

**JOGG is building and facilitates a national and international worknet dedicated to making society more healthy for every child.**

A society in which it is both possible *and* normal for every child to eat healthy food and get enough exercise, rest and relaxation. We are proud of these achievements:



## Our worknet now comprises:

**210**  
JOGG municipalities

**Around a thousand civil society organisations and businesses** that play a direct or indirect role in the neighbourhood, school, sports, leisure, home, work and media environments of children and adolescents.

## In our worknet:



### The holistic JOGG approach

that we offer provides municipalities with a unique way of bringing about lasting change locally in the environments inhabited by youngsters.

**2,115**  
Sports clubs and community centres

throughout the Netherlands are making every effort to offer healthier food, provide smoke-free premises and promote responsible alcohol consumption, based on the JOGG-Teamfit method.

**1,069**  
Schools

in JOGG municipalities are Healthy Schools.

**46**  
Caterers and suppliers

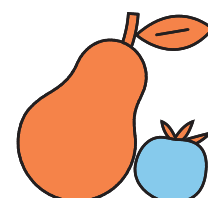
are doing their best to make the food offered in school canteens healthier, which has led to 680 healthy school cafeterias.

**14**  
Parties

(municipalities, sports marketing agencies and the NOC\*NSF) are working together to create Healthier Sports Events.

**789**  
Coaches

in JOGG municipalities are working towards making child care facilities healthy.



# 22

## Theme parks and visitor attractions

are offering a healthier range of food on a day out.

# 1,349

## Companies and organisations

are working to create a healthier workplace.

# 15,438

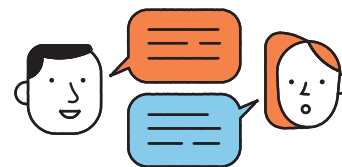
## Schoolchildren

at 635 schools and childcare facilities walk The Daily Mile.

# 40

## Municipalities

organise appropriate care and support for children who are overweight or obese based on the Kind naar Gezonder Gewicht programme.



# 21

## International organisations

exchange knowledge and experience with us.



## Based on our approach:

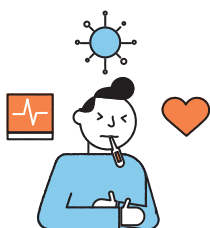
Potentially, we are reaching

# 1,686,575

children and youngsters (0 to 19 years of age)<sup>1</sup>

We have seen a reduction in the number of overweight children. In neighbourhoods where the JOGG approach has already been operating for four years, the measured percentage of overweight children and adolescents was **9% lower** than in neighbourhoods without this approach.<sup>2</sup> The JOGG approach seems to be successful most notably in areas with a low socio-economic status.<sup>3</sup>

By scaling-up the approach throughout the Netherlands, potentially we could **save €2.72 in healthcare costs per person per year**. As well as add 16 more years of life and 19 more years of healthy life, on average, per 100,000 of the population per year, along with greater labour market participation and productivity.<sup>4</sup>



Preventing people from becoming overweight and thus also **preventing related diseases**, such as cardiovascular disease, muscle and joint disorders and diabetes.<sup>4</sup>

<sup>1</sup> This is the measured number of children and young people that we can potentially reach in JOGG municipalities (2021, CBS review and analysis: Mulier Institute). We also reach children and youngsters outside JOGG municipalities with other programmes, such as JOGG Team Fit.

<sup>2</sup> RIVM (2020), 'Daling overgewicht in JOGG-buurtten' [Overweight reduction in JOGG neighbourhoods]

<sup>3</sup> Kobes, Kretschmer & Timmerman; University of Groningen (2021), 'Prevalence of overweight among Dutch primary school children living in JOGG and non-JOGG areas'

<sup>4</sup> OECD (2022) 'Healthy Eating and Active Lifestyles: Best Practices in Public Health'