



Funded by the
Erasmus+ Programme
of the European Union



KAPADOKYA
MESLEK YÜKSEKOKULU



NO GDO PROJECT

FINAL WORKSHOP REPORT

Meeting Date: 13.07.2016

Meeting Place: Suhan Hotel, Avanos, Nevşehir

1 / 28





Contents

PROLOGUE	3
CURRENT SITUATION	5
Obesity in Turkey.....	6
Main Problem	6
NO GDO, HEALTHY NUTRITION AND LIVING WORKSHOP FINAL DECLARATION	8
Final Word	17
ACTION PLAN	20



Prologue: Dear Project Coordinator, Project Partners and Participants

WELCOME to the workshop meeting of our strategic partnership project named NoGDO; good, harmless and feature the importance of organic food, for preventing Type II diabetes caused by obesity, activities were carried out for students, teachers, academics and parents.

The main objective of the national health policy is to achieve a healthy society consists of healthy individuals. Therefore, the authorities an effective and commonly develops policies to combat a illnesses, the main determinant of individual self that will help the development of responsibility towards resources and various opportunities offering encourages a healthy lifestyle creation in the fight against a side from the disease.

Chronic diseases in the world and in our country to take first place among the causes of death; tobacco use, obesity, sedentary lifestyle and alcohol use are the common avoidable risk factor. Obesity emerged as a result of unhealthy nutrition has become a global epidemic of this century that increases rapidly all over the World. Obesity, created for individuals alongside psychosocial trauma and aesthetic problems, hypertension, respiratory, digestive, musculoskeletal system, such as the atherosclerotic vascular diseases are preparing ground for the emergence of many health problems affect the quality of life and time in a negative way. However, adult-type diabetes is a disease developed on the basis of obesity in our country and in the world 'the prevalence is increasing (about 7%).

An unhealthy diet and sedentary lifestyle is one of the most important causes of obesity, the second cause of preventable death after developing health problems related to tobacco use is the most common cause.

To prevent from obesity combating against obesity, health authorities and individuals have different responsibilities. To increase awareness of healthy nutrition of the population, especially high risk groups, adequacy balanced diet and to encourage regular physical activity habits achievements, thus obesity, and in order to reduce the incidence of diseases associated with obesity activity is very important. To this end, Turkey Healthy Nutrition and Active Life Programme has been prepared and inured to the benefit in 2010 in our country. (Parliamentary Mandate dated 29.09.2010 Official Gazette No. 27714).



The main theme of this workshop was launched with a contribution to these efforts at the national level "development of an action plan against diabetes and obesity " constitutes the activity. Finalization of the workshop meeting of the activities carried out under the project process today will be hosted by Cappadocia Vocational High School of İlke Education and Health Foundation.

The sub-themes of the workshop considering the recommendations also from participating institutions and civil society organizations is determined as "Healthy Nutrition and Family, Healthy Nutrition and Education, Healthy Lifestyle Friendly Cities, The sustainability and dissemination of the project's targets, Business World and Nutrition, Healthy Nutrition and Vocational Education, The place of technology in the healthy life".

Our expectations of the thematic group sessions is; under the scope of the workshop determining the main problems in the thematic areas of their choice by taking advantage of brainstorming and improvisation method suitable solution to produce the proposal is to make thematic sessions preparation of the report and all participants takes place the common thematic presentation of the group sessions. After that, taking the contributions and views on the thematic session on the workshop participants, contents of the thematic sessions report will be completed.

At the closing session, an assessment will be made for the workshop by the Chairman of the workshop and the final report will be prepared.

The workshop, that is open to the participation of NGOs, will gain value with today's participation and meaningful contribution of CETAL Health Research Center of Bucks New University in England from, Duisburg Werkkiste Vocational Training Center in Germany, Nevşehir Provincial Directorate of National Education, Provincial Public Health Directorate of the Council Representatives, Cappadocia Vocational School faculty and administrative unit representatives, representatives of the Associations. Thanks all of you especially our Project Coordinator as we are together in a meaningful activity, I wish you success.

Associate Professor Vesile ŞENOL

Erc. Uni. SHMYO

Head of the Department of Medical Ser. And Tech.



CURRENT SITUATION

At 2014, 41 million children under five in the world were overweight, approximately 10 million more than two decades earlier. Global child overweight prevalence has increased between 1990 and 2014, from 4.8% to 6.1%. This alarming rise is occurring across all income groups and in all regions. (http://www.who.int/nutrition/topics/seminar_23Aug2016/en/)

According to World Health Organisation, Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. Body mass index (BMI) is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by the square of his height in meters (kg/m^2). (<http://www.who.int/mediacentre/factsheets/fs311/en/>). Average 15-20% of body weight in adult men and 25-30% body weight in adult women remain fat. (Şakar Ş, 2006) .

If this rate goes up %25 for men, %30 for women, obesity can be seen. BMI is an index based on size in assessing the body weight is not about body fat distribution. To achieve optimum health adult population should be in distribution with a median BMI 21 to 23 kg / m^2 . However, BMI is still the destination for those 18.5 - 24.9 kg / m^2 should be to protect the distribution. 25.0 to 29.9 kg / m^2 in BMI distribution is concerned about an increased risk of disease. When BMI is more than 30 kg / m^2 , the risk of disease increase from severe to moderate. Last year, researchers emphasize more on distribution and the body fat found in body than the total amount of fat in the body. Area that the distribution of fat in the body found is associated with morbidity and mortality of the disease. Divisional fat distribution varies according to genetic characteristics in men and women. Accumulation of fat in the body in men's type obesity is called apple type as it is accumulated in the upper abdomen and chest whereas in women's type obesity is called pear type as the fat is accumulated in the lower part of the body hips, thighs and legs. One of the simple method that reflects the amount of Stomach (abdominal) fat and most commonly used is waist circumference / hip circumference ratio. This ratio, waist circumference value from the denominator reflects the major visceral organs and abdominal fat, located in the denominator consists of the hip circumference measurements of muscle mass and skeletal tissue.



Obesity in Turkey

The genetic basis of type 2 diabetes is usually seen due to obesity and physical inactivity. On the basis of genetically predisposed individuals, insulin resistance induced by lifestyle diseases and gradually decreased insulin secretion reduction is concerned. 5-10% of the population in developed countries suffer from type 2 diabetes. Although Type 2 and Type 1 diabetes complaints are similar, complaints of Type 2 is milder.

This is the real reason the disease years after the start (after an average of 5 years) is noticeable, and sometimes can be diagnosed after they develop complications. Type 2 diabetes usually occurs after the age of 40 with increased frequency and aging. However, increase of obesity in childhood cause Type 2 diabetes obesity to be seen in children and adolescents in recent years. It is reported that nearly half of diabetes cases occurred under the age of 15 in developed countries is type 2. One of the most important issues to be considered here, the side effects that occur at later ages up to how type 2 diabetes in an individual rare. So even if we do not prevent type 2 diabetes, it is also useful to delay the emergence of the illness. (<http://diyabet.gov.tr/index.php?lang=tr&page=28>) This disease is more commonly seen in obese patients. <http://www.who.int/mediacentre/factsheets/fs312/en/>

Main Problem:

The main risk factors in the development of Type II diabetes in Turkey in line with a similar survey conducted by the Ministry of Health, obesity and indirectly, are listed below: (<http://beslenme.gov.tr/index.php?page=41>):

- Excessive and improper nutrition habits
- Insufficient physical activity
- Age
- Gender
- Education level
- socio - cultural factors
- Income level
- Hormonal and metabolic factors
- Genetic factors



- Psychological problems
- Usually very low -energy diet applications
- Smoking-alcohol
- Taking Some drugs (antidepressants etc.).
- Number of births and time between births

With the final activity of Erasmus + VET Strategic Partnerships project NOGDO, an action plan, establishing local collaboration platform via workshops with the participation of all the stakeholder institutions of the issues presented in the current state, is prepared. With this action plan, participating institutions will contribute to sustainable efforts in order to prevent diseases such as Type II diabetes and obesity caused by unhealthy nutrition habits at local level.

NO GDO, HEALTHY NUTRITION AND LIVING WORKSHOP FINAL DECLARATION

13 July 2016, Avanos, Sühan Hotel

The final meeting of the workshop NoGDO was done on the 13th of July 2016 by the Principle Education and Health charity in the home of Cappadocia Vocational High School in Avanos Sühan Hotel. The workshop began with the registration of the the participants s at 9.45-10.00. The meeting started at 10.00-11.00 with the project coordinator Füsün Hepdinc's warm welcome to the participants and after they had a homage and the Turkish National Anthem, they moved on. The session of the workshop began with the opening talk of coordinator Doc. Dr. Vesile Senol. Then after the workshop got on with the information of the sub-themes included to distrinute the beneficial headlines fixing group moderators, debate the groups methology and the dynanizm and synergy in the group. at 11.00-12.00 the tematic session of the groups were directed by the workshop coordinator Doc. Dr. Vesile Senol.



The main theme of the workshop was determined as " Develop an Action Plan against diabetes and obesity . The subtitles and the thematic sessions subject constituent at the same time are compiled under 7 heading accoring to the rewiev of the participants. Sub-themes of the workshop is determined as follows by the workshops organization and Executive Board:

1. **Healthy Eating and Family** (common problems are the increase of fast-food consuming, decrease of nutrition awareness and ways of increasing it, the effects of healthy eating curriculum, methods of awareness for families, the effects family's on health of the eating habits etc.)

5. **Business World and Nutrition** (healthy nutrition and life of the employees covered by the business community needs to be done: According to the dietary habits of the profession, workplace eating habits, regular meals, regular exercise and struggle with bad habits etc.)



9 / 28



Thematic Topic 2: Healthy Eating and Education

Number of Participants :11

Action: Making healthy nutrition to an indispensable component of the training

Troubles:

- 1) Parents' knowledge deficiency about healthy nutrition.
- 2) Teachers' knowledge deficiency about healthy nutrition.
- 3) Schools' menus aren't prepared by dietetician.
- 4) Lack of dining hall at schools ,where the students are educated whole day, causes students' leaving school at lunch time and unhealthy nutrition.
- 5) Unhealthy foods which for sale at school canteen.
- 6) Lack of nutrition friendly schools.

Solutions:

- 1) Preparing healthy food and healthy food's notice board at school corridor.
- 2) Training teachers by in-service education programme about healthy nutrition.
- 3) Parents must be educated by society education about healthy nutrition.
- 4) Behaviour of healthy nutrition and habit should be gained by peer education to teenagers.
- 5) Organizing activities with parents on local products week
- 6) Organizing Healthy nutrition week
- 7) Giving structured sermons on nutrition education in coordination with the Muftis

Thematic Topic 3: Health-friendly Environment

Number of Participants: 10

Action: To provide healthy habitats for people

Problems:

1. Bicycle road and transportation could be created and encouraged.
2. Safety roads must be created when school transportation.
3. Because of regional qualities (cold weather, continental climate) indoor sports hall must be increased.
4. Healthy school complexes (which have health, safety establishment) should be increased.

Solutions:



- 1) Awareness studies should be done for drivers and pedestrians by municipalities, public enterprises, non-governmental organizations. Drivers aren't use bicycle roads and sense of bicycle drivers visibility should be aimed up.
- 2) When planning of be zoned for construction place: bicycle roads should be created different from vehicle roads, to healthy schools must be given primacy, for swimming dissemination swimming pool's number should be increased that region, for use society healthy life area's should be encouraged.
- 3) For school transportation bicycle and hiking trail should be ensured security.
- 4) Making use of billboards in awareness and becoming self-conscious education.
- 5) For fight with obesity and encourage moving life it should be created reaction area or should be made necessary as legal at organized industry area.
- 6) Carry out the targets stated as "revising available bicycle roads in 5 years period" in the 2015 November regulation on a regional basis.
- 7) Inclusive of nutrition security healthy life Project should be produced.

Thematic Topic 4: Sustainability and Dissemination of Project Themes: Sustaining and adopting healthy life and nutrition principles by institutions

Number of Participants:10

Action: Increasing awareness communication cooperation between institution and and health literacy

Problems:

1. There is no coordination between institutions about healthy life and nutrition
2. Deficiency on awareness about obesity's harm
3. Lack of physical activity areas.
4. Insufficient utilization of Social media
5. Institutions don't have unit related health or inadequacy of the units

Solutions:

1. Related healthy life and nutrition activity municipalities and governance (provincial society health directorate, provincial health directorate, national education directorate) and non-governmental organizations leading.
2. Increasing the awareness of health literacy by education in every part of society. Making use of billboards in advertisement and education.
3. Putting into service available sports hall in university or military and the number of physical activity area is increased by local government.
4. Allowing official site like facebook, twitter, instagram happen for health in web pages. Making announcement of activity and this sites should be used effectively.



5. Educating staff about healthy life and nutrition and staff must be demanded by supreme board.

Thematic topic 5: Business World and Nutrition

Number of Participants:10

Action: ncreasing self-conscious and awareness about eemployee society's healthy life and nutrition

Problems:

1. Connected with feeding behaviour problems: Lack of informative education of healthy nutrition in schools and institutions, conventional feeding behaviour, calculation of calorie don't take part in menus, irregularity of mess feeding menus, they don't have regular eating and breakfast habit, directionlessness in ready-made nourishment sector, they have prior opinion about healthy feed's tasteless, meal size can't be arranged, lack of natural nutrition experts. Focusing with psychological satisfy nutrition; menus aren't prepared through calorie calculation they are prepared so as to eat one's fill. Eating rice and pasta or eating rice and pasta with bread.
2. Workplace's attitude hours of works's directionlessness, socio-cultural form, they don't have national diet, public institution's refectory is arbitrariness, anthropometric measurements aren't interpreted as regularly.
3. Because of poverty economical nutrition problems emerge.
4. Cultural differences effects period of standart prepared food.
5. Due to fewness physical activity, public institutions' staff can't be motived to do exercise and sport can't be adapted as life-style factor.

Soluions:

- 1) Relevant sector and institutions are essential beside individual self responsibility. Corporate manner and form should be developed. Society should be educated about healthy life and nutrition in public education center. Aimed at staff periodical nutrition education should be given and health controls should be made(job security) in workplace.
- 2) National diet should be developed and suited for Professional competence diet should be produced out of arbitrariness and individual forms.
- 3) Mess feeding should be prepared in workplace according to staff's ideal calorie necessity(hospital model).
- 4) Compromisingly main goal of nutrition eat one's fill eating cater to calorie which body's need sense.
- 5) For example protein intake apart from first quality protein like meat, they can provide protein intake second quality protein like legume according to family's economic condition.



Including carbohydrate nourishment can enrich with protein. Such as burghul pilaf with lentil, ashoura etc.

- 6) Analyzing differences of nutrition/diet, healthy feeding habits should be adopted.
- 7) Instead of so much main meal, meals can be minimized and can be increased the number of meals.
- 8) Not only on the documents in convince food company but also actively worker on the job who are food engineer and nutritionist should be provide.
- 9) Making explicit healthy and regularly nutrition's physical and mental affects, encouragement should be provide(soliders, police model)
- 10) There should be physical activity equipment at public and private institutions for the promotion of life and physical activity
- 11) The students of primary school age body mass index measurement should be held on MEBSİS system providing data entry through official correspondence at the ministerial level

Thematic topic 6: Healthy Nutrition and Vocational Education

Number of Participants: 10

Action 1: To gain healthy nutrition behavior and make lasting healthy nutrition habits for individuals

Problems:

1. Certification training or the age of the curriculum in formal education and ranking of topics is not suitable for the adjusted time.
2. Cookery and nutrition education is inconnected the Standard in country,
3. Giving nutrition isn't suitable for daily natural life
4. Cooking show isn't realistic in media and press, this show both isn't suitable for healthy nutrition principle and this mislead society.
5. Recipe must be suitable Standard for healthy nutrition.
6. Workplaces raise suitable employee for diatery cuisine in hotels and restaurants



7. It is difficult to reach the intended material even impossible in this area/region. WE, as KMYO cookery program, can provide all kinds of material but this situation isn't valid for all education committee.
8. It is difficult to find employee at traineeship education and formal training.

SOLUTIONS:

- 1) Vocational education must be lowered secondary education level/process. Process should be shortened and it should be decreased that out of profession's classes in curriculum, it must be concentrate on vocational subjects.
- 2) Graduated of available carry out education methodology who reach the intended equipment didn't execute opinion occurred. (all participants)
- 3) It's ture that master student must be employed in which given vocational education institution. (all participants)
- 4) Careerists working in the nutrition field in this area, they should be get training at diseases which is required diet and diet subjects.

THEMATIC SUBJECT 7: The place of technology in the healthy life

Number of Participants: 10

Action 1: To gain people the habit of using technology to create, support and develop as a tool in wellness and to provide "NoGDO website" utilized effectively.

Problems:

- 1) This trouble is people don't trust the unknown/unrecognized sites.
- 2) People prefer to be in direct contact with an expert in their own issues.
- 3) Fun is more important for children and teenagers.
- 4) There is no construction for people learn their own healthy values.
- 5) It needs to be developed that interior equipment and content of the No GDO Website.
- 6) The increase of Google SEO . (Searched in order to find solutions to top at Google)

SOLUTIONS

- 1) It can get supported from experts at live hat/webcom. The ministry of health institutions etc. Receive support by linking with their sites.
- 2) It get detailed information form the ministry of health institutions or experts.
- 3) Diseases should be brought into game. The correct behaviour should be rewarded and the bd behavior should be punished. (competition is held)
- 4) The value, which is given with mobile phone, are reviewed and the oppenent part (patient) is informed. For example, it is reviewed laboratory values by on expert.
- 5) It get detailed information from the ministry of health institutions or experts.



- 6) It is used to link for improve reliability at formal, national, ,nternational websites and new portals.
- 7) ACT 2: Smart phones and other technology should be used properly.

Action 2: To provide utilization of Smart phones and other technology properly (to support healthy nutrition and living).

Problems:

- 1) The usage of smart phones, television and other Technologies unwarranted and prolongly.
- 2) It is seen as a lack of not having this Technologies at an early age with impact advertise and social environment. It turns out the new model of this devices consistently because of developing technology. All theses situations create troubles.
- 3) They don't have enough health care program in the technological environment. Health program, which is publishing, isn't involving the public health issue.
- 4) It is low that awareness of preventive health at individual or social level.

SOLUTIONS:

- 1) It must be gained awareness between conscient usage and unnecessary usage. Telephone, computer or television effects badly in younge people. It should be less time reserved for this technology equipments.
- 2) Training should be organized for telling a effects of prolonged use of computers and other Technologies.
- 3) If they are so used, it caused obesity. Obesity canb prevented with help of ministry of education and healthy RTUK,family ministry, ministry of defense. Healthy products, public spots and films, which broadcasts on wellness, should be rewarded.
- 4) Don't use elevator, take the stairs, do 30 min walk for encourage the lively life. Those should be generalized with technological devices.
- 5) It must be gained self-responsibility as giving personal development training. Especially, it must be monitored students health status.



Final Word

The final meeting of the workshop “NoGDO, Healthy Nutrition and Life Workshop” was completed efficiently on the 13th of July 2016 by the Principle Education and Health charity in the home of Cappadocia Vocational High School in Avanos Sühan Hotel by the workshop coordinator Doç. Dr. Vesile Şenol and the participation of total 86 participants, representatives of public institutions such as Provincial National Education and the Provincial Directorate of Public Health, Family and Social Policies Provincial Directorate of Environment and Urban Planning Provincial Directorate of Youth Services Sports Provincial Directorate, Provincial Department of Commerce, Special Provincial Administration, Employment and İşkur, Mufti, the Municipality of Nevşehir and Urgup, Ahi Development Agency, NGOs and private sector.

The workshop topics are (1) Healthy Eating and Family, (2) Healthy Eating and Education, (3) Health-friendly Environment, (4) Sustainability and Dissemination of Project Themes, (5) Business World and Nutrition, (6) Healthy Nutrition and Vocational Education (7) The place of technology in the healthy life. The last word was shaped in line with the contributions and suggestions from all participants followed by presentations on the thematic report presentation.

"Healthy Eating and Family": 10 participants have contributed and participants focused on gaining the healthy nutrition habit which had to be acquired in the family before the school age. Therefore it was important firstly to improve and correct the dietary habits in the family through awareness training and it was stressed that the family should monitor the child's choice of food, and be a role model for the child. It was also suggested that there could be a specialisation in the profession of dietician as the 'family dietician' similar to the 'family physician'.

"Healthy Eating and Education": 11 participants have contributed and participants focused on the importance of wellness and nutrition to be compulsory subject to be taught at schools, peer education could be made use of during adolescence and allocating a dining hall in the school, offering alternative types of food such as fruit in school canteens, taking periodical anthropometric measurements of the students, controlling the wellness and nutrition through the supervision of the parent-teacher-family physician trio, and the employment of dieticians to teach nutrition courses at school and form menus in schools.



"Health-friendly Environment": 10 participants have contributed and participants focused on increasing the use of bicycles to encourage an active life, the creation of bike paths in years

2015-2020, creating safer roads, improving the indoor sports complexes on a regional basis, providing coordination between institutions to ensure food safety.

"Sustainability and Dissemination of Project Themes": 10 participants have contributed and the participants focused on the insufficient coordination and training among institutions, necessity of converting training into behaviour and habit, creating Active Life Groups, Healthy Nutrition Groups, Creating Healthy Cities and the necessity of increasing health-friendly and appropriate sports areas.

"Business World and Nutrition": 10 participants have contributed and the participants focused on the difficulty of observing hygiene conditions in places where prepared foods / meals are produced and consumed, the importance of creation of Family Dietician profession, taking anthropometric measurements, teaching the healthy nutrition courses by the experts in this field, preparation of personal menus for the employees according to their physical activities and the type of work, necessity to produce alternative types of food to replace unhealthy types (colas, crisps, chocolates and so on) with the same taste and giving the same satisfaction, providing employees with healthy snacks instead of big main meals at work, making executive surveys, giving permission to plans with recreation areas, the development of national diets and obesity action plans.

"Healthy Nutrition and Vocational Education" : 10 participants have contributed and the participants focused on starting vocational training at early ages, ensuring standardization in culinary and nutrition training, employment and training the staff who can produce specific dietary menu components in offices, hotels and restaurants.

" The place of technology in the healthy life ": 10 participants have contributed and the participants focused on the establishment of a Healthy Living Website, establishing online visits by the health people, tele-care, medical telephone advice lines such as telemedicine, edited / simulated first aid games, the use of cooling technology to show the food is suitable for



Funded by the
Erasmus+ Programme
of the European Union



KAPADOKYA
MESLEK YÜKSEKOKULU



consumption in negative barcoded products . It is believed that this workshop will pathfind the future projects creating a basic database as it is summative and supportive of the project activities.

Workshop Coordinator

Doç. Dr. Vesile ŞENOL

Erciyes University HBSHMYO





ACTION PLAN

The actions, which appear in workshop report was compiled. Well-balanced and healthy nutrition habit was gained. The actions to be done changes in social behaviour, was compounded under the main purpose. The mutuals, who participated to workshop, have done consused. The following action plans were prepared.

The actions, which appear in workshop report was compiled. Well-balanced and healthy nutrition habit was gained. The actions to be done changes in social behaviour, was compounded under the main purpose. The mutuals, who participated to workshop, have done consused. The following action plans prepared.

1. TO PROVIDE THE DEVELOPMENT OF LOCAL POLICIES ABOUT SOCIETY'S ACQUISITION OF A WELL-BALANCED AND HEALTHY NUTRITION HABIT.

1.1. Population which carry obesity risk will be found out and data will be created to be used by academics

REFORMED STRATEGY: Collabrate of corporate will be done. To extend agencies of moving area.

ACTIVITIES:

1.1.1. In primary schools, body mass index of pupils will be measured. The study done will be reported for evaluation by academics.

1.1.2 The datas, obtained from population in villages will be reported to be evaluated by academics

1.1.3 The datas, obtained from patients in the hospitals will be reported for evaluation by academics

1.2 To increase impact of application at local level by compiling upper policy documents

REFORMED STRATEGY: The other tools, which connect official corporate to each other in our province, determination of sustainable policies.

ACTIVITIES:

1.2.1 To make appointments in collaborating institutions to investigate and determine the upper policy documents

1.2.2: To enable the effective applicability of upper policies to the local level forming an agenda item at health committee meetings

1.3. To supply education of the whole family about well-balanced and healthy nutrition



REFORMED STRATEGY: Local resources will be used consist of official institutions. Human resource will be increased. Applicability active politics will be created about well balanced and healthy nutrition habit.

ACTIVITIES:

1.3.1: Educate the population, who lives in villages about well-balanced nutrition habit.

1.3.2: Educate to elementary, secondary and high school teachers about well-balanced and healthy nutriton habit.

1.3.3: To be prepared brochure and be published about well-balanced and healthy nutrition habit.

1.3.4: The texts which carry news quality will be prepared and take part as news at national local media.

1.4: To include the prepared curriculum about healthy and well-balanced nutrition habits among the education components.

REFORMED STRATEGY: Local human resource which we have at educaion, will be improved. Formal education institutions will educate especially mothers about nutrition of baby.

ACTIVITIES:

1.4.1: Establishing comissions in MEM and University levels to carry out studies to add the prepared curriculum as a teaching material

2. MOTIVATING THE PEOPLE TO HAVE A BALANCED AND HEALTHY DET AND PHYSICAL ACTIVITIES DURING THEIR EDUCATIONAL LIVES

2.1. Improving life styles about a balanced and healthy diet in educational institutions

REFORMED STRATEGY: People's behaviour pattern will be improved which they will use during heir life. Firstly pre-school education will be lovk at every stage of educate. Wll balanced and healthy nutrition habit will be gained. To necessary infostructure will be provided between commons, which cooperation will be established.

ACTIVITIES:

2.1.1. Displaying continuously updated posters at corridors, halls etc. in schools

2.1.2. Delivering educations to teachers

2.1.3. Involving parents to take part at domestic goods week activities



2.1.4. Raise the habit of a well-balanced and healthy nutrition via peer education among adolescents

2.1.5. Educating the society through structured sermons about healthy nutrition to be given by mufti functionaries

2.2. Increasing the time allocated for physical activities

REFORMED STRATEGY: Available human resources will be improved at common institutions. Calorie balance will be observed according to pupils. Program will be improved for physical activities.

ACTIVITIES:

2.2.1. Giving in-service trainings to physical training teachers about ensuring calory balance

2.2.2. Planning individual physical activities suiting pupils' ages and physical builds apart from physical training

2.2.3. Finding the necessary sources to encourage the pupils to own bicycles and sign protocols with sponsors

3. TO MAKE OUR CITY A HEALTH -FRIENDLY CITY"

3.1: Organizing the construction areas in our city to support physical activities

REFORMED STRATEGY: Municipality's available areas, which will be used for society about doing physical activities will be evaluateç The areas, which will be used for society about doing physical activities will be evaluate. The areas, which will be opened to construction, changes will be revised.

ACTIVITIES:

3.1.1. Carrying out studies with the aim of creating recreational areas in construction plans

3.1.2. Creating recreational areas at present plans

3.1.3. Organising present parks to support physical activities

3.1.4. Ensuring the safety of present bicycle and walking paths

3.1.5. Building indoor and outdoor sports facilities in our province

3.1.6. Allocating areas for the employees to practise sports in official and private institutions and organisations



3.2 Decreasing the fines to enterprises about unsuitable food production

REFORMED STRATEGY: The activity of available audits will be increased. Deterrence of criminal will be used. Manufacture of food which is proper to standards, will be increased.

ACTIVITIES

3.2.1. Educating the people involved in food production about hygiene

3.2.2. Increasing inspections at restaurants and food production areas

3.2.3. Designing EU projects about ensuring the food safety in our province

3.2.4. To carry out Development Agency projects in our city about ensuring food safety

4. IMPROVING THE QUALITY OF VOCATIONAL EDUCATION DELIVERED IN OUR PROVINCE IN COOKING AND FOOD PRODUCTION

4.1: The number of registered pupils will be increased at commonly institutions, which are educating

REFORMED STRATEGY: To increase the numbers of low pupils at formal education instituties. Job will be desirabled.

ACTIVITIES:

A.4.1.1. Determining the inspection criteria to improve the physical conditions the cooks are working under

A.4.1.2. Ensuring the standards for wages

A.4.1.3. Organizing the working hours of cooks

4.2. Increasing the quality of education in formal education institutions and the employability of the graduates

REFORMED STRATEGY: To increase the numbers of low pupils at formal education instituties. Job will be desirabled.

ACTIVITIES:

A.4.1.4. Holding cooking competitions with awards

A.4.2.1. Presenting promotions about cooking



A.4.2.2. Making agreements for practical trainings with enterprises before the academic term starts

A.4.2.3. Developing educational curriculum about diet requiring diseases suitable for gastronomy training

A.4.2.4. Employing professionals as trainers at educational institutions

A.4.2.5. Planning activities for students with professional cooks

A.4.2.6. Holding cooking competitions at the end of the academic year



AIM	GOAL	ACTIVITY	MODERATED INSTITUTIONS	INSTITUTIONS TO BE COOPERATED	TIME
1.To provide the development of local policies about society's acquisition of a well-balanced and healthy nutrition habit.	1.1 Population which carry obesity risk will be found out and data will be created to be used by academics	A.1.1.1. In primary schools, body mass index of pupils will be measured. The study done will be reported for evaluation by academics	KMYO MEM HSM	ERCİYES UNIVERSITY	A year
		A.1.1.2. The datas, obtained from population in villages will be reported to be evaluated by academics			
		A.1.1.3. The datas, obtained from patients in the hospitals will be reported for evaluation by academics			
	1.2 To increase impact of application at local level by compiling upper policy documents	A.1.2.1. To make appointments in collaborating institutions to investigate and determine the upper policy documents	KMYO MEM	NEVŞEHİR MUNICIPALITY, ÜRGÜP MUNICIPALITY	A year
		A.1.2.2. To enable the effective applicability of upper policies to the local level forming an agenda item at health committee meetings	HSM	NEVŞEHİR GOVERNORSHIP	A year
	1.3 To supply education of the whole family about well-balanced and healthy nutrition	A.1.3.1. Educating the population living in villages about well-balanced and healthy nutrition habits	KMYO MEM HSM	NEVŞEHİR MUFTİ DIRECTORATE	Continual
		A.1.3.2. Educating the elementary, secondary and high school teachers about well-balanced and healthy nutrition habits		NEVŞEHİR MUNICIPALITY, ÜRGÜP MUNICIPALITY	A year
		A.1.3.3. Preparing and distributing brochures about well-balanced and healthy nutrition habits			Six Months
		A. 1.3.4. Preparing texts carrying news quality and broadcasting them as news at national and local media	KMYO MEM HSM	ALL STAKE HOLDERS	Yearly

AIM	GOAL	ACTIVITY	MODERATED INSTITUTIONS	INSTITUTIONS TO BE COOPERATED	TIME
	1.4. To include the prepared curriculum about healthy and well-balanced nutrition habits among the education components	A.1.4.1. Establishing commissions in MEM and University levels to carry out studies to add the prepared curriculum as a teaching material	KMYO MEM	ERCİYES UNIVERSITY	Six months
2. Motivating the people to have a balanced and healthy diet and physical activities during their educational lives	2.1 Improving life styles about a balanced and healthy diet in educational institutions	A.2.1.1. Displaying continuously updated posters at corridors, halls etc. in schools	MEM	KMYO HSM	Continual
		A.2.1.2. Delivering educations to teachers	MEM	KMYO HSM	Continual
		A.2.1.3. Involving parents to take part at domestic goods week activities	MEM	KMYO HSM	Continual
		A.2.1.4. Raise the habit of a well-balanced and healthy nutrition via peer education among adolescents	MEM	HSM	Continual
		A.2.1.5. Educating the society through structured sermons about healthy nutrition to be given by mufti functionaries	KMYO MEM HSM	NEVŞEHİR MUFTİ DIRECTORATE	Continual
	2.2 Increasing the time allocated for physical activities	A.2.2.1. Giving in-service trainings to physical training teachers about ensuring calory balance	MEM	KMYO HSM	Yearly
		A.2.2.2. Planning individual physical activities suiting pupils' ages and physical builds apart from physical training	MEM	KMYO HSM	Continual
		A.2.2.3. Finding the necessary sources to encourage the pupils to own bicycles and sign protocols with sponsors	MEM	KMYO HSM	Three Months



AIM	GOAL	ACTIVITY	MODERATED INSTITUTIONS	INSTITUTIONS TO BE COOPERATED	TIME
3.To make our city a health -friendly city"	3.1. Organizing the construction areas in our city to support physical activities	A.3.1.1. Carrying out studies with the aim of creating recreational areas in construction plans	KMYO MEM HSM	NEVSEHİR MUNICIPALITY, ÜRGÜP MUNICIPALITY	Six months
		A.3.1.2. Creating recreational areas at present plans			Six months
		A.3.1.3. Organising present parks to support physical activities			Two Years
		A.3.1.4. Ensuring the safety of present bicycle and walking paths			A year
		A.3.1.5. Building indoor and outdoor sports facilities in our province			Two Years
		A.3.1.6. Allocating areas for the employees to practise sports in official and private institutions and organisations			Two Years
	3.2. Decreasing the fines to enterprises about unsuitable food production	A.3.2.1. Educating the people involved in food production about hygiene	KMYO MEM HSM	NEVSEHİR MUNICIPALITY, ÜRGÜP MUNICIPALITY	A Year
		A.3.2.2. Increasing inspections at restaurants and food production areas			Continual
		A.3.2.3. Designing EU projects about ensuring the food safety in our province			Continual
		A.3.2.4. To carry out Development Agency projects in our city about ensuring food safety			Continual
4. Improving the quality of vocational education delivered in our province in cooking and food production	4.1. The number of registered pupils will be increased at commonly institutions, which are educating	A.4.1.1. Determining the inspection criteria to improve the physical conditions the cooks are working under	KMYO MEM HSM	NEVSEHİR MUNICIPALITY, ÜRGÜP MUNICIPALITY , NTSO	Continual
		A.4.1.2. Ensuring the standards for wages			Continual
		A.4.1.3. Organizing the working hours of cooks			Continual



AIM	GOAL	ACTIVITY	MODERATED INSTITUTIONS	INSTITUTIONS TO BE COOPERATED	TIME
4. Improving the quality of vocational education delivered in our province in cooking and food production	4.2. Increasing the quality of education in formal education institutions and the employability of the graduates	A.4.1.4. Holding cooking competitions with awards	KMYO MEM	NEVSEHİR MUNICIPALITY, ÜRGÜP MUNICIPALITY NTSO	Continual
		A.4.2.1. Presenting promotions about cooking			Yearly
		A.4.2.2. Making agreements for practical trainings with enterprises before the academic term starts			Yearly
		A.4.2.3. Developing educational curriculum about diet requiring diseases suitable for gastronomy training			2 Years
		A.4.2.4. Employing professionals as trainers at educational institutions			Continual
		A.4.2.5. Planning activities for students with professional cooks			Yearly
		A.4.2.6. Holding cooking competitions at the end of the academic year			Yearly



Funded by the
Erasmus+ Programme
of the European Union



KAPADOKYA
MESLEK YÜKSEKOKULU



EYLEM PLANI

AMAÇ	HEDEF	FAAL. KODU	FAALİYET	SORUMLU KURUM KURULUŞ(LAR)	İŞBİRLİĞİ YAPILACAK KURULUŞ(LAR)	SÜRE
1. TOPLUMUN DENGELİ VE SAĞLIKLI BESLENME ALIŞKANLIĞI KAZANMASI KONUSUNDA YEREL POLİTİKALARIN GELİŞTİRİLMESİNİ SAĞLAMAK.	1.1. Obezite riski taşıyan nüfusun mevcut durumunun saptanarak akademik çevrelerce kullanılabilecek veriler oluşturmak	F.1.1.1.	İlkokullarda öğrencilerin beden kitle endekslerinin ölçülmesi için yapılan çalışmanın akademik çevrelerce değerlendirilmesi için raporlaştırılması	KMYO MEM HSM	ERCİYES ÜNİVERSİTESİ	1 yıl
		F.1.1.2.	Köy nüfusundaki elde edilmiş verilerin akademik çevrelerce değerlendirilmesi için raporlaştırılması			
		F.1.1.3.	Hastanelerdeki mevcut hastalar üzerinden elde edilen verilerin akademik çevrelerce değerlendirilmesi için raporlaştırılması			
	1.2. Üst politika belgelerinin derlenerek yereldeki uygulamaların etkinliğini artırmak	F.1.2.1.	İşbirliği yapan kurumlarda üst politika belgelerinin araştırılması ve belirlenmesi için görevlendirmeler yapılması	KMYO MEM HSM	NEVŞEHİR BELEDİYESİ, ÜRGÜP BELEDİYESİ	1 yıl
		F.1.2.2.	Üst politikaların yerelde etkin uygulanabilirliğinin sağlanması için İl Sağlık Kurulu'na gündem maddesi olarak hazırlanması		NEVŞEHİR VALİLİĞİ	1 yıl
	1.3. Ailelerin tamamının dengeli ve sağlıklı beslenme konusunda eğitilmelerini sağlamak	F.1.3.1.	Köylerde yaşayan nüfusa Dengeli ve sağlıklı beslenme alışkanlığı konusunda eğitim verilmesi	KMYO MEM HSM	NEVŞEHİR MÜFTÜLÜĞÜ	Devamlı
		F.1.3.2.	İlk, orta ve lise öğretmenlerine sağlıklı ve dengeli beslenme alışkanlığı konusunda hizmet içi eğitim verilmesi		NEVŞEHİR BELEDİYESİ, ÜRGÜP BELEDİYESİ	1 yıl
		F.1.3.3.	Sağlıklı ve dengeli beslenme alışkanlığı konusunda broşür hazırlanarak dağıtılması		TÜM ORTAK KURUMLAR	6 Ay
		F.1.3.4.	Haber niteliği taşıyan metinler hazırlanarak ulusal ve yerel medyada haber olarak yer alması	KMYO MEM HSM	TÜM ORTAK KURUMLAR	Yıllık



Funded by the
Erasmus+ Programme
of the European Union



KAPADOKYA
MESLEK YÜKSEKOKULU



AMAÇ	HEDEF	FAAL. KODU	FAALİYET	SORUMLU KURUM KURULUŞ(LAR)	İŞBİRLİĞİ YAPILACAK KURULUŞ(LAR)	SÜRE
	1.4. Sağlıklı ve dengeli beslenme alışkanlığı kazanmak konusunda hazırlanmış olan müfredatın eğitim bileşenleri arasında yer almasını sağlamak	F.1.4.1.	Hazırlanan müfredatın ders olarak okutulması konusunda gerekli çalışmalar yapılması için MEM bünyesinde komisyon kurulması ve çalışmaların yapılması	KMYO MEM	ERCİYES ÜNİVERSİTESİ	6 Ay
2. KİŞİLERİN EĞİTİM HAYATI BOYUNCA DENGELİ VE SAĞLIKLI BESLENME VE FİZİKSEL AKTİVİTE YAPMAK KONULARINDA GÜDÜLENMESİNİ SAĞLAMAK	2.1. Eğitim kurumlarında dengeli ve sağlıklı beslenme konusunda yaşam tarzının geliştirilmesi	F.2.1.1.	Okulların koridor, salon vb. müsait alanlarında "Beslenme" konusunun yer aldığı ve sürekli güncelleştirilen panoların yer alması	MEM	KMYO HSM	Devamlı
		F.2.1.2.	Öğretmen eğitimleri verilmesi	MEM	KMYO HSM	Devamlı
		F.2.1.3.	Yerli Malı haftasında yapılan etkinliklerde velilerin yer almasının sağlanması	MEM	KMYO HSM	Devamlı
		F.2.1.4.	Ergenlerde akran eğitimi yoluyla sağlıklı ve dengeli beslenme alışkanlığının kazandırılması	MEM	HSM	Devamlı
		F.2.1.5.	Müftülükler ile koordinasyon kurularak sağlıklı beslenme konusunda yapılandırılmış vaazlar verilerek toplum eğitimlerinin verilmesi	KMYO MEM HSM	NEVŞEHİR MÜFTÜLÜĞÜ	Devamlı
	2.2. Okullarda fiziksel aktivitelere ayrılan sürenin artırılması	F.2.2.1.	Beden eğitimi öğretmenlerine kalori dengesinin sağlanması konusunda hizmetiçi eğitimler verilmesi	MEM	KMYO HSM	Yıllık
		F.2.2.2.	Beden eğitimi dersleri dışında öğrencilerin yaşlarına ve fiziki yapılarına uygun bireysel fiziksel aktivite planlarının yapılması	MEM	KMYO HSM	Devamlı
		F.2.2.3.	Öğrencilerin bisiklet edinmesinin teşvik edilmesi için gerekli kaynakların araştırılması ve işbirliği yapacak kurum ve kuruluşlarla protokoller yapılması	MEM	KMYO HSM	Three Months



Funded by the
Erasmus+ Programme
of the European Union



KAPADOKYA
MESLEK YÜKSEKOKULU



AMAÇ	HEDEF	FAAL. KODU	FAALİYET	SORUMLU KURUM KURULUŞ(LAR)	İŞBİRLİĞİ YAPILACAK KURULUŞ(LAR)	SÜRE
3. İLİMİZİN “SAĞLIKLI YAŞAM DOSTU KENT” OLMASINI SAĞLAMAK	3.1. İlimizde imara açılacak olan alanların toplumun fiziksel aktiviteler gerçekleştirmesini destekleyecek yapıda düzenlemek	F.3.1.1.	İmar planında bu amaçla çalışmalar yapılması,	KMYO MEM HSM	NEVSEHİR BELEDİYESİ, ÜRGÜP BELEDİYESİ	6 Ay
		F.3.1.2.	Mevcut alanların rekreasyon çalışmalarının yapılması,			6 Ay
		F.3.1.3.	Mevcut park alanlarının fiziksel aktiviteleri destekleyecek şekilde düzenlenmesi			2 Yıl
		F.3.1.4.	Mevcut olan bisiklet ve yürüyüş yollarının güvenliğinin sağlanması,			1 yıl
		F.3.1.5.	İlimizde spor yapılacak açık ve kapalı spor salonlarının yapılması,			2 Yıl
		F.3.1.6.	Resmi kurum ve kuruluşlar ile özel işletmelerde çalışanların spor yapabilecekleri alanlar oluşturulması			2 Yıl
	3.2. Uygunsuz gıda üretimi konusunda işletmelere kesilen cezaları azaltmak	F.3.2.1.	Esnaf ve sanatkarların gıda üretiminde hijyen konusunda eğitimler almalarının sağlanması	KMYO MEM HSM	NEVSEHİR BELEDİYESİ, ÜRGÜP BELEDİYESİ	1 yıl
		F.3.2.2.	Restoran, Lokanta, imalathanelere yapılan denetimlerin artırılması,			Devamlı
		F.3.2.3.	Projeler geliştirmek için işbirliği yaparak İlimizde Besin Güvenliğinin Sağlanması konusunda AB Projeleri yapmak			Devamlı
		F.3.2.4.	Projeler geliştirmek için işbirliği yaparak İlimizde Besin Güvenliğinin Sağlanması konusunda Kalkınma Ajansı projesi yapmak			Devamlı
4. İLİMİZDEKİ AŞÇILIK VE GIDA ÜRETİMİ ALANINDA VERİLEN MESLEKİ EĞİTİMİN NİTELİĞİNİ ARTIRMAK	4.1. Yaygın eğitim veren kurumlarda kayıtlı öğrenci sayısını artırmak	F.4.1.1.	Aşçıların çalıştığı fiziki koşulların iyileştirilmesi için işyerlerine yapılan denetim ölçütlerinin belirlenmesi	KMYO MEM HSM	NEVSEHİR BELEDİYESİ, ÜRGÜP BELEDİYESİ , NTSO	Devamlı
		F.4.1.2.	Ücret standartlarının sağlanması			Devamlı
		F.4.1.3.	Aşçıların mesai saatlerinin düzenlenmesi			Devamlı



Funded by the
Erasmus+ Programme
of the European Union



KAPADOKYA
MESLEK YÜKSEKOKULU



AMAÇ	HEDEF	FAAL. KODU	FAALİYET	SORUMLU KURUM KURULUŞ(LAR)	İŞBİRLİĞİ YAPILACAK KURULUŞ(LAR)	SÜRE
		F.4.1.4.	Ödüllü yemek yarışmalarının düzenlenmesi	KMYO MEM HSM	NEVSEHİR BELEDİYESİ, ÜRGÜP BELEDİYESİ	6 Ay
	4.2. Örgün eğitim kurumlarında açık olan alan/bölmelerdeki eğitimin kalitesini ve mezun olanların istihdamını artırmak,	F.4.2.1.	Aşçılık alanı ile ilgili tanıtımların yapılması	KMYO MEM	NEVSEHİR BELEDİYESİ, ÜRGÜP BELEDİYESİ NTSO	Devamlı
		F.4.2.2.	Uygulamalı eğitimlerin yapılacağı işletme sayılarının artırılması için eğitim dönemi başlamadan işletmelerle staj anlaşmalarının yapılması			Yıllık
		F.4.2.3.	Aşçılık müfredat programına uygun olarak diyet gerektiren hastalıklar ve diyet konularında eğitim müfredatları geliştirilmesi			Yıllık
		F.4.2.4.	Öğretim kurumlarında usta öğreticilerin görevlendirilmesi,			2 Yıl
		F.4.2.5.	Meslekte tecrübeli aşçılarla öğrencilere yönelik etkinlikler planlanması			Devamlı
		F.4.2.6.	Yılsonlarında yemek yarışmaları düzenlenmesi			Yıllık