

Fact sheet

(Center for Health Education and Diseases Prevention, Lithuania)

Intervention theme: Overweight prevention by promoting healthy diet and physical activity

User group: 30 adolescents (11 to 15 – year-old)

Used methods: World café, Quiz, digital method, nutrition and exercising sessions, SCAMPER

Used eTools: Health App e.g. Mano mityba, Fit, E-Diary etc.

Further information on the pilot:

Our partner in Lithuania is the “Center for Health Education and Diseases Prevention”. The pilot from Lithuania is concerned with overweight of children and adolescents between the ages of 11 and 15 years. The aim of the pilot is to sensitize children and adolescents to a good nutrition and sufficient exercise in relation to a healthy weight. The intervention was conducted with the help of the internal project intervention model. The needs and requirements analyse were conducted with the help of the Worldcafé method. In addition, a quiz was also carried out on this subject. In order to evaluate the health behavior of the students, digital methods and various sessions on eating and exercise behavior were implemented and tested. Regarding the digital methods, the students had the opportunity to test different apps like “Mano mityba” or “Fit”. E-diary for recording nutrition and physical data from the apps was elaborated by external expert from SME “AVAS”. For the final step of the pilot students together with the SME and the PHA used the SCAMPER method to revise the E-diary function in different apps.

Results from the pilot:

Feedback on applied methods from 30 students show that satisfaction level of these interventions was rated 4.2 (5-point system).

The impact of the used methods was tested. Were observed such changes in health behavior of target group: 33.3 % respondents reported improved knowledge, 43.3 % students started to eat healthier food and monitor calories, 37.1 % over weighted students reduced weight, 36.7 % students became more physically active.

Tips/lessons learned:

With regard to the problems encountered, it should be noted that it was sometimes hard enough to keep students' attention and motivate them to record calories and physical activity data. Active education methods as apps with playing games (app "Mano mityba"), cooking or exercising sessions and various prizes were the most effective methods for children that motivate them to change their health behavior.

It was useful to test the Health Behavior Change Intervention Model in practice. Presentation of tailored e-Health applications and elaborated E-diary and results of the pilot intervention was made at training courses for local PHAs (28 public health professionals from 14 local PHAs).