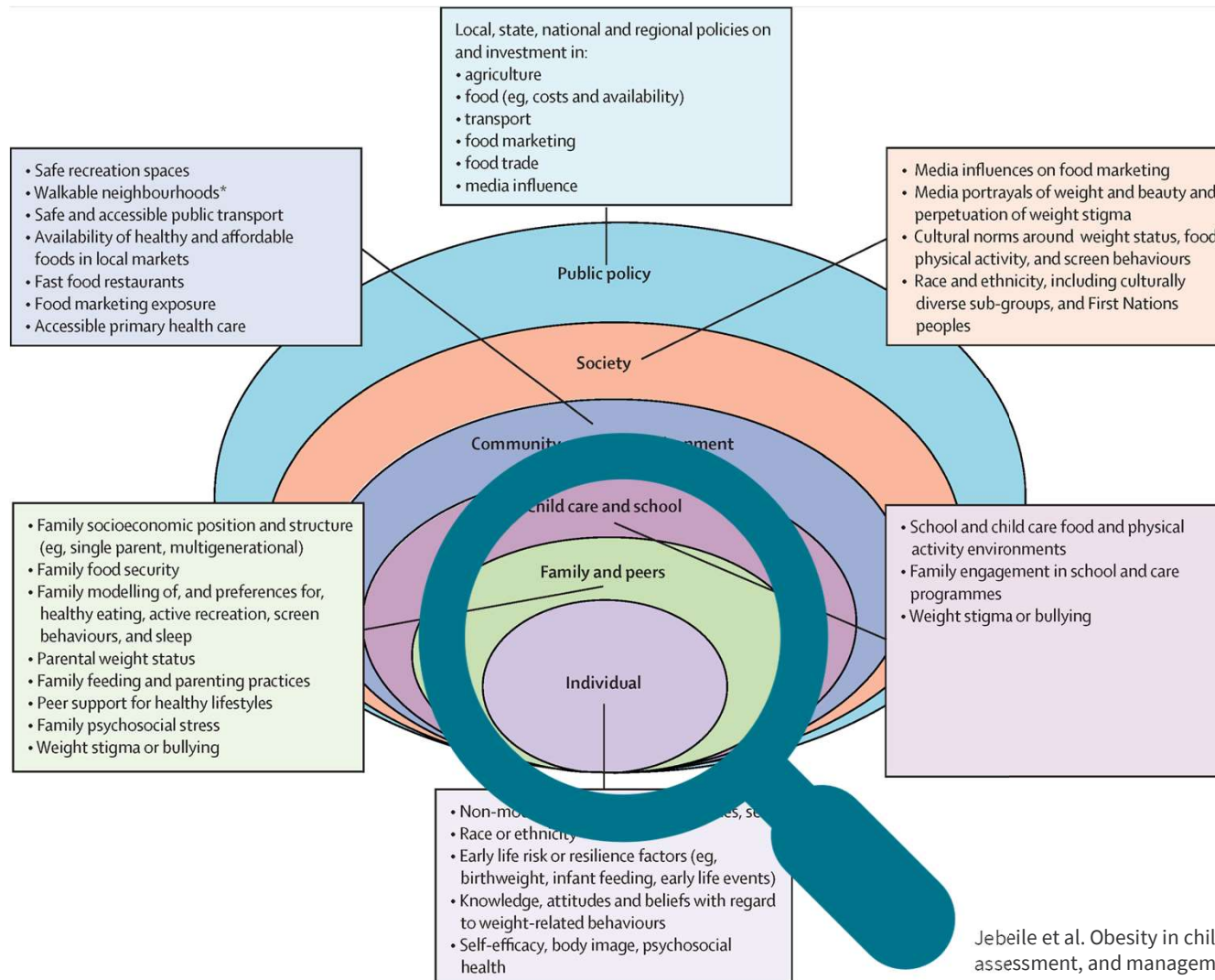




A socioecological model for understanding the dynamic interrelationships between various personal and environmental factors influencing child and adolescent obesity.

Jebeile et al. Obesity in children and adolescents: epidemiology, causes, assessment, and management. Lancet. Volume 10, Issue 5. P351-365, 2022.

Smart Family – Healthy lifestyle for families



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Smart Family - Finland



Families



Professionals working with children

- Neuvokasperhe.fi –website and communication
- Positive tone of voice
- Tips on everyday choices are based on recommendations

- Smart Family – healthy lifestyle counselling method
- Training
- Tools and materials
- Support for implementing



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Bodyimage



Exercise



Daily life and parenting



Rest and sleep



Food and eating

Health-related skills are learned at all ages



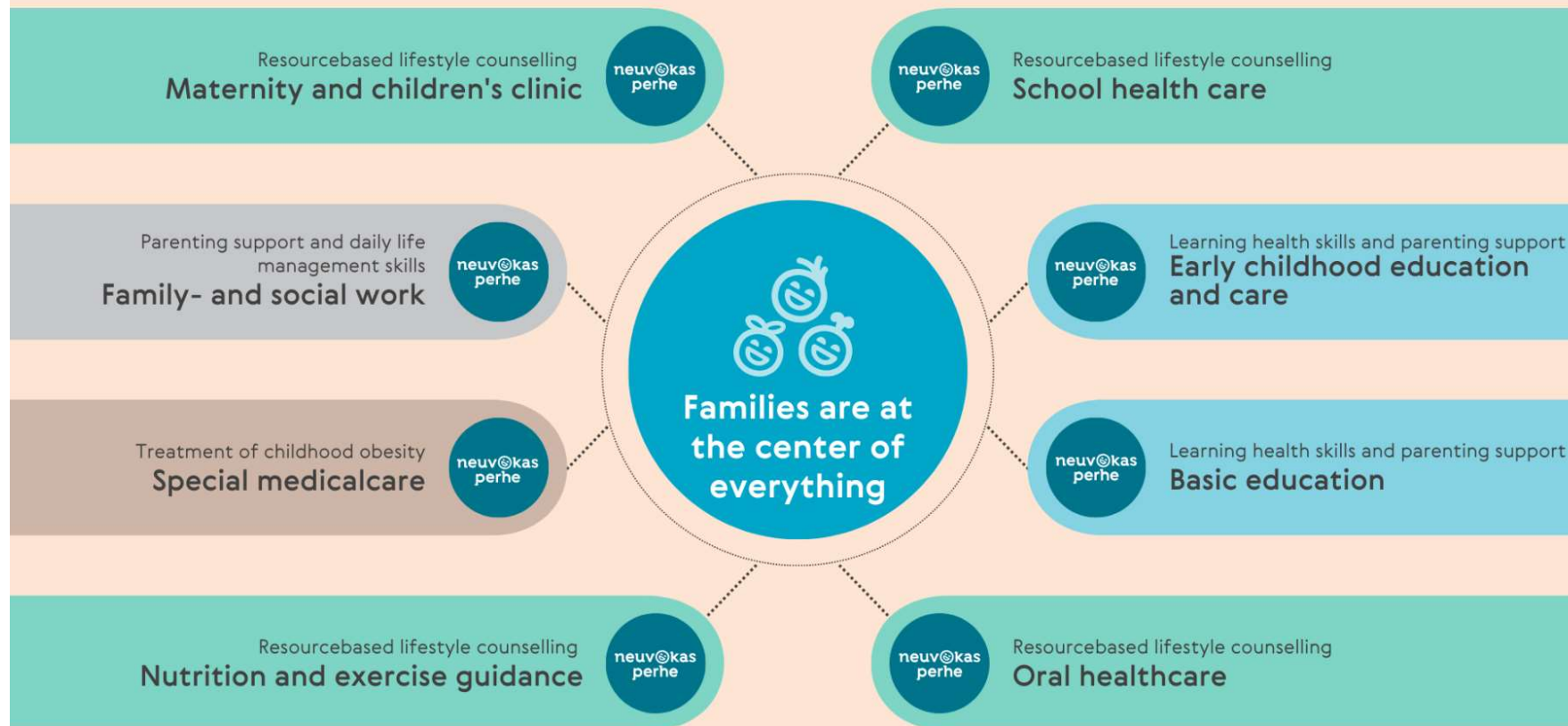
The power of seeing good,
solution-focused thinking, and
resource-focused approach.



Joy and well-being in everyday
family life by emphasizing
strengths.



I am valuable and good.
I want to take care of myself.



Every professional is important in supporting the family's well-being.



Families receive timely and individual support.



The message is reinforced when it is the same from all professionals.

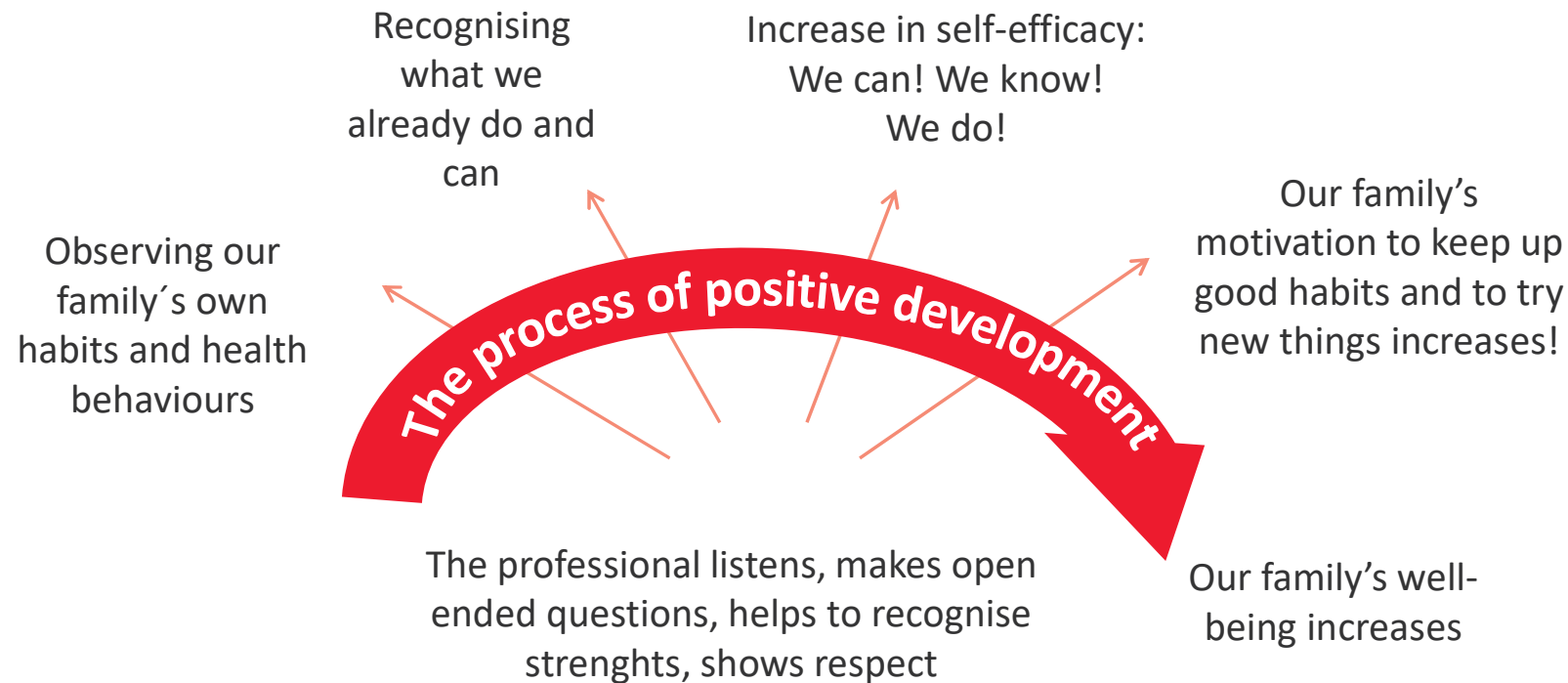
Family centered, strength based, solution- and resource-focused approach

- **Noticing the good**, saying it out loud and strengthening it.
- No telling what to do and how to do it.
- Good questions are asked - if necessary, ideas and alternatives are offered.
- It's always up to the family to decide **what suits their everyday life**, values and habits.



The elements of effective lifestyle counselling

The process of positive development





HEALTH4EUkids

Your Kids' Health, Our Priority

Joint Action for the implementation of best practices and research results of Healthy Lifestyle for the health promotion and prevention of non-communicable diseases and risk factors.

Best Practices:
Smart Family
Grunau Moves



Co-funded by
the European Union



Health and Digital
Executive Agency

Health4EUKids Joint Action

– Smart Family Pilots in European Union



Smart Family in Europe



Every Child's Right to a Good Life and Healthy Development

UN Convention on the Rights of the Child, Article 24

1. States Parties recognize the right of the child to the enjoyment of the highest attainable standard of health and to facilities for the treatment of illness and rehabilitation of health. States Parties shall strive to ensure that no child is deprived of his or her right of access to such health care services.
2. States Parties shall pursue full implementation of this right and, in particular, shall take appropriate measures:
 - (a) To diminish infant and child mortality;
 - (b) To ensure the provision of necessary medical assistance and health care to all children with emphasis on the development of primary health care;
 - (c) To combat disease and malnutrition, including within the framework of primary health care, through, inter alia, the application of readily available technology and through the provision of adequate nutritious foods and clean drinking-water, taking into consideration the dangers and risks of environmental pollution;
 - (d) To ensure appropriate pre-natal and post-natal health care for mothers;
 - (e) To ensure that all segments of society, in particular parents and children, are informed, have access to education and are supported in the use of basic knowledge of child health and nutrition, the advantages of breastfeeding, hygiene and environmental sanitation and the prevention of accidents;
 - (f) To develop preventive health care, guidance for parents and family planning education and services.
3. States Parties shall take all effective and appropriate measures with a view to abolishing traditional practices prejudicial to the health of children.
4. States Parties undertake to promote and encourage international co-operation with a view to achieving progressively the full realization of the right recognized in the present article. In this regard, particular account shall be taken of the needs of developing countries.

References

Absetz, P. (2017) Tukea diabeetikon elintapamuutoksiin. Yleislääkäri 2017 (6), 9– 12.

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Jebeile et al. (2022) Obesity in children and adolescents: epidemiology, causes, assessment, and management. *Lancet*. Volume 10, Issue 5. P351-365, 2022.

McPherson AC et al. (2017) Communicating with children and families about obesity and weight-related topics: a scoping review of best practices. *Obes Rev*. 2017 Feb;18(2):164-182.

Michie S et al. (2009) Effective techniques in healthy eating and physical activity interventions: a meta-regression. *Health Psychol* 2009(a);28:690-701.

More information:

Smart Family: <https://neuvokasperhe.fi/>

Health4EUKids Joint Action: <https://www.dypede.gr/health4eukids/>

COSI -study: [https://www.who.int/europe/initiatives/who-european-childhood-obesity-surveillance-initiative-\(cosi\)](https://www.who.int/europe/initiatives/who-european-childhood-obesity-surveillance-initiative-(cosi))

STRIP -study: https://stripstudy.utu.fi/?page_id=2&lang=en

Thank you.

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