

PROMOTING
HEALTHY EATING
AND PHYSICAL
ACTIVITY
IN LOCAL
COMMUNITIES



The HEPCOM platform: Managing local health promoting projects

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The views expressed are purely the authors' own and do not reflect the views of the European Commission

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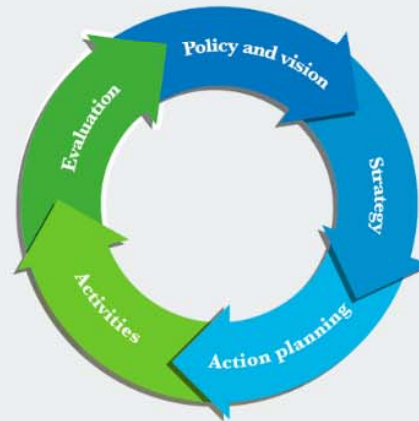


Search...



Welcome to the HEPCOM Learning Platform

The HEPCOM platform has been developed to serve local authorities, local communities and professional practitioners, working on the prevention of obesity and overweight among children and young people.



The HEPCOM platform gathers tools that are developed and tested in health projects, supported by EU funding. Hence they are sufficiently flexible to be applied within different European countries or provide inspiration to create specific local solutions based on good experiences from others.

The tools in the HEPCOM platform are organized in a systematic way by applying the management cycle, which illustrates an ideal working process for the planning, development, implementation and evaluation of projects, activities or interventions.

By clicking on the different phases in the management cycle, you will find tools that are related to each specific phase and which can assist and inspire you to work in a more structured and informed way.

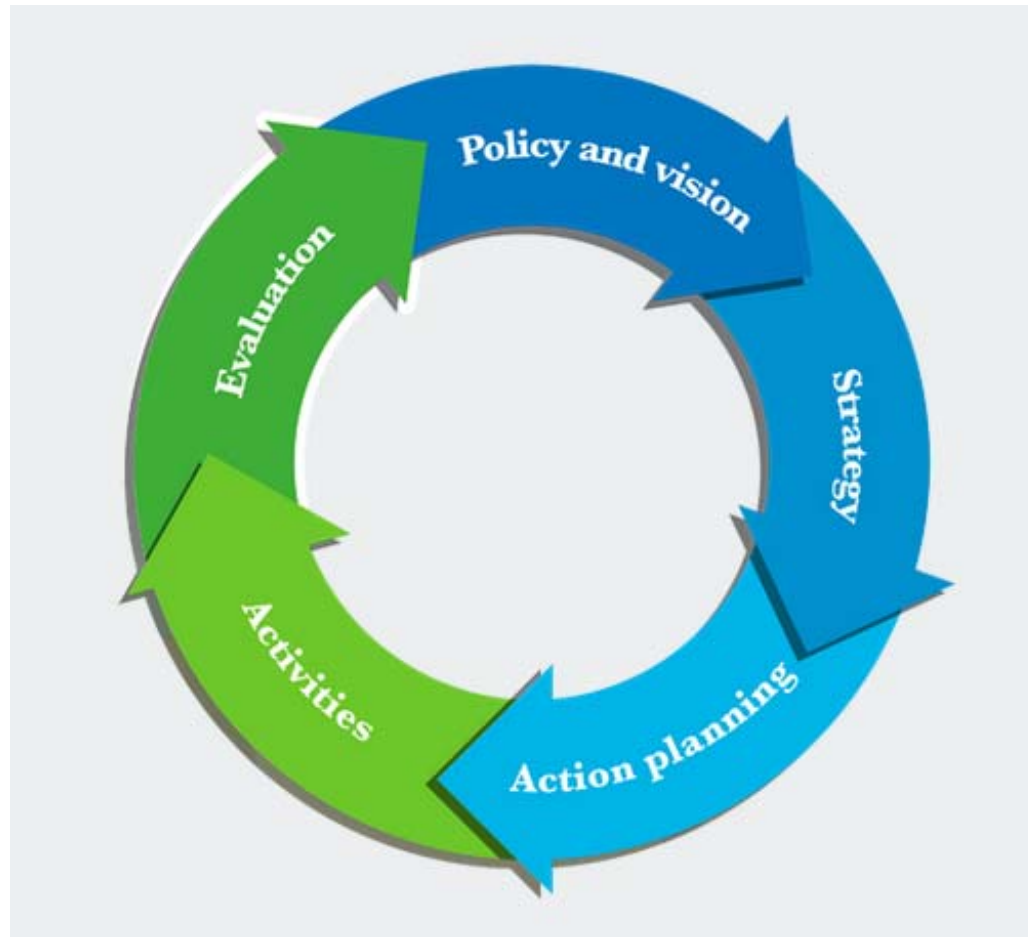
An ideal working process

...for the planning, development, implementation and evaluation of **projects**, **activities** or **interventions**.




HEPCOM Management Circle


- search tools in these phases



Search (complex)

Tags 

participation

Management cycle 


Evaluation

Search

Search (tags)

[action competence](#) [community approach](#)
[concept of health](#) [empowerment](#)
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[interviews](#) [IVAC approach](#) [participation](#)
[physical activity](#) [policy analysis](#)
[questionnaires](#) [school approach](#)
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[strategies for advocacy](#)

HEPS School Level Indicators

 (12)  ()

←

You can also use tags to help you in your search

←

view of aspects that need
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y eating and physical
when writing and fine
y can help in monitoring

Read more

HEPS Inventory Tool for School Interventions

 (6)  ()

WRITTEN BY [HEPCOM](#)

This is an inventory tool for schools and it presents a set of quality criteria for school programmes on healthy eating and physical activity. This tool gives guidance on how to develop a structured inventory of existing school based interventions on healthy eating and physical activity at national or regional level and can be used as an evaluation as well.

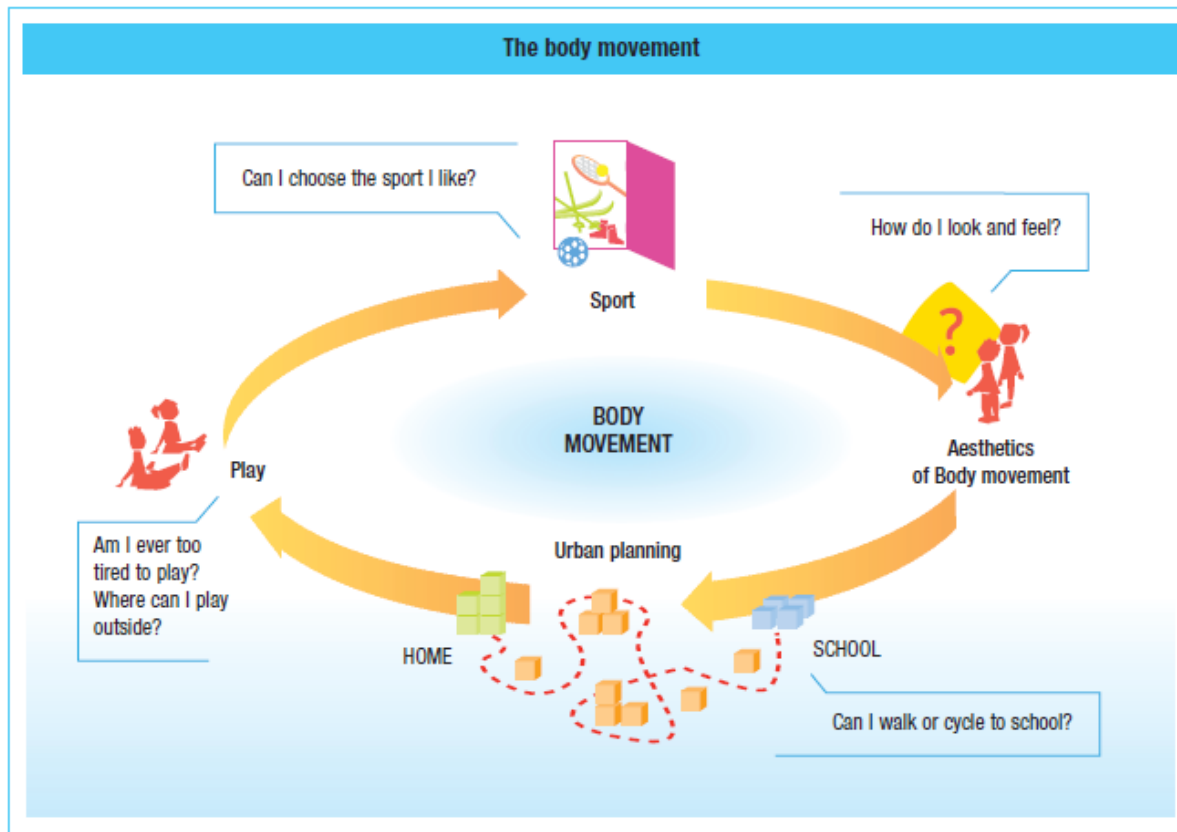
2017-08-18

Read more

An example of a tool: The Body Movement

Phase in Management Circle: Activities

- A broad perspective on physical activity
- Which factors encourage or restrict freedom of movement and mobility in childrens' everyday life?



Can be found under these tags:
#physical activity
#school approach
#participation



Example: Story/Dialogue Workshop

Phase in the Management Circle: Evaluation

- Evaluation tool for children (and adults)
- Increases empowerment during the process



Can be found
under these tags:
#evaluation
#action competence
#empowerment
#participation

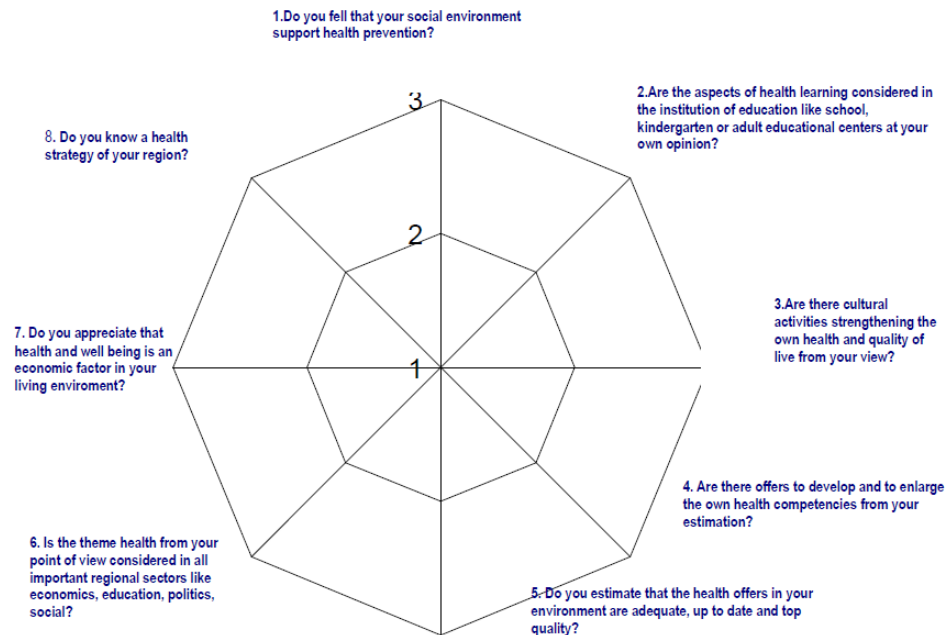


Example: Spider web of Health

Phase in the Management Circle: Policy & vision, Strategy, Action planning

- This tool can be used by adults in the process of making policies or strategies or planning an intervention.
- It's ment to be an eye-opener for discussions about the communal health strategy.

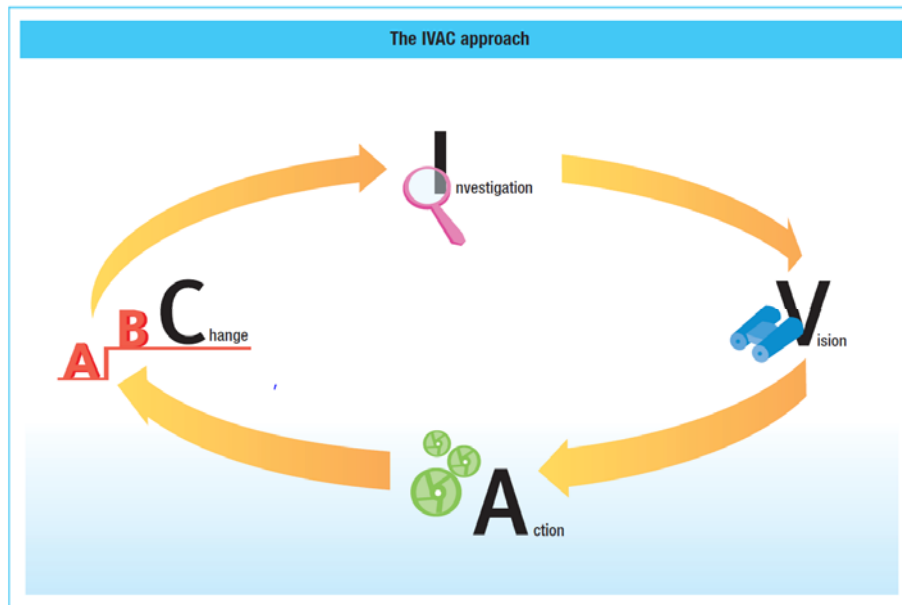
Can be found
under these tags:
#interviews
#Community approach



Example: The IVAC Approach

Phase in Management Circle: Strategy, Action planning, Activities, Evaluation

- A framework for the development of health promoting schools
- Strategies that ensure that the insight and knowledge that pupils acquire during the project
- Action-orientated and interdisciplinary and, therefore, conducive to the development of action competence



#health promoting schools
 #IVAC approach
 #participation



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