

## Target Group:

Persons over 15 years

## Aim of the Method

Weight control (physical activity, dietary behavior, alcohol use)

## Level of Participation:

Moderate

## Type of Method:

Digital method, interaction-based group focused method

## DESCRIPTION

Group activity for overweight persons. Includes several face-to-face meetings. Persons take photos of their own meals and send them to other participants and to the public health professional by utilizing a mobile application.

The public health professional gives feedback to the participants about the meals and moderate the dietary discussion in the group.

Meal size is important; calories are not calculated.

In addition, a physical education instructor lead five exercise sessions and provides an exercise program.

## TIPS FOR THE USERS

### Pros and cons:

- ▶ + Motivating
- ▶ + Encourage participants to discuss openly
- ▶ + Effective
- ▶ + Group support
- ▶ - Participation in a group activity can be uncomfortable for some people
- ▶ - Risk, that the application / technology takes too significant role in the group activity

## RESOURCES NEEDED:

- ✓ Public health professional, physical education instructor
- ✓ Contents plan and timetable
- ✓ Smart phone, mobile data access, mobile application (DIEX, Meallogger or equivalent)
- ✓ Group size approx. 10 people
- ✓ Several meetings (ca. 4-5)

