



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



Power Food

Dutch: "Krachtvoer"



Yuverta



> About

- Stimulating healthy food choices
 - Eating more fruit
 - Drinking enough water / less sugary drinks
 - Healthy snacking
- Target group: practically-oriented students 12 – 14 yrs old
- Collaboration between health promotion and education sector
- Since 2002



Implementation

- > 13 modules of 30-45 minutes
- > Carried out by teachers
- > Digital platform





Results and successes so far

- > Extensively researched:
2 cluster randomized effect studies
- > Positive effects
 - Fruit consumption
 - Consumption of healthy snacks





Possibility for adaption/transferability



Suitable for different contexts

Supportive frameworks:

- Handbook and materials
- Method for evaluation
- Co-creative process for adaptation to local context