



## PRESS RELEASE

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### **CHAMP: Healthy Eating for Children Summer Programme**

Phase two of the successful CHAMP (Children, Healthy and Active! Multi-agency Programme) public health initiative began in Casemates on Friday July 6th. A stall, staffed by GHA nutritionists and dieticians in conjunction with the Health Promotion team (Department of Public Health), provided information on various events and activities, including beach fun days, healthy eating games and cooking workshops, which will be held throughout the school holidays under the banner of 'Summer of Nutritious Goodness'.

CHAMP was officially launched in April 2017, to promote healthy living for Gibraltar's childhood population. The initiative is led by professionals from the GHA, Care Agency, Department of Education, Department of Public Health, Gibraltar Sports and Leisure Authority and Cultural Services.

The second phase of the programme has proven to be a success, with events being well attended throughout the last month. The team have held events at Casemates Square, Eastern Beach, the Victoria Stadium and the Laguna Youth Club. The 'Taste Buddies' cooking sessions, scheduled to take place at the Dolphins Youth Club on 6th August at 9am, will draw 'The Summer of nutritious Goodness' to a close.

As scheduled, CHAMP is taking Gibraltar into its summer phase and encourage members of the public to join at various venues around Gibraltar. The aim is to engage with the public and discover realistic, nutritious and creative ways of meeting the snack and mealtime needs of children. The 'Autumn of Getting Fit and Physical' will follow later in the year, with the CHAMP initiative concluding 2018 with the 'Festive Season of Good News and Cheers'. In the ensuing years, CHAMP will continue to evolve and develop strategies to lead Gibraltar's children to a healthy and successful future.

Paediatrician, Dr Annie Dai, who has been the driving force behind the project, said: "CHAMP is here to be reliable partners of local families in their challenging task of managing a wide range, and often confusing information, on child health matters in the modern world, and to effectively help children grow up to be healthy, happy and productive individuals. CHAMP strives to be relevant to who we are, where we are and what we want to be."

Ministry of Health, Care and Justice

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Minister for Health, Care and Justice, the Honourable Neil F. Costa MP added: “We must continue to work together to promote this important programme and encourage children, and their parents or guardians, to make the right choices when it comes to their eating habits. I am delighted to hear that the second phase of the programme has been a success, and wish to thank Dr Dai and all those involved in CHAMP, for the fantastic work they have done so far, and continue to pledge my full support towards this extremely worthy project.”

### **The Summer of Nutritious Goodness**

6th - 10th August, 9am - 1pm

Taste Buddies' cooking sessions with the Youth Team at Dolphin's Youth Club

Venue: Rosia Road.