

CHANCE Intervention/Project profile, Dumbravita/Romania: Healthy Lifestyle

Name of the intervention/project	Healthy Nutrition and lifestyle	Comment
Objective	To learn healthy food, rules for a healthy diet risks of unhealthy eating habits measurement of blood pressure, BMI eating healthier at the same price practical activities	
Target group	Elderly Children	
Responsible	Universitatea de Vest din Timisoara, Prof. Dr. Mona Vintila	
Co-operation partners	churches elementary school, kindergarten mayor stakeholders: -SC. SUPER WIK. SRL -SC. OTTIMA PAN. SRL -RESTAURANT TROPICANA -SC. TM700. SRL -CABINETE REUNITE DE -AVOCATURĂ VINTILĂ ȘI SECOȘAN -SC. LINEA BODY CARE. SRL -Mrs. ALINA PÎȘCU - College of the Psychologists from Romania (local representatives) - College of the Social workers from Romania (local representatives) - college of Medical Doctors from Romania (local representatives) - SC Load Stone - SC Info-BVI NGO : Pro Impact 21 National Agency to Prevent Child Abuse and Neglect	contact to local community through church, school, mayor's office
Period - Single arrangement - Series - Permanent offer	series of 5 Meetings with local inhabitants elderly and children together additional network with mayor, head of school and kindergarten, priests: Catholic, Protestant, Orthodox.	
Who, what (content headwords), how, where, number of participants	Pro Impact 21, Prof. Vintila. Senior Lecturer Rodica Pantelie, Assistant Prof. Daliana Istrat, Assistant Prof. Amalia Kuglis: information about healthy food versus traditional - about health risks, - about preparing food, weighing, blood pressure, blood sugar, level measuring presentation and taste of healthy food: demonstration in the city hall	

	number average 20-30 participants at each meeting	
Spatial preconditions	space in the culture club of the city hall	
Sustainability <ul style="list-style-type: none"> - Short-term - Medium-term - Long-term 	<ul style="list-style-type: none"> - leaflets of results, - publishing in the local newspaper, 	<ul style="list-style-type: none"> establishing - better connection to the general practitioner - a local network
Transferability <ul style="list-style-type: none"> - Different target group? - Different district? Other objectives? Precondition to repeat?	<ul style="list-style-type: none"> - other target group: children parents - can be extended to the whole city of Timisoara, county - voluntary help of students is possible 	
Contact	Prof. Dr. Mona Vintila, Universitatea de Vest din Timisoara,	