The offer «Recognised exercise kindergarten with the plus point nutrition» is part of the state initiative «Prevention of overweight and obesity in childhood». This state initiative is implemented within the framework of the North Rhine-Westphalia (NRW) Prevention Concept of the State Health Conference and is funded by the statutory health insurance funds in NRW. The initiative bundles and initiates projects which are designed for the target group of children in different environments. The trend of increasing overweight and obesity in childhood and adolescence is to be counteracted by the project. In addition, children/families with social disadvantages in particular are supported and children with a migration background are given increased support.
In Belgium, some of the Liberal Mutuals, organise sessions on healthy nutrition and provide financial interventions, a.o. in line with the Flemish governmental action 'Oog voor lekkers’, a project to promote fruit, vegetables and milk at school. Liberal mutuals also support and distribute the Flemish government’s actions on healthy nutrition.
„SVS-Is(s)t-gesund“ is a cooperation between the SVS and the Association of Dietitians in Austria, which has developed a nutritional medical advisory service (weight loss programme) especially for the self-employed. **SVS-Health weeks and camps** with a focus on nutrition and weight include lots of information and tips which are customized to the everyday life and living conditions of the self-employed. Considering a holistic view of health the topic of healthy diet is also part of many other prevention and health promotion offers of the SVS.

Find more information on our recommendations, visit our website. [www.aim-mutual.org](http://www.aim-mutual.org)
“Richtig Essen von Anfang an“ – “Healthy eating from the start“ is a programme launched by the Main Association of Austrian Social Insurance Institutions (including the SVS), the Austrian Agency for Health and Food Security GmbH (AGES) and Federal Ministry of Social Affairs, Health, Care and Consumer Protection that offers nutritional advice for pregnant women, nursing mothers and toddlers and 4- to 10-year-old children. Free nutrition workshops are offered in all Austrian federal states. The aim is that mother and child are optimally cared for by a good choice of food and drink right from the start. Partners and other caregivers such as grandparents can also take part.

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