



Get involved!

You can contribute to the sustainable success of our initiative.

- **You can donate to the account of gesundekids e.V.:**
IBAN: DE84 5109 0000 0001 6151 06
- **You can become a member of gesundekids e.V.:**
for 25 € (private persons),
for 100 € (e.g. Rotarian clubs, companies)
gesundekids.de/en/

When do you support gesundekids?

About us

We are a Rotarian initiative that can count on 50,000 Rotary members in Germany and 1.2 million internationally. The **non-profit organisation "gesundekids e.V."** was founded by Rotarians and is successful regionally, nationally and internationally since 2005. It has so far reached over 70,000 children in Germany and 570 families in India and is constantly growing.

Partners

We work together with Rotary-, Rotaract-, Inner Wheel Clubs and ministries at the state and federal level, as well as with renowned academic institutions.

Awards

- 2012: Award of the "Fonds der Arzneimittelfirmen Hessen/Rheinland-Pfalz/Saarland" for honorary commitment in the field of prevention of obesity in children and adolescents
- 2017: Award of "GVG – Gesellschaft für Versicherungswissenschaft und -gestaltung e.V." Prevention of obesity for children and adolescents
- 2017: Award of the "Working Group of obesity in childhood and adolescence (AGA)"

Contact

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**Children need healthy food
and a lot of exercise for
successful learning and lifelong
health.**

Get involved!

Together we achieve more

Why our commitment is so important

In Germany 75-80 % of all illnesses are attributed to unbalanced nutrition and lack of exercise. 1.9 million children and 11.9 % of all school children in Germany (WHO 4/2013) are affected. In addition to **permanent damage and secondary illnesses**, lack of concentration and loss of performance in school can also be the result.

Under the motto “**Get the kids fit!**”, the non-profit organisation **gesundekids** (healthy kids) promotes the health of children between the ages of 3 and 12 in kindergartens and schools with hands-on activities.

Gesundekids is looking forward to your engagement for our children, because they are our biggest capital and they deserve that parents, teachers and all adults give them every chance for a successful life and a healthy future.

The **gesundekids** formula is as follows:

*Eat smart +
move more*

*= learn + live
better*



The gesundekids Congress in Frankfurt promotes scientific exchange and dialogue

Playful, practical and sustainable

Rotary has developed a program gesundekids, that has been successful in more than 100 schools and kindergartens throughout Germany for more than **10 years** to promote health literacy in children and their families.

Practical and informative actions form the core of the various activities. Thus we succeed in raising the awareness for healthier nutrition and more physical activities and the interest in becoming a “health-promoting school or kindergarten”.

Gesundekids offers the following 4 modules for kindergartens and schools:

- Drinking fountains
- Weekly fruit deliveries, apple harvesting
- Healthy smiling breakfast sandwiches
- Sport rallies, exercise equipments

Gesundekids promotes the health of mother and child in Bolpur/India in 21 villages with 320 children < 3 years by

- Growing vegetable and fruit gardens with families
- Train families on plant nursery, composting to increase yields
- Train mothers to prepare healthy meals (NutriMix)
- Increase crop diversification
- Treat anemia amongst children < 3 years
- Guide parents on family planning/contraception

Become active in health promotion and prevention by cooperating with us

The gesundekids motto “**Get the kids fit!**” is an appeal to each and everyone to support us.

First and foremost, this includes the parents, for whom the well-being of their children is most important. But also the teachers in kindergartens and schools and health professionals who can act as multipliers.

Institutions, organisations and the media are important partners in the implementation of campaigns and events. The annual **gesundekids Congress**, launched in 2014, involves experts and promotes scientific exchange and dialogue.

Ultimately, gesundekids depends on the financial support of **donors and sponsors** who have recognised the importance of this socially significant topic. Thanks to their help, it is possible that we can continue to pursue our programs in the future and implement them sustainably.

