

RECENT PUBLICATIONS

Kesztyüs et al. (2017). Costs and effects of a state-wide health promotion program in primary schools in Germany – The Baden-Wuerttemberg Study: A cluster-randomized, controlled trial. *PLoS One* 12 (2). doi: 10.1371/journal.pone.0172332

Kobel et al. (2017). Effects of a randomised controlled school-based health promotion intervention on obesity related behavioural outcomes of children with migration background. *J Immigr Minor Health*, 19. doi: 10.1007/s10903-016-0460-9

Lämmle et al. (2017). Intervention effects of the school-based health promotion program „Join the Healthy Boat“ on motor abilities of children with migration background. *Health*, 9. doi: 10.4236/health.2017.93037

Kobel et al. (2017). Design, implementation and study protocol of a kindergarten-based health promotion intervention. *BioMed Res Int*. doi:10.1155/2017/4347675

Kobel et al. (2014). Intervention Effects of a School-Based Health Promotion Programme on Obesity Related Behavioural Outcomes. *J Obes*, doi: 10.1155/2014/476230

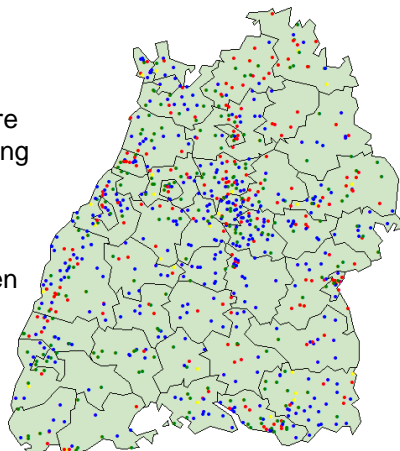
Drenowatz et al. (2013). Correlates of Weight Gain in German Children Attending Elementary School. *Prev Med*, 57 (4). doi: 10.1016/j.ypmed.2013.06.004

Dreyhaupt et al. (2012). Evaluation of a Health Promotion Program in Children: Study Protocol and Design of the Cluster-Randomized Baden-Wuerttemberg Primary School Study. *BMC Public Health*, 12:157. doi:10.1186/1471-2458-12-157

TO DATE

Ca. 3,000 teachers in more than 1,000 schools reaching approx. **70,000 primary school children**

Approx. 1,500 kindergarten teachers in nearly 700 kindergartens reaching ca. **35,000 kindergarten children**



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This programme is conducted by the Division of Sports- and Rehabilitation Medicine (Head Prof Jürgen Steinacker) in collaboration with the Institute for Epidemiology and Biometry and the Department of Clinical and Health Psychology at Ulm University and is financed by the Baden-Württemberg Stiftung.

THE BADEN-WÜRTTEMBERG STIFTUNG promotes quality of life in Baden-Württemberg. The Foundation supports research, a variety of educational services and social responsibility. The Baden-Württemberg Stiftung is one of the large operating foundations in Germany. It is the only one that invests entirely into the future of the state of Baden-Württemberg without a political affiliation. The Foundation invests in the future of its citizens.

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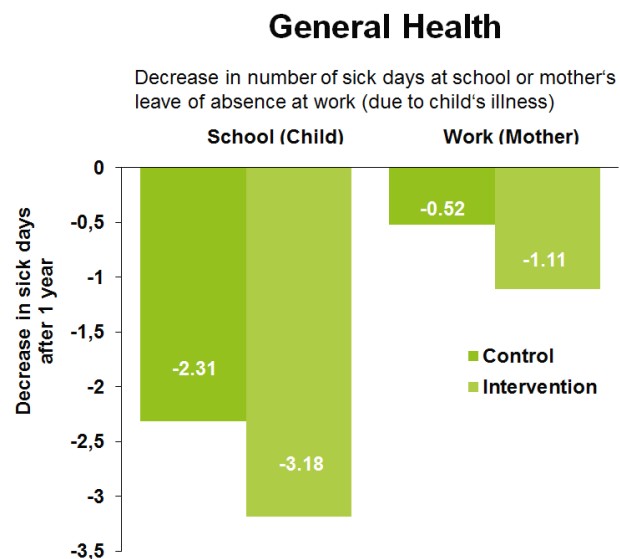
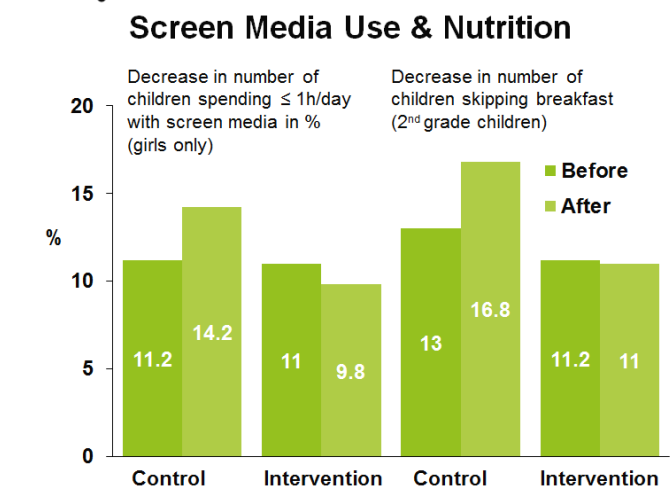
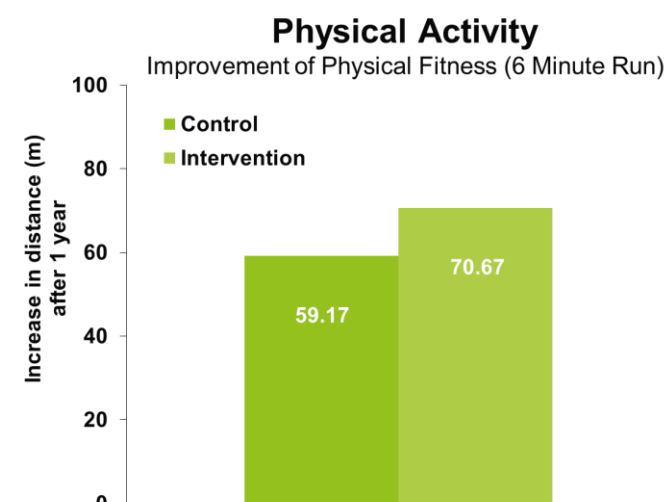


JOIN THE HEALTHY BOAT KINDERGARTEN & PRIMARY SCHOOL

A Programme promoting active choices and a healthy diet in kindergarten and primary school

A programme of





EVALUATION IN PRIMARY SCHOOLS

1,904 primary school children in 157 classes from all parts of Baden-Württemberg, split into control and intervention group were followed and scientifically evaluated by an interdisciplinary team at Ulm University.

Evaluation of

- the intervention programme
- its effectiveness and sustainability
- changes in the school environment
- children's health and physical activity

The evaluation showed that the physical fitness already increased after one school year and unhealthy habits decreased. Further results are shown on the right side.

Currently, an evaluation study being carried out in 60 kindergartens with 1,026 children between the ages of 3 and 5 years.



HEALTH-PROMOTION PROGRAMME

JOIN THE HEALTHY BOAT FOR KINDERGARTEN & PRIMARY SCHOOL

JOIN THE HEALTHY BOAT

pursues the aims and contents of the current curriculum for primary schools and kindergartens. Children are meant to gain competencies concerning their health behaviour and encouraging them to making the right choices. Central topics are:

- sufficient physically activity
- engaging in meaningful leisure time activities
- choosing healthy foods and drinks

This large-scale intervention programme has several

STRENGTHS

- Theory-based and evidence-based
- Scientifically evaluated and proven effectivity
- One of the largest programmes in Europe
- Award winning
- Long-term and sustainable implementation
- Train-the-Trainer-Concept
- Directly integrated by the teacher
- No extra lessons needed
- Parental involvement