

We welcome you to the European conference “**Implementing Health Promotion in the Life Course - User Involvement in Practice and Research**”, taking place 24-27 September 2018 in Trondheim, Norway.

Health promotion and health promotion research are simultaneously demonstrating vast potential and facing fundamental challenges, one of which is to earn the respect that the field in our opinion deserves. Therefore, the conference aims to strengthen the role of health promotion in Europe as a source of innovative practices that are based on solid evidence by gathering health promotion practitioners, researchers and policy makers.

The conference focuses on two overarching principles. The first is viewing health—and thus solutions to current health problems—in a **life course perspective**. There is no doubt that each phase of the life span presents a unique and complex set of problems and opportunities on which we need to focus in health promotion. And, just as important, strong evidence exists that interventions early in life are effective health promotion and prevention strategies. Therefore, much can be gained for health promotion by viewing health in a life course perspective.

The second overarching principle is **user involvement** in health promotion practice and in health promotion research. User involvement and similar terms, such as participation, co-creation, dialogue and bottom-up, are current buzzwords in health promotion and related research for many good reasons. However, the time has come to focus on the evidence for the effectiveness of approaches integrating this principle. This also implies that we must move from a broad and general use of the principle of involvement and participation to much more nuanced and concrete ways of describing user involvement.

The conference welcomes abstracts for oral presentations, workshops and poster presentations in a number of areas and settings, such as local communities, work life, health services as well as schools, education and upbringing.

The conference is jointly organized by the International Union for Health Promotion and Education (IUHPE) and the Center for Health Promotion Research at the Norwegian University for Science and Technology (NTNU-CHPR) and constitutes the 10th European IUHPE Conference and the 4th Forum for Health Promotion Research.

IUHPE has the overarching goal to be seen and heard as the international voice of health promotion and its core mission lies in making the case for effective health promotion and the development and implementation of healthy public policy. [Read more about IUHPE here](#)

NTNU-CHPR is a cross disciplinary Center that aim at the development of new knowledge which will contribute to a better focus in health promotion work. The Center take part in the scientific exploration of what promotes, maintains and restores good health – both in healthy, vulnerable and diseased populations. [Read about NTNU-CHPR here](#)

Whether you are involved with health promotion practice, research, or policy, if you would like to be involved in revitalizing the field of health promotion and research and setting a new direction for health promotion in Europe, we hope to see you in Trondheim in September 2018. Trondheim is a spectacular small city that have played a major role in the history of Norway. The vibrant city of

Trondheims is home to some of Trøndelag's most popular attractions, cosy shopping streets and a myriad of restaurants and bars offering local specialties.

Welcome!