

## CHANCE Intervention/Project profile, Fulda/Germany: Gesundheitstag

Name of the project	Day of Health 28.2.2009 „Fit in spring“	Comment
Objective	Selected information and activities of daily health topics of different target groups within the community Exchange and get to know between multipliers and their offers	
Target group	Community population, all age groups	
Responsible	University of Applied Science Fulda, Nutrition department and department of social science (Oe/SW) Organisation und public relation City of Fulda Local Health authority Fulda German housewife union National Association Hessen e.V. Helene-Weber-House Consumer advice Centre Hessen, Fulda Catholic family education counseling Bagso e.V.	
Co-operation partners	Allgemeine Ortskrankenkasse (insurance company) Workers Welfare Organisation Fulda city and region e.V. Project AWO-community mothers (AWO) Education counseling of the city Fulda Postsportverein Blau Gelb Advertising Assoziation Kohlhäuserfeld Seniorenbüro of the city Fulda SG Frischauf Fulda e.V. TKK Techniker Krankenkasse (insurance company) Turkey sports club WIP, Project in Profu e.V. at the University of Applied Science Fulda	
Period	Single arrangement	
Who, what (content headwords), how, where, number of participants	AOK: Pulse oximeter, body fat measurements  AWO: Fitness bike with ergometer, health information  AWO-community mothers: Project presentation, Tea offerings  German housewife union, National Association Hessen: food guide pyramid, picture documentation wall Educational counseling centre: information, games for children  Health centre: Information and dental health modules	

	<p>Business Association Kohlhäuser Feld: Organic bananas, mineral water</p> <p>Helene-Weber-House: Light exercises/ trampoline</p> <p>Postsportverein Blau Gelb: weight Lifting</p> <p>Project of University of Applied Science Fulda, nutrition department: course of wits</p> <p>Project of the social science department: fruit and vegetable memory game</p> <p>SG Frischauf: movable wall-soccer</p> <p>Seniorenbüro: information offers</p> <p>TKK: Body fat measurement, offers of fresh drinks, nutrition information</p> <p>Turkey sports club: information and turkey food and specialities</p> <p>Consumer advice Centre Hessen, Fulda: Presentation of the Care project, the Joshi-Project, the course "weight management", wits training games, exercise games</p> <p>WIP: Provider of organic food in Fulda, sample</p> <p>ca. 80 participants</p>	
Spatial preconditions	Gymnasium of the local school (Sturmiusschule)	
Sustainability <ul style="list-style-type: none"> <li>- Short-term</li> <li>- Medium-term</li> <li>- Long-term</li> </ul>	Short-term, medium-term with regard to building a network in the community	
Transferability <ul style="list-style-type: none"> <li>- Different target group?</li> <li>- Different district?</li> </ul> Other objectives? Precondition to repeat?	A mixture of many different information and offers from many different stakeholders (voluntary/institutional) with regard to health and nutrition. Support and provided rooms from the local school (Sturmiusschule) were crucial for the success. - transferable to other communities depends on local structure	High organisational coordination
Contact	Prof. Dr. Barbara Freytag-Leyer, University of Applied Science Fulda, Nutrition department (Oecotrophologie)	