

HEALTHY KIDS

Programme

**Health and wellbeing of children their families,
5 ECTS, 135 hours**

Finland is known for its excellent education system, pure food, high quality of life, good governance and children's health and wellbeing. City of Seinäjoki has a brilliant concept out of these high-brand ingredients for children's overall wellbeing.

The purpose of the Healthy Kids programme aiming to the better health and wellbeing of children and their families, is to

- extend the expertise of professionals and decision makers to manage and develop expert organizations,
- manage and carry out demanding development projects and
- develop their own work.

TARGET GROUP

The programme is intended for professionals, researchers, educators, decision makers, associations and entrepreneurs e.g. in the fields of health care, nutrition, city development and early, primary, vocational and higher education.

CONTENT OF THE PROGRAMME

- 1) Health and wellbeing management by utilizing multiprofessional cooperation
- 2) Guidance based on customer needs, supporting healthy choices
- 3) Living environment supporting health and wellbeing
- 4) Family nutrition and health of children – Food safety and nutritional quality innovations
- 5) Health benefits of physical activity of children and their families





FACTS

- One-third of world population are overweight
- More than 2 billion adults and children globally are overweight and suffer health problems because of their weight
- The rate of overweight children has multiplied over the past decades
- An increasing number of people globally are dying from health problems linked to overweight
- Obesity increases morbidity e.g. type 2 diabetes, heart and vascular diseases, as well as numerous types of cancer
- Health expenses of an overweight person are 25 % higher than those of a person with normal weight



COMPLETION OF STUDIES

The programme can be implemented in Finland or in the customer's country of origin. Various e-learning methods can be used in the flexible implementation of the programme, which can be tailor-made based on the customer needs.

Multiprofessional working method in the "Seinäjoki Healthy Kids" model offers a solution to promote health and wellbeing of children and their families, and to end childhood obesity, which is a global problem. The good achievements have also brought international recognition to the City of Seinäjoki.

The Healthy Kids concept demonstrates that prevention is possible and cost-effective. The results prove that a single municipality or organization can set targets for wellbeing and fulfill them doing consistent work to promote wellbeing and health of the population. The concept is a duplicable model that can be transferred and adopted into various environments.

SeAMK Introduction

Seinäjoki University of Applied Sciences (SeAMK) is a multidisciplinary institution of higher education and an efficient actor in education and research, development and innovation in the region of South Ostrobothnia in West Finland.

The number of full-time students is 4800 and academic and other staff members 350. SeAMK has 19 Bachelor and 7 Master degree programmes.

CONTACT INFORMATION

HELLI KITINOJA

Global Education Services

Seinäjoki University of Applied Sciences

phone +358 40 830 4101 | helli.kitinoja@seamk.fi



www.seamk.fi/globaleducationservices



Seinäjoki



HEALTHY KIDS OF
Seinäjoki



ETELÄ-POHJANMAAN LIITTO
REGIONAL COUNCIL OF SOUTH OSTROBOTHNIA