

## Health Promotion School Projects in Iceland - Promotion of healthy diets - Adolescents

## Programme Data

## Programme Description

The health promotion school project is long-term in nature and apply the whole Icelandic school approach. Involves students, parents, school staff and the surrounding community. The main themes are nutrition, physical activity, mental health promotion and life skills.

## Program type

National

## References

Iceland Country Statement to the Second International Conference on Nutrition (ICN 2). (Held by the Permanent Representative of Iceland to the FAO).

## Action data

Start date

Country(ies): Iceland

Status: On-going

Area: Urban  
Rural  
Peri-urban

Place: Iceland

Topic: Promotion of healthy diets

Target group: Adolescents  
School age children (SAC)

Age group: Children in primary and secondary school

Delivery: Community-based  
Kindergarten/school

Implementation details : Various external offers available to both students & staff  
? Healthier food on offer in the schools  
? Increased community and parental involvement  
? Improved opportunities for choosing healthy options  
? General school milieu changes (healthier & happier)  
? Clearer directives within schools relating to health  
? Education focuses more on health  
? Increased health related cooperation & collaboration  
? Various interventions directed at schools  
? Improved access to grants (funds)

Nutrition and dental health:

Healthy choice in food and drink. Education about nutrition and healthy choices. Fluoride.

Target population size : National coverage

Coverage level (%): National coverage

Outcome indicator(s): No information

Outcome reported by social determinants: None

**Typical problems      Solutions**