

Fact sheet

(Center for Health Education and Diseases Prevention, Lithuania)

- Intervention theme:** Overweight prevention by promoting healthy diet and physical activity
- User group:** Adolescents (11 to 15 – year-old)
- Used methods:** World café, Quiz, digital method, nutrition and exercising sessions, SCAMPER
- Used eTools:** Health App e.g. mano mityba, Fit etc.

Further information about the pilot:

Our partner in Lithuania is the “Center for Health Education and Diseases Prevention”. The pilot from Lithuania is concerned with overweight of children and adolescents between the ages of 11 and 15 years. The aim of the pilot is to sensitize children and adolescents to a good nutrition and sufficient exercise in relation to a healthy weight. The intervention was conducted with the help of the internal project intervention model. The needs and requirements analyse was conducted with the help of the Worldcafé method. In addition, a quiz was also carried out on this subject. In order to evaluate the health behavior of the students, digital methods and various sessions on eating and exercise behavior were implemented and tested. Regarding the digital methods, the students had the opportunity to test different apps like “mano mityba” or “fit” etc. For the final step of the pilot, it is planned that the students together with the SME “Avas” and the PHA will use the SCAMPER method to revise the e-Diary function in different apps.

The methods used and the intervention model applied will evaluate and adapted during and after the pilot phase in order so increase user-friendliness and implementability.