IDENTIFICATION PHASE
- Literature
- Reviews
- Consultation (experts, parents, health promotion specialists and local stakeholders)

DEVELOPMENT PHASE
- Theoretical model or
- Framework or
- Tool/guidelines

TESTING PHASE
- Practical test/ Implementation
- Guidance/Training
- Monitoring & Evaluation

ADAPTATION & FINALIZATION PHASE
- Use of evaluation results
- Adaptation
- Finalization

OUTCOMES
Knowledge and practical guidelines on 5 key-elements of the integrated approach on overweight in children