

# HEPSC project newsletter No. 1

## WHAT IS HEPSC?

### The project - Healthy Eating Preschool Children

HEPSC focus is on health problems such as increased morbidity and mortality of chronic noncommunicable diseases (NCDs) in the adult population, connected with rising rates of overweight and obesity in children age.

The main goal of the project is to improve the children's health by promoting an efficient and well functioning food safety and quality control system that leads to improved public health and to provide a support to public health institutions to evaluate eating habits, energy and nutrient intake in the preschool population.

#### Project specific activities are:

- Increase the availability of health and preventive services
- Increase quality control and food safety

#### Project outputs:

- Improve nutrition and health outcomes of preschool children through an integrated, gender equal, environmentally sustainable systems approach to food availability and access, and food safety and quality
- Evaluate the habitual food, energy and nutrient intake in the preschool population and to compare these with

recommendations from the EFSA (European Food Safety Authority)

- Monitor eating habits and food safety aspects of the food consumption between project partner countries among preschool children
- The linkage with partners laboratories and counselling services about nutrition in order to establish the best practices.

Target groups are preschool children, their families, preschool teachers with other staff members, cooks and staff who prepare and handle preschool meals and snacks and public health nurses.

HEPSC project is funded as a part of the Interreg IPA Cross-border Cooperation Programme Croatia-Bosnia and Herzegovina-Montenegro 2014-2020. It is a trilateral programme envisaged to be implemented during financial period 2014-2020.

The project is co-financed by the ERDF and IPA II funds of the European Union. The total value of the project is 657,923.36 Euros, co-financed by EU with 559,234.85 Euros. The project duration is 24 months and expected to be completed on September 30<sup>th</sup> 2022.

## PROJECT PARTNERS

# A Partnership for healthier future

The HEPSC project encourages cross border exchange of knowledge, experiences and best practices. Project consortium consists of public health institutions with great experience in dealing with public health threats. Partners represent key authorities in the fields of food safety, public health promotion and health education in their communities:

- Primary Health Care Center Bar, ME,
- Institute of Public Health Šibenik-Knin County, HR,
- Institute of Public Health of Federation of Bosnia and Herzegovina, Mostar, B&H
- Ministry of Health of Herzeg-Bosnian Canton, B&H

### Primary Health Care Center Bar

Is the Lead partner of the HEPSC project. Within the project PHCC Bar is developing set of nutritional counselling services for parents and teachers of preschool children, as well as for the general population. Implementation of better food analysis and development of the laboratory according to the standards of quality and safety with national, EU and international regulations and improvement preschool food services.

PHCC Bar is upscaling knowledge about nutrition, food safety and healthy activity habits within general population to maintain throughout life.

### Institute of Public Health of Šibenik-Knin County

IPH SKC is project partner which provides expertise to the partner institutions and playing a key role in education of preschool children, their parents and teachers, public health nurses to foster their knowledge about the food safety health approach.

IPH SKC will offer comprehensive support services with the ultimate goal of improving reliable food quality and safety with the utmost cost effectiveness for preschool capacities in the county using a large variety of samples to determine a broad range of food-relevant parameters.

Main goal is healthy eating habits development to prevent most of chronic conditions present in our population.

### Institute of Public Health of Federation of Bosnia and Herzegovina

Project partner Institute of Public Health of Federation of Bosnia and Herzegovina provides expertise, technical and logistical support and playing a key role in educational activities focussed on children, parents, teachers and building of their capacities, and in improvement of work of school food services.

Institute will provide laboratory control of food safety and quality services related to project activities. Institute will benefit from improved capacity for implementation of nutrition programs and from improved capacity of the laboratory for control of food safety and quality.

### Ministry of Labour, Health, Social Welfare and Displaced Persons of Herzeg-Bosnian Canton

Ministry of Labour, Health, Social Welfare and Displaced Persons of Herzeg - Bosnian Canton provides technical and logistic support for the implementation of the planned project activities through full logistic support, contract and organize delivery of relevant educational programmes, as well as laboratory testing and control of food safety under the umbrella of this project.

Ministry will initiate communication, develop and promote relevant procedures and recommendations regarding introduction of the nutritional counselling for children, food safety standards for the staff in the facilities serving food to children, encompassing parents in the process.



## WHAT IS GOING ON?

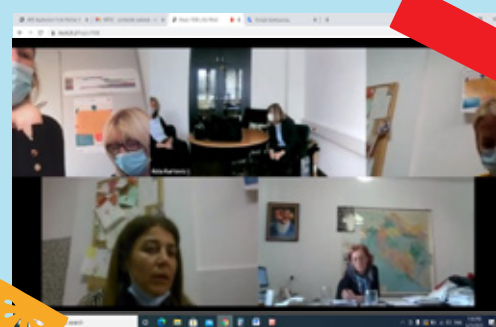
# Project implementation activities

## Project Kick off

The “Healthy Eating Preschools Children” - HEPSC project is launched on December 16<sup>th</sup> 2020 with the kick off meeting organized by the JZU Dom zdravlja Bar via online platform.

<https://www.vijesti.me/vijesti/drustvo/538229/za-bolje-zdravlje-djece-kroz-zdravu-ishranu>

[http://www.domzdravljabar.com/promocijom-zdravih-navika-u-ishrani--pracenjem-i-kontrolom-kvaliteta-hrane-\\_01612251348775.php](http://www.domzdravljabar.com/promocijom-zdravih-navika-u-ishrani--pracenjem-i-kontrolom-kvaliteta-hrane-_01612251348775.php)



## New sampling vehicle for PHCC Bar

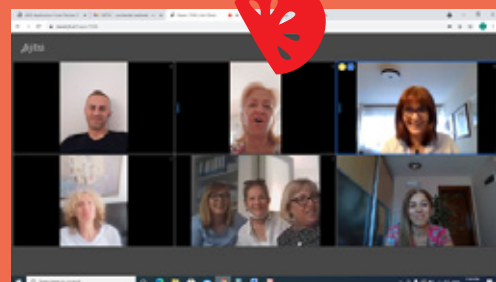
PHCC Bar bought a new official food and water sampling vehicle as a part of HEPSC project implementation activity. The new vehicle is intended for the food quality testing and health safety in kindergartens.

<https://portalbar.me/info/dom-zdravlja-bar-dobio-vozilo-za-uzorkovanje-hrane-i-vode-kroz-projekat-hepsc/>

## Project partners second meeting

The second partnership meeting of the HEPSC project was held through the Jitsi Meet online platform on June 15, 2021.

<https://www.zzjz-sibenik.hr/odrzan-drugi-partnerski-sastanak-projekta-hepsc/>





## Institute of Public Health of Federation of Bosnia and Herzegovina benefits held HEPSC stakeholders meeting

A first HEPSC local stakeholders meeting was held at the Institute of Public Health of the Federation of Bosnia and Herzegovina in Mostar.

<https://www.zzjzfbih.ba/zdrava-ishrana-djece-predskolskog-uzrasta/>

## Institute of Public Health of Šibenik-Knin County

IPH SKC (PP2) has completed the process of public procurement for the purchase of laboratory equipment that will be used to test the quality of meals and water served in preschools in Šibenik-Knin County.



**PROJECT NAME:** HEPSC – Healthy Eating Preschools Children

**ACRONYM:** HEPSC

**PROGRAMME NAME:** Interreg IPA Cross-border Cooperation Programme Croatia-Bosnia and Herzegovina-Montenegro 2014-2020

**PROJECT NO:** HR-BA-ME527

**PROJECT BUDGET** (all PPs):

657.923,36 EUR/559.234,85 EUR (85%)

**PROJECT DURATION:** 24 months

**PROJECT START DATE:** 01.10.2020.

**PROJECT END DATE:** 30.09.2022

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[www.interreg-hr-ba-me2014-2020.eu](http://www.interreg-hr-ba-me2014-2020.eu)