

Cooking without parents



Diputació
Barcelona

Authors: Bertran Ribera, Magda; Díaz Méndez, Clara; García Iñiguez, Tamara; Iglesias Escudé, Montse; Martínez Moreno, Fernando; Polo Moncosí, Carme; Puigdemont Triadó, Irene

In recent years, there has been a considerable increase of obesity in developed countries:

World Health Organization (WHO)

Epidemic of the 21st century: 340 million of children between the ages of 5 and 19 are overweight or obese.

Government of Catalonia

The Health Survey in Catalonia (ESCA 2019) show that in children aged from 6 to 12, the **24.4%** are overweight and the **10.1%** are obese

Barcelona Provincial Council

The health habits survey to students of 4th ESO 2018 of the Diputació de Barcelona show that **15.3%** are overweight and **2.5%** are obese

Diputació de Barcelona, as a 2nd level local administration, provides support and assistance to the municipalities of the province, providing them with resources for health promotion, among others. To promote healthy nutrition offers:

Cooking without parents

Project for the promotion of healthy eating and optimal nutritional status among teenagers in the province of Barcelona from the local administration.

COOKING WITHOUT PARENTS WEB

- Recipes and videos of lunches and dinners
- Breakfast and snack proposals
- Tips on healthy nutrition

COOKING WORKSHOPS WITHOUT PARENTS

- 2-hour sessions
- Theoretical part on healthy nutrition
- Practical part of menu preparation
- Taste the prepared menu



Educational workshops



Exhibition



Cooking without parents



Teaching materials



Financial support

2010

Osona region pilot test

- Carrying workshops in the territory
- Recording of recipes
- Website construction

2011

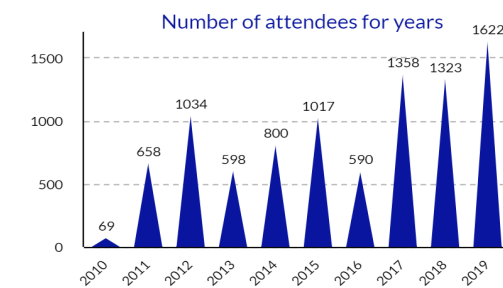
Start of the project at the provincial level

- Web presentation
- Workshops in the territory

2012...

Up to the present

- Project Continuity
- Budget increase



Workshops held



673

Workshop attendees



9.069

Evaluation of the workshops



9,3

Web visits



141.187

Recipe display



40.063