

Young People's Reflections On Health Promotion

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for Health Promotion Research

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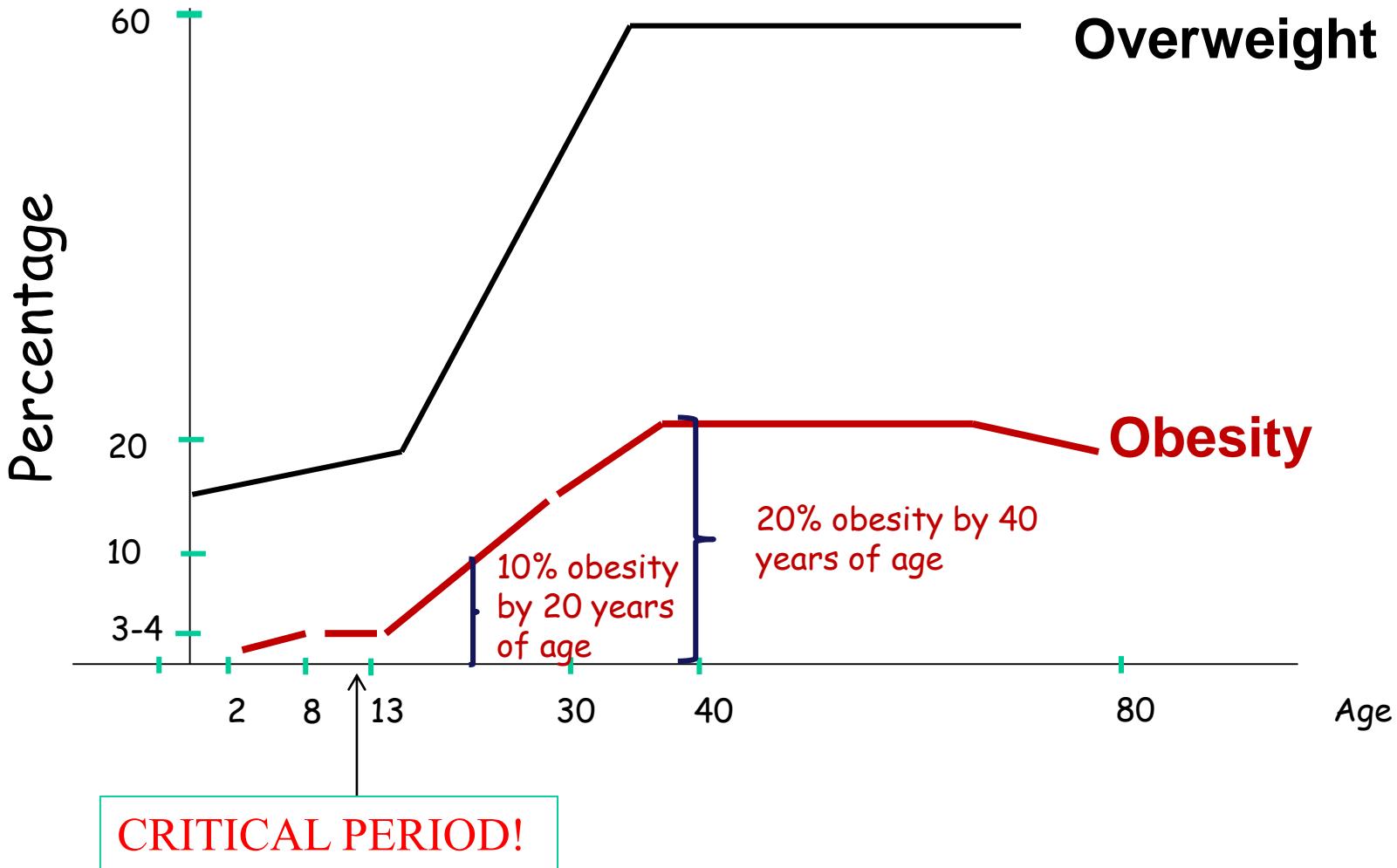




- Should children not be responsible for their health?
- How should «family» be understood in health promotion? As hierarchical (parents on top), or as a collections of actors that can exert agency?
- Do we underestimate how children interpret health risks and make it meaningful for their lives?
- Is it «dangerous» to promote health promotion messages towards children?
- Should we understand children as «human becomings» or as «human beings?»

We need to start thinking
differently and include
children as well in health
promotion work!

Overweight and obesity in a life course perspective



The value document - core values

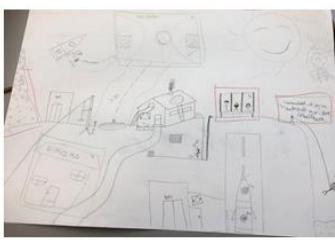
1. The perspectives of children and young people are valuable in public health work
2. Children and young people are entitled to participation and protection, both in public health work and research that affects them
3. Children and young people's views should be emphasized in relation to the child's age and maturity
4. We want to create changes in society by being encouraging and inspiring
5. We want to vitalize existing systems rather than create new ones
6. We want to build alliance - with organizations, institutions and individuals
7. Ownership - The project must be rooted in the local community/communities
8. We will contribute to increased collaboration between several sectors in society relevant for children's lives (for example health-, school- and voluntary sector)

Join in! (Blimedno)

- Why?
 - To highlight children's lack of participation in public health work in Norway
 - Develop strategies in regional public health work based on children's own perspectives and opinions
 - Develop child friendly methods for how to involve children and young people in public health work

blimedno

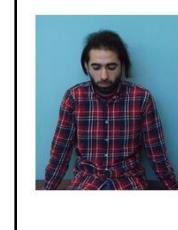
Vårt drømmenærmlø



Red i dette mangler vi, Grått i dette har vi

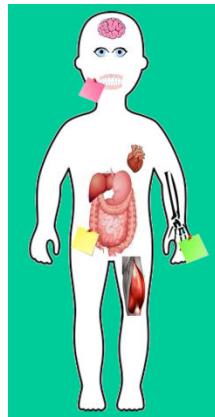
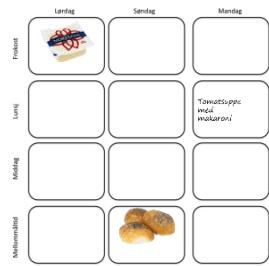
1. Trampolinpark
- Bruke kroppen mye
- Finn for å være med venner:
2. Katten synes
- Oppgradering
- Vi har ikke fått på flere typer spill
- Etter hvert
3. Idrettshall og stor fotballbane
- Katten har en idrettshall, men man kan ikke være der.
- Har lyst på en åpen hall
4. Ballspill
- Oppgradering
- Mye er ødelagt

How?



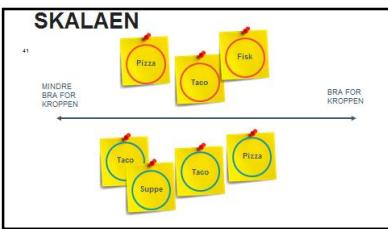
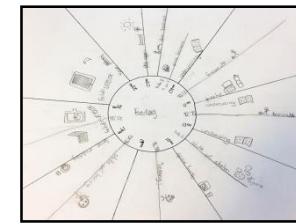
Til
Ensom
Nær
Alene
Kald
Nedfor
Tører
Lei seg

1. Experts in team, NTNU - developing child friendly methods for involving children as co-researchers



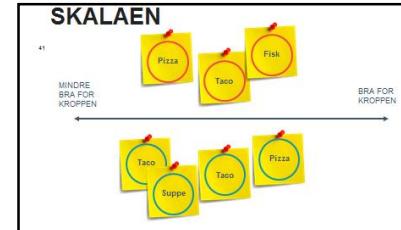
Hvilke sosiale medier bruker vi?

Metode: Skrive ned på ark

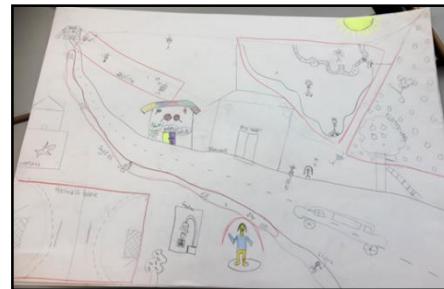
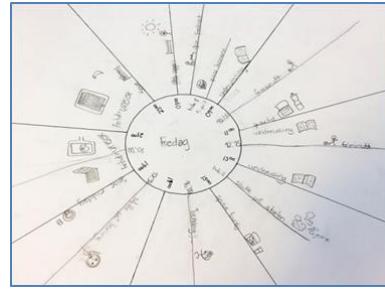
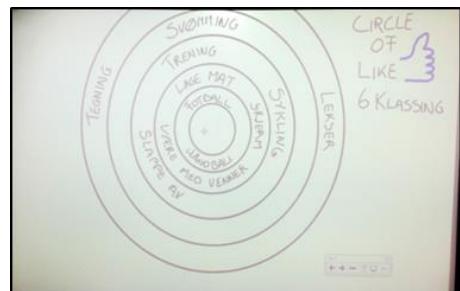


Hva er fysisk aktivitet?

Tun sp	Fotball	Hoppehoppe	Stup	Padding	Skating	Scoren	Miniball
Gutterkong	Hoppehoppe	står	Skate	Skate	Skate	Dans	
Tennis	Ringo	Fotball	Ishockey	Hopp	Skate		
Spørshapp	Bryting	Pingpong	Hockey	Surfing			
Stabball	Dansetopp	Hindernisse	Jeggefer	Surfing			
Topp	Kutt	Gummel	Trøping	Drakamp			
Amerikansk fotball	Kutt	Skøytning	Surfing	Surfing			
Skøytning	Sokkene	Konkurrans	Konkurrans	Konkurrans			
Korps	Korps	Korps	Korps	Korps			
Prøveapp							



2. School workshop



3. Conference



Methods (physical activity)

How active is an 11 year old?

- Activity sensor
- How active do they THINK they are? Survey



What does children mean that physical activity is?

- Brainstorming



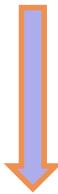
How can you achieve the recommendations of 60 minutes of physical activity per day?

- Activity wheel
- Daily plan weekdays and weekend



What does an 11 year old like to do (both physical and non-physical activities)?

- Ranking of recreational activities (Circle of like)



Reveal limits and possibilities for physical activity

- Drawings of optimal local environment (school yard, road to school, where you live)

Our thoughts about physical activity



KATTEM SCHOOL

Ridning

Innebandy

Fotball

Kanonball

Tennis

Isdans

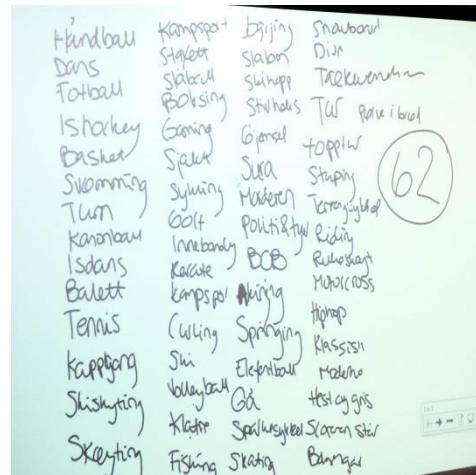
Skøyter

Dans

Kappgang

Klatre
Stiv
heks

What is physical activity?



Jogging

Svømming

Taekwondo

Turn

Basket

Hest og gris

Elefant

ball

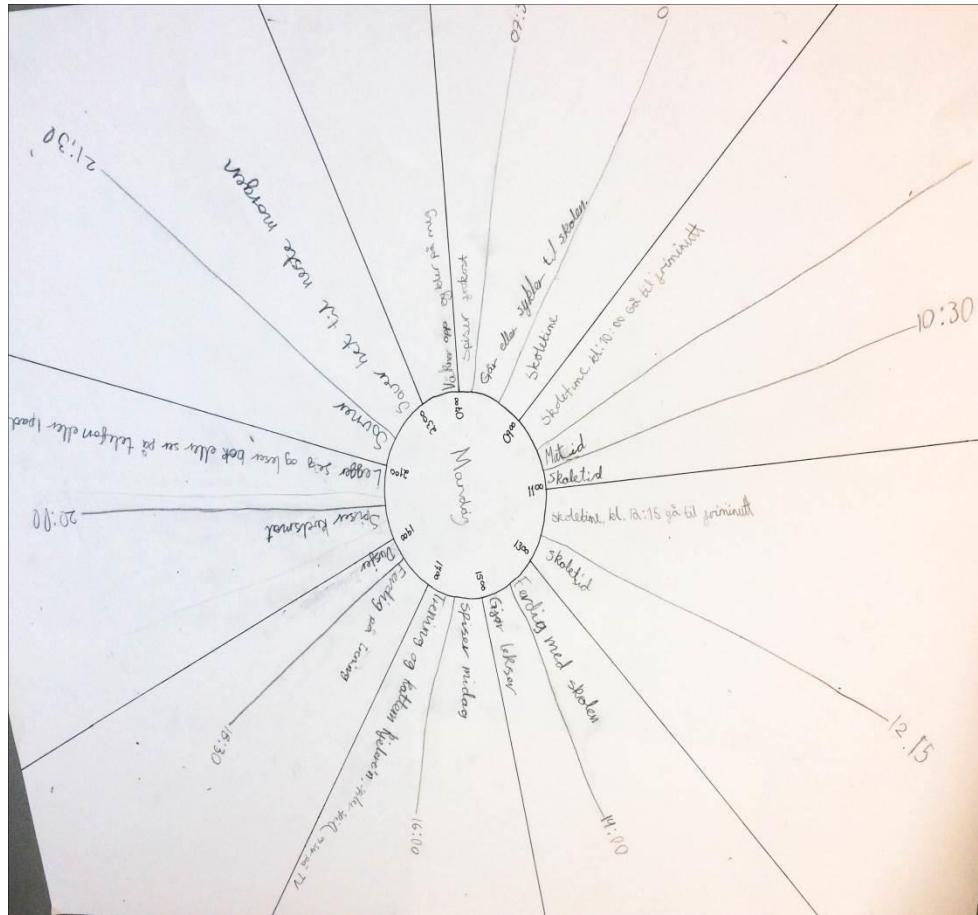
Ski

Skiskyting

- Vi vet om mange fysiske aktiviteter, vi klarte å komme på 62 i løpet av 5 minutter.
- De hverdagslige aktivitetene er også viktig, slik som å gå/sykle til skolen og leke i friminuttet.

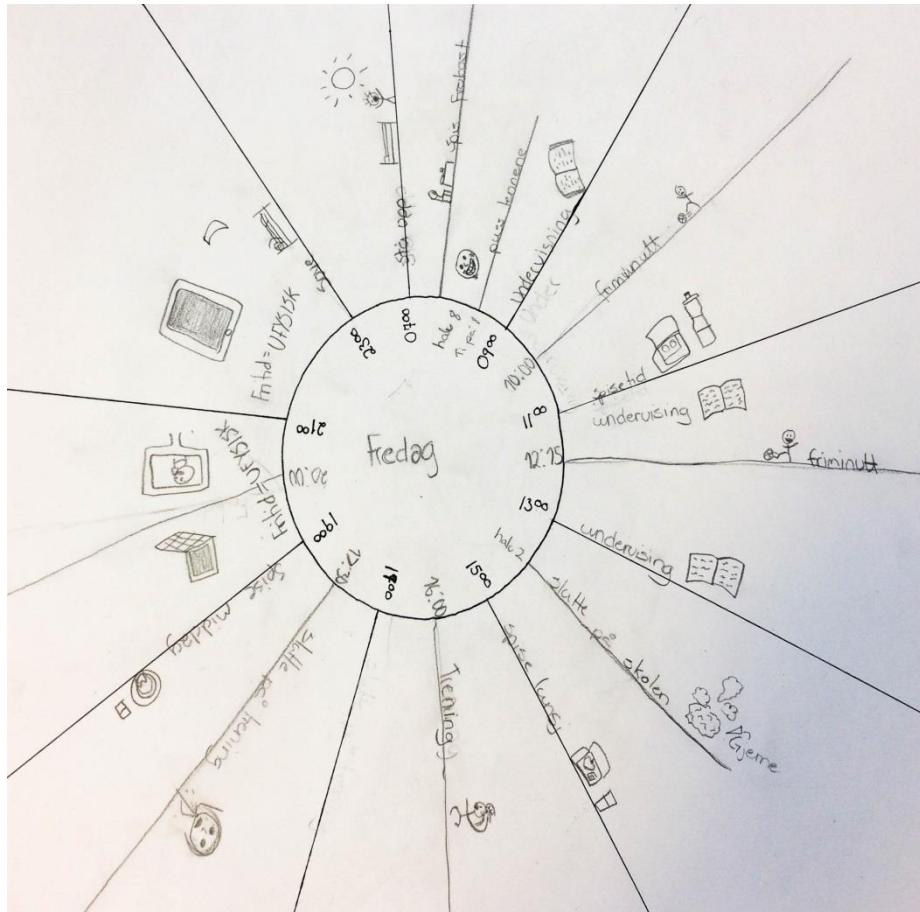
How to achieve 60 minutes of physical activity per day?

Monday (activity wheel)



- Vi lagde aktivitetshjul for mandag
- Vi klarte å få inn 2,5 timer aktivitet ved å gå/sykle til skolen, leke i friminuttet og dra på trening etter skolen

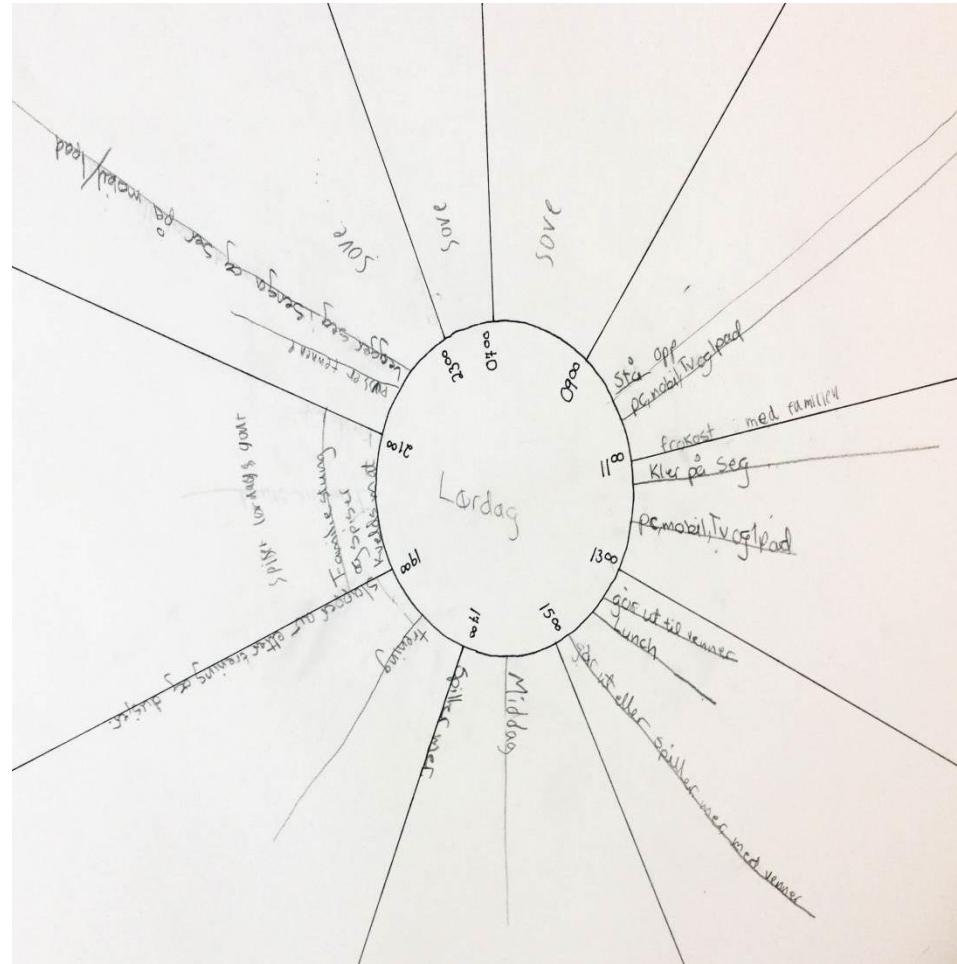
Friday



- Vi lagde aktivitetshjul for fredag
- Vi klarte å få inn 2,5 timer aktivitet ved å gå/sykle til skolen, leke i friminuttet og dra på trening etter skolen.

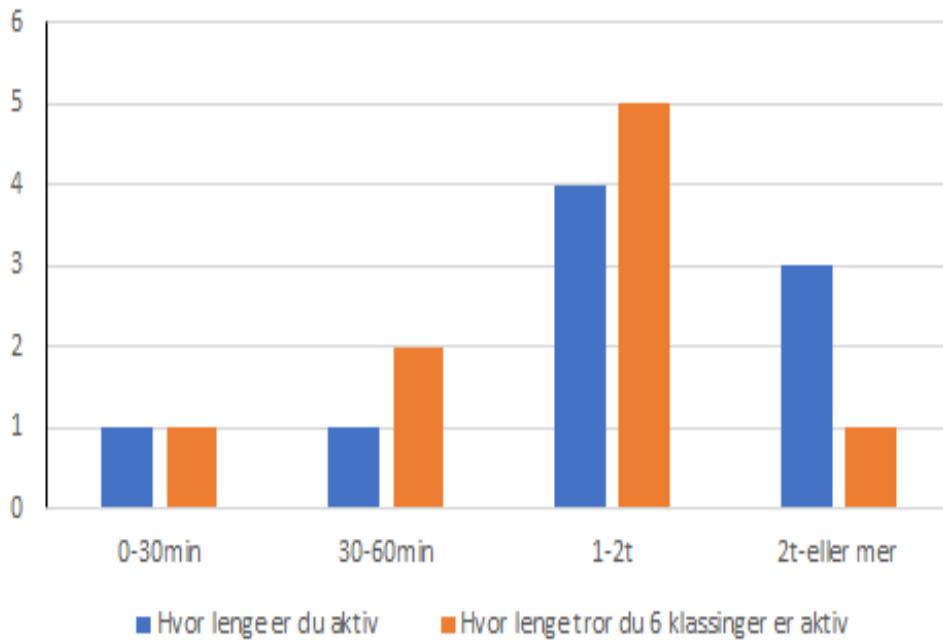
Saturday

- Vi lagde aktivitetshjul for lørdag
- Vi klarte å få inn 1,5 timer aktivitet ved å være ute med venner og dra på trening på ettermiddagen.
- Vi så at det var vanskeligere å få inn aktivitet i helga enn i hverdag.



Survey, results

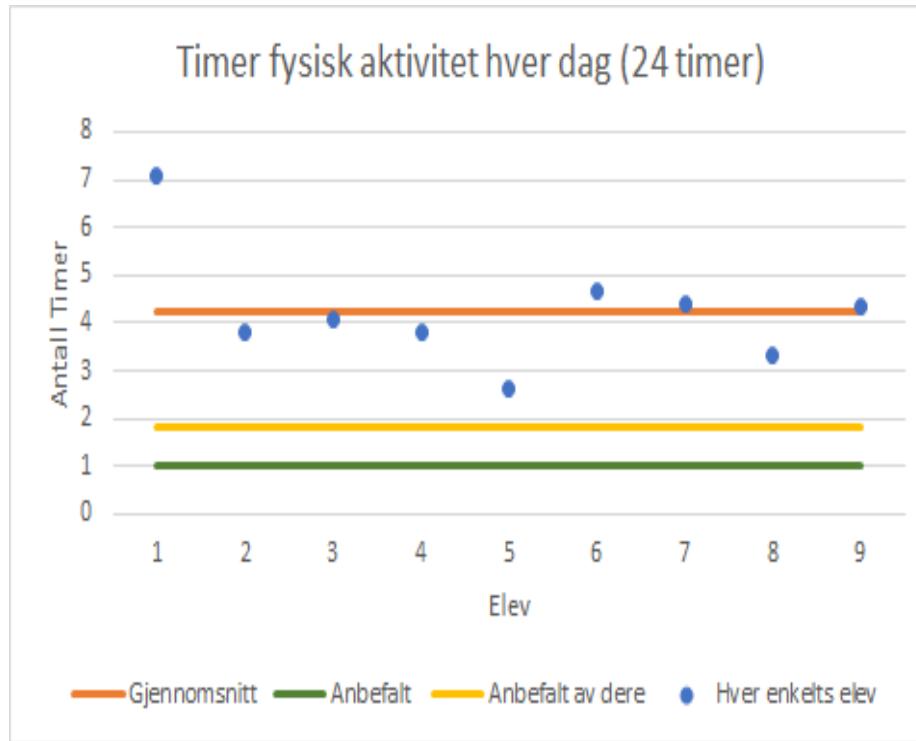
Aktivitet hver dag



From the survey

- We thought that we were active 1-2 hours per day in average
- We thought we were a bit more active than other children our age

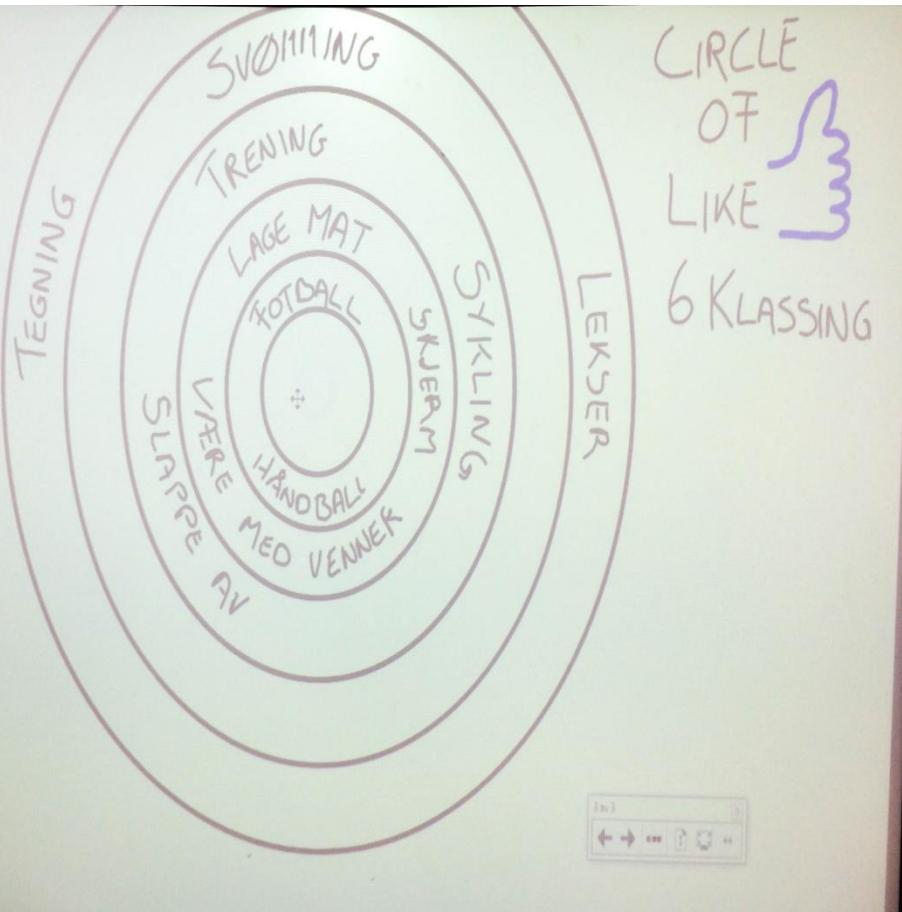
Activity sensors, results



From the diagram:

- We were active 4 hours per day in average
- A lot more than recommended levels of physical activity
- We are much more active than we thought
- Also cycling/walking to and from school, leisure activities important

What do we like to do in our leisure time?



De aktivitetene sjetteklassinger liker best:

- 1.Fotball, håndball
- 2.Lage mat, skjermaktivitet, være med venner
- 3.Trening, sykling, slappe av
- 4.Svømming
- 5.Lekser og tegning

- Vi rangerte det sjetteklassinger liker aller best å gjøre
- Vi liker både aktive og inaktive aktiviteter
- For å gjøre inaktive aktiviteter mer fysiske kan det lages morsomme skjermspill der vi er i aktivitet, slik som for eksempel Wii sport, bowling spill og jogging foran TVen.

Our dream school yard

Red = This is lacking, Green = This we have



De viktigste tingene

1. Fotballbane

- Trenger oppgradering, ønsker kunstgress

Flere mål, dele opp fotballbanen for å unngå krangling om å bruke den.

2. Håndballbane

3. Klatrevegg

-Ordning med å bytte på for å unngå krangling

4. Idrettshall

Tilgang til gymsal i friminutt

5. Skog

- Beholde skogen
- Plante epletrær
- Kan ha zip line, bygge trehytte eller hinderløype her

Our dream – walking to school

Rød = dette mangler vi, Grønn = dette har vi



De viktigste tingene:

1. Gang- og sykkelsti

- Viktig for trygg skolevei
- Lettere å komme seg til og fra venner

- Være mer aktiv

2. Zip line

- Kanskje zip line over gang og sykkelsti?

3. Klatrevegg

4. Skatepark

5. Møteplass etter skolen

Our dream local community

Rød = dette mangler vi, Grønn = dette har vi



1. Trampolinepark

- Bruke kroppen mye
- Fint for å være med venner

2. Kattem kjellern, MEN

- Oppgradering
- Vil ha mer å finne på, flere typer spill
- Åpent flere dager

3. Idrettshall og stor fotballbane

- Kattem har en idrettshall, men man kan ikke være der.
- Har lyst på en åpen hall

4. Ballbinge, MEN

- Oppgradering
- Mye er ødelagt

How can grown-ups become more active?

- Play with the children
- Develop exercise opportunities at your workplace
- Find a regular leisure activity that involves physical activity
- Become coach of a sports team
- Listen to the news on the radio instead of watching TV

Thank you!

4. Presenting Join in! for Minister of children
and equality and for First vice president of the
Norwegian Storting (parliament)

5. Implementation

6. Development of strategies

7. Recommended methods

Work in progress...



Thank you for listening!

*Change the course,
change the discourse
and involve the children!*