

Invited Speaker Abstract

Presenting Author

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Title

Klasse2000 – a German prevention concept for schools in action

1. Abstract

Klasse2000 is the prevalently used programme for health promotion, addiction and violence prevention in primary schools throughout Germany. It is based on the results of the KIGGS study („Studie zur Gesundheit von Kindern und Jugendlichen in Deutschland"). More than 1.6 million kids have participated since the programme was launched in 1991. Kids who attend Klasse2000 will become invigorated by encouragement in developing health and life skills to strengthen their personality. The programme is based on the approach in promoting life skills and follows the basic understanding of health promotion as in the Ottawa-Charta of the World Health Organization.

Klasse2000 is run in grades 1-4, with 13-15 sessions per year. Professionals such as dietitians and other therapists have to undergo a specialised training. They perform start-up sessions to get kids interested in the project by using a mascot named Klaro. Trained health promoters ("Gesundheitsförderer/innen") inform and introduce teachers to the contents of the programme, and a parents' evening is held to introduce parents to Klasse2000 and get them actively involved.

This lecture includes a partial demonstration of what a start-up session for first grade looks like. A programme overview shows how dietitians are contributing with lectures in basic anatomy and the effect of healthy nutrition for sustainable learning. The salutogenic approach by raising the awareness for a conscious choice of snacks, cardio protective dietetics and the importance of adequate fluid intake is clearly proven.

The effectiveness of this programme, which has been running for nearly 30 years, was proven in a quadrennial control group study in Hessen/Germany mandated by an independent therapy- and health science organization. Controversial results concerning improvement of access age of substance use, water intake, activity behaviour and an increase in consumption of soft drinks are the results.

2. key references

- KIGGS - Studie zur Gesundheit von Kindern und Jugendlichen in Deutschland. www.kiggs-studie.de
- Botvin & Griffin, 2004; Springer, Volume 25, Issue2, pp211-232, Life Skills Training: Empirical Finding and Future Directions
- Isensee & Hanewinkel, 2009; Oxford Academic, Health Education Research, Influencing antecedents of adolescent risk-taking behaviour in elementary school: results of a 4-year quasi-experimental controlled trial
- Maruska, Isensee & Hanewinkel, 2011; Suchtprävention in der Grundschule-Effekte der Programme Eigenständig werden und Klasse 2000 (PDF)

3. key messages

- Klasse2000 is a nationwide prevention program for primary schools in Germany with proven effectiveness.

- The programme includes active learning guidance from “healthy eating & drinking” to “exercise & relaxation”.