

2nd Online Training of Health Professionals in Smart Family

Within the framework of the European project Health4EUkids, coordinated by the 6th Health ADM in collaboration with the University of Patras where 12 European countries participate, the 2nd pilot online training of 18 health professionals in the Finnish Smart Family best practice took place.

The Smart Family best practice focuses on families who are expecting a baby or have children aged 0-12 years old, focuses on family lifestyle issues and aims to educate health professionals on children's healthy living.

In particular, the Smart Family best practice training aims to explore the requirements and conditions for the implementation of the best practice, to strengthen a collaborative approach of parents and health professionals for the healthy living of children. Also, promotes a healthy lifestyle in families with children, increasing physical activity and healthy eating, recognizing and strengthening children's self-esteem. Finally, aims to improve the planning and development of policies for a healthy lifestyle for children.

The training was attended by various specialties (pediatricians, dieticians, social workers, health visitors, nurses) of the 6th Health ADM and in particular the structures of the University General Hospital of Patras, the 3rd TOMY of Agios Alexios, the 6th TOMY of Paralia, the 7th TOMY of Messatida, and the K .Y. of Ano Polis.

During the training, the participants were informed about the program by Georgios Karydas, General Director of the Karamandaneio Hospital, Vasiliki Iliopoulou, Head of the Research and Development Department of the 6th Health ADM, Lambrini Lachanioti, Health Visitor of the 6th Health ADM who mentioned the methods of communication with the children while Dr. Emmanuela Magripli, Assistant Professor of Nutritional Epidemiology & Public Health at the Laboratory of Dietetics and Quality of Life of the Department of Food Science and Human Nutrition of the School of Food Science and Nutrition of the Agricultural University of Athens, referred to the Smart Family Methodology.

