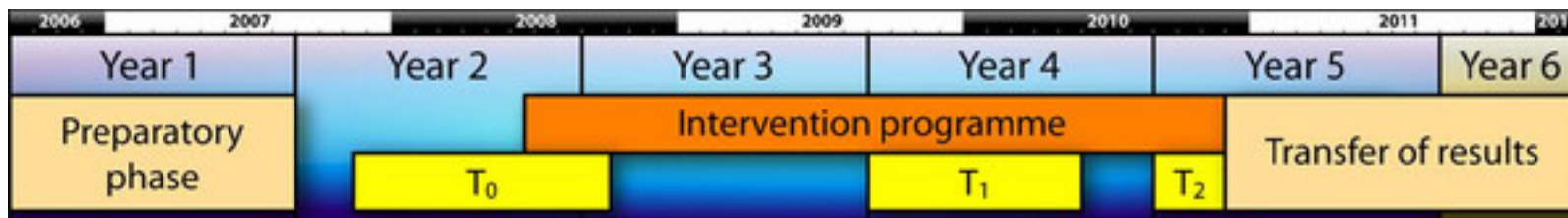





Timeline del progetto e proposte educative



(T₀ = baseline survey; T₁ = full follow-up; T₂ = mail survey)

	COMMUNITY	SCHOOL	FAMILY	INDIVIDUAL
 <p>Diet</p> <ol style="list-style-type: none"> Increase water consumption (replace sweetened beverages) Increase fruit & vegetable consumption 	Module 1 Module 2 Module 3	Module 4 Module 8 Module 9	Module 10	Module 5
 <p>Physical activity</p> <ol style="list-style-type: none"> Reduce daily screen time Increase daily physical activity 	Module 1 Module 2 Module 3	Module 4 Module 6 Module 7	Module 10	Module 5
 <p>Stress, coping and relaxation</p> <ol style="list-style-type: none"> Improve the quality of family life Ensure adequate sleep duration 	Module 1 Module 2 Module 3	Module 4	Module 10	Module 5
Module 1: Involvement of community partners Module 2: Long-term media campaign and public relations strategy Module 3: Lobbying for community environmental and policy interventions Module 4: Building partnerships Module 5: Education of children Module 6: Environmental changes related to physical activity – The Active Playground Module 7: Health-related physical education curricula Module 8: Environmental changes and school policy related to water consumption Module 9: Environmental changes and school policy related to fruit and vegetables Module 10: Education of parents				