**Second decision for the project from the Norwegian Funds**

**On July 23, 2020, the Programme Operator of Programme Health under the Norwegian Financial Mechanism for 2014-2021 (Norway Grants 2014-2021) has issued Decision No. 2/2020 on granting the financing for the Predefined Project: "Healthy lifestyle of children and youth".**

The beneficiary of the project is the Department of Investment Evaluation of the Ministry of Health, while on the Norwegian side the implementation of tasks was entrusted to Health Care Centre in Verdal Municipality and to Norwegian Cancer Society in Oslo.

The total budget of the project is **PLN 21,551,500.00**, of which PLN 18,318,775.00 will be covered by Norway Grants (85%), and the remaining PLN 3,232,725.00 (15%) will have the form of co-financing provided by Programme Operator.

The implementation of the project started on February 4, 2020 and will continue till April 30, 2024.

The overall goal of the project is to spread a healthy lifestyle among children and adolescents. The project will contribute to a sustainable increase in awareness of a healthy lifestyle, changing habits and supporting children and adolescents with mental health problems in Poland through a wide range of activities in the following areas:

* **Healthy nutrition and physical activity**

Activities in this component will consist of developing and implementing a training program in the field of shaping pro-health habits in kindergartens and nurseries. Promotional and educational materials on a healthy lifestyle will be created. There will also be trainings for guardians (parents, guardians in nurseries and kindergartens, sports coaches). The purchase of small equipment is planned for the implementation of this component.

* **Nicotine use**

A key activity in this component will be a nationwide campaign aimed at young people, the aim of which will be to combat tobacco abuse. Research will also be carried out on the causes of tobacco consumption by teenagers and young people in Poland.

* **Mental health**

The activities in this component will consist of conducting trainings for school employees, parents and guardians on mental health problems of young people. Information materials on methods of seeking help for children and adolescents with disorders will be prepared, as well as training materials for teachers and guardians and information materials for young people. An internet portal on mental health with e-learning courses is also planned to be created.