

# Recruitment of 13-year-old students in a health promotion research project focusing on empowerment, food and physical activity habits

Maja Wiberger
PhD candidate, food and nutrition





how to support motivation and empowerment to achieve and maintain healthy food-, physical activity- and exercising habits.

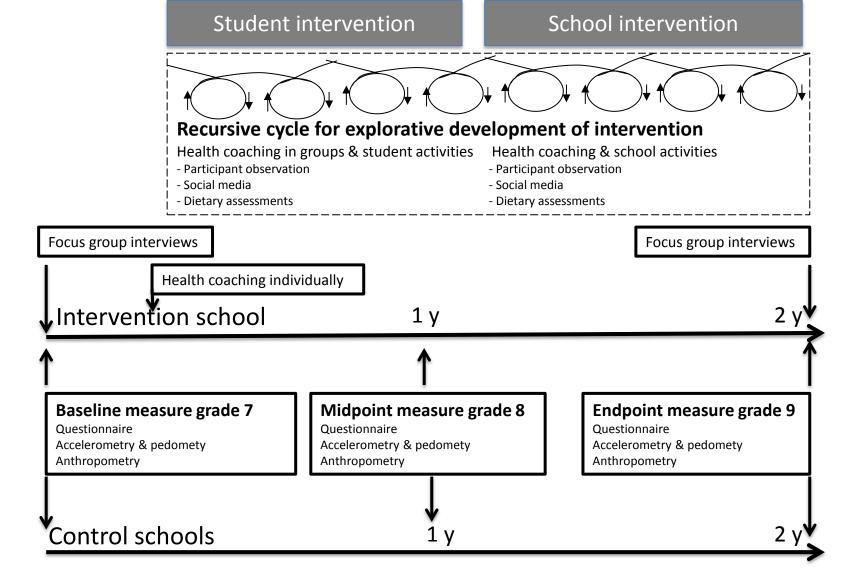
## The school as a health promotion arena

- Salutogenic perspective
- Balance and wellness are key words
- Empowerment is central
- Coaching approach



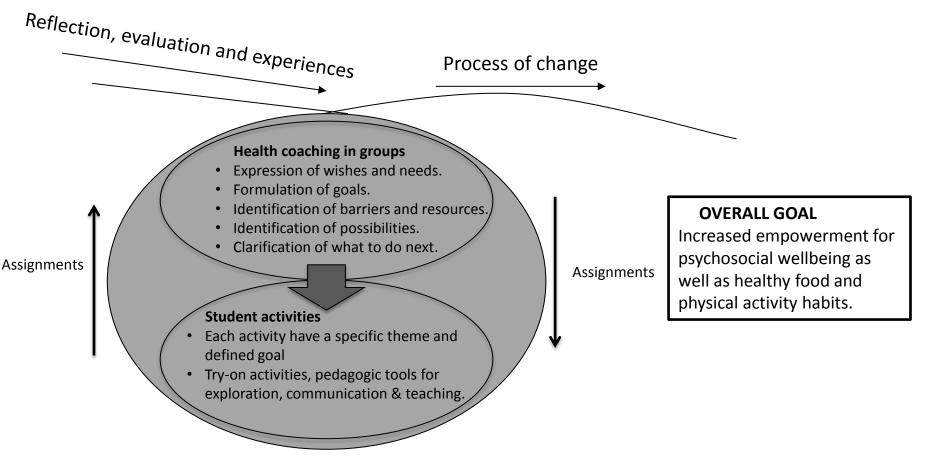
#### Aim

The aim is to explore how to support adolescents to increase their motivation and empowerment to achieve and maintain healthy habits regarding diet and physical activity, and overall wellness.





#### Recursive cycle for explorative development of intervention



### Recruitment of schools

- Angered district in Gothenburg
- Contact through Health for youth in Primary Schools in Angered (HUGA)
- Nytorpsskolan agreed to participate as the intervention school
- Two control schools similar to Nytorpsskolan



#### Recruitment of adolescents

- 54 students invited at the intervention school
- Written information in Swedish, Arabic and Somali
- Information meetings with teachers, parents and students
- Control school I 26 out of 46 agreed to participate
- Control school II 34 out of 46 agreed to participate
- In total, 115 participants = participation rate 78 %

#### Reflections

- Easier to motivate participation at the intervention school
- Several advantages of cooperating with schools but also some difficulties
- To keep in mind:
- Principals can be difficult to get hold of
- The teachers' attitudes are important
- Schools have a hectic schedule
- Adolescents may influence each other

## Future plans

- Dietary assessment as an intervention tool?
- What's in it for the adolescents?
- Relationship beneficial
- Clear understanding of the purpose



## Thank you for your attention!

maja.wiberger@gu.se