



National Institute for Public Health  
and the Environment  
*Ministry of Health, Welfare and Sport*

# Schools4Health

RIVM, the Dutch National Institute for Public Health and the Environment



# Healthy Primary School of the Future

Dutch: "Gezonde Basisschool van de Toekomst (GBT)"



## > About

- Integrated school concept
- Aims to reduce health disadvantages and disparities
- For children aged 4 to 12 yrs old (primary school)



# Implementation

- > Extending the school day
  - Fruit in the morning
  - Healthy lunch and nutritional education
  - Physical exercises/energizers
  - Every day of the school year!
- > Partnerships with local actors





# Results and successes so far

- > Implemented since 2015
- > Extensively researched
- > Positive effects
  - BMI
  - Eating behavior
  - Exercise behavior
  - Less bullying and higher school enjoyment





# Possibility for adaption/transferability



Suitable for different contexts

Supportive frameworks:

- Training for professionals

- Handbook and materials

- Method for evaluation