PRESS RELEASE

**Preventing Obesity in Childhood and Adolescence: Prize for the "FreizeitFit4Kids" Prevention Program of RIN Diabetes**

**As part of the** **"FreizeitFit4Kids" project, RIN Diabetes of the German Diabetes Center (DDZ) together with the Düsseldorf Youth Welfare Office is promoting the prevention of obesity and diabetes in childhood and adolescence in the setting "open child and youth work". This has now been accepted as an exemplary project and member of the initiative "Healthy North Rhine-Westphalia" of the Ministry of Labor, Health and Social Affairs of North Rhine-Westphalia.**

**Düsseldorf (DDZ)** – Current study results on the health of children and adolescents (KiGGS study) show that 15.4 percent of children and adolescents between the ages of 3 and 17 in Germany are overweight. Especially children and adolescents from socially disadvantaged families are at risk of developing overweight or obesity. Due to this increased risk of overweight or obesity, the "FreizeitFit4Kids" program of RIN Diabetes focuses on the group of socially disadvantaged children and adolescents as well as those with a migrant background. The program "FreizeitFit4Kids" has now been accepted into the state initiative "Healthy North Rhine-Westphalia" and its project database.

"The state initiative 'Healthy North Rhine-Westphalia' is an integral part of health policy in NRW. We are very pleased to be part of this initiative with our prevention program. Many thanks to the state capital Düsseldorf and all other "FreizeitFit4Kids" partners for their support and commitment so far," said Dr. Olaf Spörkel, head of RIN Diabetes.

As part of the "FreizeitFit4Kids" project, RIN Diabetes is working with the Düsseldorf Youth Welfare Office in the setting of "open child and youth work" to promote the prevention of obesity and diabetes in childhood and adolescence. In the meantime, nine children's and youth leisure facilities and houses for children in Düsseldorf are already participating in the "FreizeitFit4Kids" program. Since 2018, the program has been certified by the German Center for Health Education (BZgA) with the GUT DRAUF label.

With the acceptance into this initiative, the Ministry of Labor, Health and Social Affairs of the state of North Rhine-Westphalia honors projects that have proven to be exemplary for the further development of North Rhine-Westphalia's health system. Before a project is included in the database of the state initiative, a health-science assessment and quality assurance takes place.

The RIN Diabetes project was founded in 2014 at the German Diabetes Center as an inter- and transdisciplinary network. Currently, more than 60 partners are involved in the project, including diabetologists, self-help groups, health insurance companies, pharmacies, associations, companies from industry and research, hospitals and public authorities. The aim of all partners is to reduce the number of people suffering from diabetes in Düsseldorf and the surrounding area, to inform them about new research approaches and therapy options for the disease and to reduce the number of diabetes-related late complications such as nerve and organ damage. In addition, preventive projects in the field of child and youth work and in the company environment create an awareness for a balanced diet and sufficient exercise in everyday life. RIN Diabetes is funded by the state of North Rhine-Westphalia until 2020. In 2016, the project received the "Place of Progress" award. Further information is available at

<http://rin-diabetes.de>

**Photo:** Freizeit4Kids-Logo.

(July 24, 2019)

The German Diabetes Center (DDZ) serves as the German reference center for diabetes. Its objective is to contribute to the improvement of prevention, early detection, diagnosis and treatment of diabetes mellitus. At the same time, the research center aims at improving the epidemiological data situation in Germany. The DDZ coordinates the multicenter German Diabetes Study and is a point of contact for all players in the health sector. In addition, it prepares scientific information on diabetes mellitus and makes it available to the public. The DDZ is part of the Leibniz Association (Wissenschaftsgemeinschaft Gottfried Wilhelm Leibniz, WGL) and is a partner of the German Center for Diabetes Research (DZD e.V.).

**Recent press releases of the DDZ are available at** [**www.ddz.uni-duesseldorf.de**](http://www.ddz.uni-duesseldorf.de)

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