



Dissemination Event

-Innovative Actions of Eastern Finland programme

"Welfare Technology as an instrument of Social Innovations"

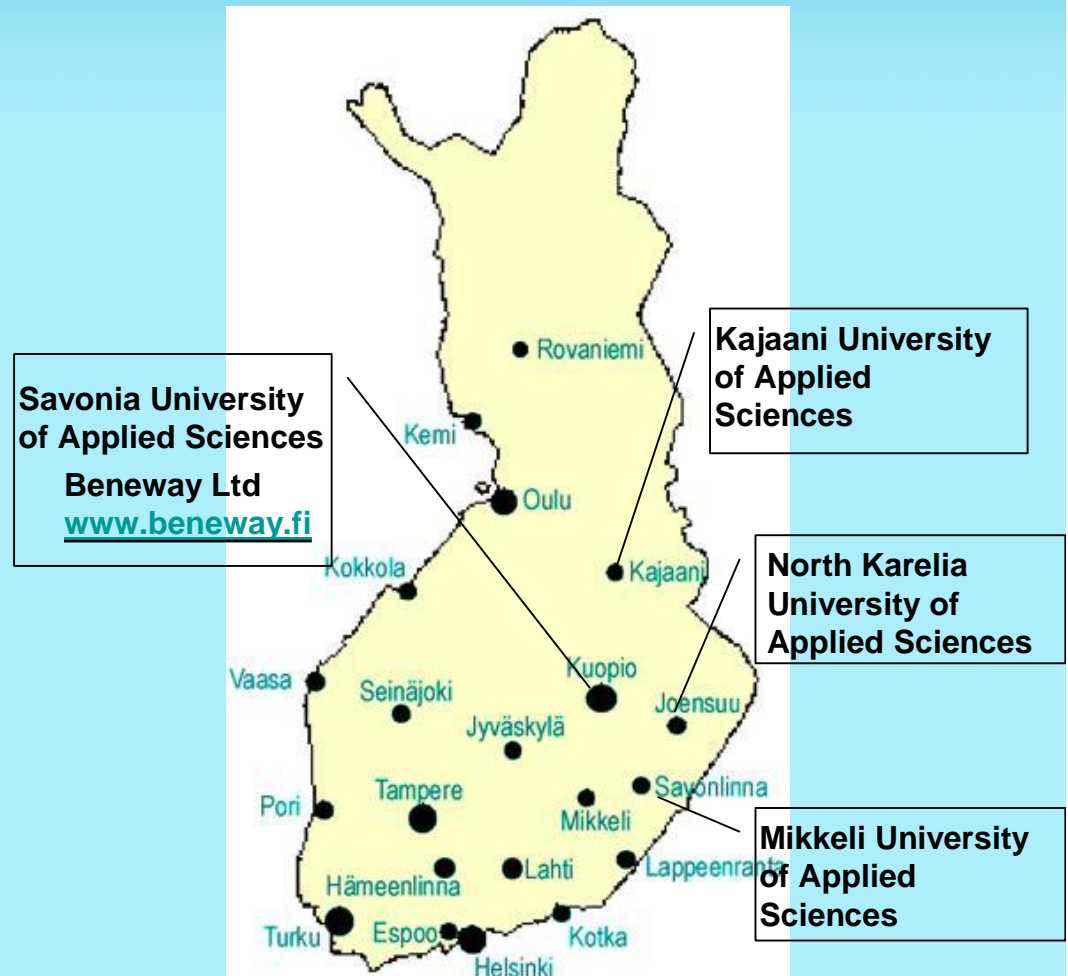
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# The Healthy Power- Project

In the Healthy Power-project we have created a new innovative methods and tools for a fight against bad healthy habits through learning and teaching healthy lifestyle in user friendly Online environment (www.wellou.fi)

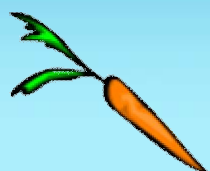
## Partners



# Challenges?

- How to get children interested in Healthy food, outdoor activities and exercise?
- How to use Information technology and interactive methods in teaching and in learning?
- Where we can find the updated, collected and reliable material in Internet?

# Food and nutrition



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## ME AND FOOD

WHY DO I EAT  
 I SENSE AND TASTE  
 HOW DOES FOOD TRAVEL  
 HEALTHY MOUTH  
 CLEAN HANDS  
 WHERE DOES FOOD COME FROM

## HEALTHY FOOD

POWER PYRAMID  
 GRAIN PRODUCTS AND POTATO  
 VEGETABLES  
 MEAT, FISH, EGG  
 DAIRY PRODUCTS  
 FATS AND SUGAR

## HOW DO I EAT

PLATE MODEL  
 EATING CUSTOMS  
 WHEN THERE'S A PARTY  
 SPECIAL DIETS

## WHEN DO I EAT

POWER CLOCK  
 BREAKFAST  
 LUNCH AND DINNER  
 SNACKS  
 EVENING MEAL

Based on

- the curriculum for preschool and lower grades (2000 and 2004)
- the Healthy eating for young people in Europe  
 - a school-based nutrition education guide [\(1999\)](#)



# Physical exercise, rest and sleep

## WHY DO I EXERCISE

- I EXERCISE NATURALLY
  - I ENJOY AND HAVE FUN
  - I GROW UP AND DEVELOP
- FAMILY AND EVERYDAY EXERCISE
- ACTIVITY
- HOBBIES



## HOW DO I EXERCISE

## DO I EXERCISE ENOUGH

- ACTIVITY PYRAMID
- POWER CLOCK

## HOW MUCH DO I REST

- SLEEP
- EXERCISE AND REST
- SLEEPING PROBLEMS
- REST PYRAMID



Based on the curriculum for preschool and lower grades (2000 and 2004)



## During the project

- Wellou.fi has been piloted in four schools
- The Finnish Centre for Health Promotion (FCHP) evaluated the Wellou.fi and now it is part of the Health promotions database
- Wellou.fi is one intervention part of the large children's food and exercise- research in Kuopio.

# After the Project

- Wellou.fi is part of the National pilot project (2008-2010), implemented by Beneway Ltd and funded by Sitra (the Food and Nutrition programme, ERA), the Policy programme for Health Promotion and Policy programme for wellbeing of children, youth and families, and by the National Board of Education
- Wellou.fi service launched to primary schools on 22 October (its free and the continuously updated)
- Wellou.fi service will be available in Swedish in the new year
- Wellou.fi service will be developed in the future and the aim is turn the service into a concept that can be exported
- Wellou.fi take part with Sitra in the European Public Health Association (EUPHA)-conference (5 to 8 November in Lisbon) ([http://www.eupha.org/site/upcoming\\_conference.php](http://www.eupha.org/site/upcoming_conference.php)) and The I-Health Bank (<http://en.ihealthbank.eu/>)

More information:

- » <http://www.beneway.fi/wellou/abstract.pdf>
- » <http://www.beneway.fi>
- » [www.wellou.fi](http://www.wellou.fi)



welloo.fi

THANK YOU!

