

# Reaching out and impacting lives

THE objective of the Nestlé Healthy Kids Global Programme is to raise awareness on nutrition, health and wellness, and to promote physical activity among school-going children around the world.

The Healthy Kids programmes are based on multi-partnership approaches and Nestlé works with more than 250 partners worldwide, including national and local governments, NGOs, nutrition health institutes and sports federations.

In Malaysia, Nestlé partners with the Nutrition Society of Malaysia and rolled out its local Healthy Kids chapter in August 2010.

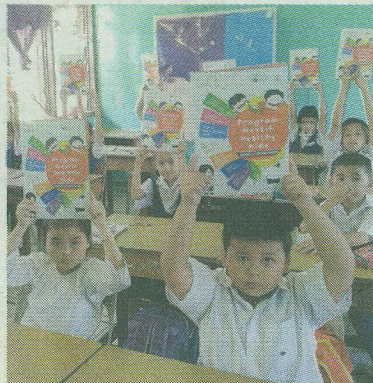
The Healthy Kids

Programme in Malaysia entails the implementation of two components that run concurrently:

- **Primary schools:** The Nestlé Healthy Kids Programme
- **Secondary schools:** *Program Cara Hidup Sihat* (Healthy Lifestyle Programme)

The Nestlé Healthy Kids Programme is aimed at school-going children, parents and teachers. The programme includes an awareness campaign on nutrition and physical activity that is done in an interactive manner.

It also includes intervention programmes that consist of educational modules that focus



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on basic principles in healthy eating and active living as well

as basic hygiene and disease prevention.

The second phase of the programme, in collaboration with the Ministry of Education and the Nutrition Society of Malaysia, began this year and will continue until 2016 in 77 day-boarding schools across Sabah and Sarawak.

It will also include Train-the-Trainer Workshops for the teachers and engages with food operators to impart knowledge on basic nutrition, food safety and hygiene, and tips and recipes on easy, healthy meals.

The *Program Cara Hidup Sihat* was launched in December 2012 in collaboration with the Ministry of Education and

Universiti Putra Malaysia.

Aimed at enhancing the knowledge and practice of healthy and active lifestyles, the three-year intervention programme (2012 – 2014) is targeted at lower secondary school students from 100 day-boarding schools nationwide as well as their teachers, wardens and food operators who are responsible for preparing and serving meals on a daily basis.

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■ For more information, visit [www.healthykids.org.my](http://www.healthykids.org.my)