

# The Implementation Project of the Programme for the Prevention of Type 2 Diabetes FIN-D2D 2003 – 2007 IN THE HOSPITAL DISTRICT OF SOUTH OSTROBOTHNIA

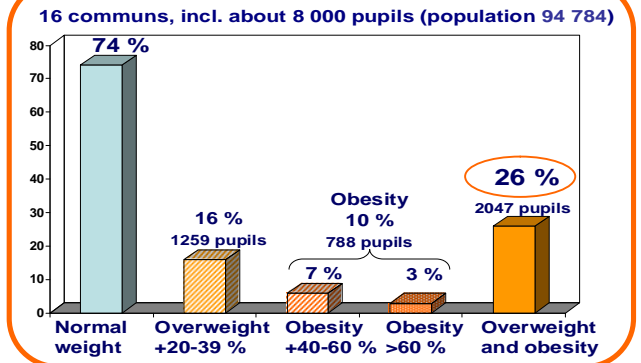
## Overweight Adults

THE MOST OBESE MEN AND  
THE THIRD MOST OBESE  
WOMEN IN FINLAND

INCIDENCE OF DIABETES  
IS 1,3-TIMES AND OF  
CARDIOVASCULARE  
DISEASES 1,1-TIMES  
COMPARED TO OTHER AREAS



## Overweight Primary School Pupils



## HEALTHY KIDS MATERIAL

### THE HEALTH PROMOTION STRATEGY OF THE HOSPITAL DISTRICT OF SOUTH OSTROBOTHNIA



Regional FIN-D2D Team

MATERIAL  
WAS PLANNED AND MADE BY  
MULTIPROFESSIONAL GROUP



- The aim is to help and stimulate health education
- The themes of the material are nutrition, physical activity, sleep, rest and dental health
- Healthy Kids material and CD's have been introduced and distributed to local schools, day care personal, and health care nurses in 26 communities
- Material is used at lessons, parent's evenings, in the weight management groups, fair and events
- Material is a practical tool, which gives ideas and reliable guide-lines for daily work and living
- Healthy Kids campaign have changed food preparing patterns and stuff purchase at schools and day care

CHILDREN AND THEIR FAMILIES ARE IN WORKING ORDER, INNOVATIVE AND WELL