

## **“Community projects” in Modena (Italy): promote regular physical activity from childhood.**

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### **Introduction.**

We know that lack of exercise is one of most important risk factor to developing overweight and obesity and other chronic disease (cardiovascular disease, cancer, diabetes II, osteoporosis, etc). Several studies confirm the rising percentage of sedentary people among population. The World Health Organizations and other International Organizations recommended that for promoting a healthy lifestyle in the population, programmes need to be multisectorial to promote healthy habits from childhood. Every intervention at local level will need to be matched by support of other stakeholders.

### **Aim.**

The aim of supporting through school district wellness policies and an environment that promotes healthy nutrition habits and increasing the levels of physical activity through more sport opportunities, for children, adolescent, families and citizen, with the active involved of all local community.

### **Material and Method.**

Since 2004, we have work in various municipalities in province of Modena that are community sufficient homogenous, for establishing districts task forces among schools and the local community. The workshop included public authorities for co-ordinate works, teachers, pupil's parents, local representative mass catering sectors, sports clubs and food retailers. We decide to use different method for various territory with different social and cultural context. We have provide a system to check results.

### **Results.**

Now the programme is activated in 5 different districts, 10000 children have been involved in the school educational programme and more than 100.000 adult subject.

Physical activity has been organized in all primary school and the number of hours dedicated was increase. We are experimenting with “pedibus” and “cycle bus” for travel safe from home to school.

We are establishing alliance with sport clubs to promote physical activity in and extra school for children and adolescents. We have organized hike excursion for family. Every years various municipalities in province of Modena asks community project.

### **Discussion.**

“Community Projects” are share project among schools and the local community that stimulated healthy lifestyle in children, adolescent, families and citizen and promote a virtuous circle between school-family and community; so that the benefits can be sustained and enhanced.