

# EMPOWERkids



Health and social education for children

## EmpowerKids-tool

“EmpowerKids – Health education and social advice for low-income families with young children”

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The project is co-financed by the Central Baltic Programme 2014-2020



### Introduction to the EmpowerKids Tool

- Target group
- Idea and content
- Development process

### Feasibility of the Tool

- Acceptability
- Usability



More about the project: [www.empowerkids.eu](http://www.empowerkids.eu)



*Children from low-income families need special attention and targeted interventions in the promotion of their health and wellbeing*

*Professionals working with children need tools to support children's abilities to make health-promoting decisions and to take control over the determinants of their health and wellbeing*

### **CHILDREN**

from low-income families (6-12y)



### **PROFESSIONALS**

social workers, health care personnel, teachers (school & kindergarten)

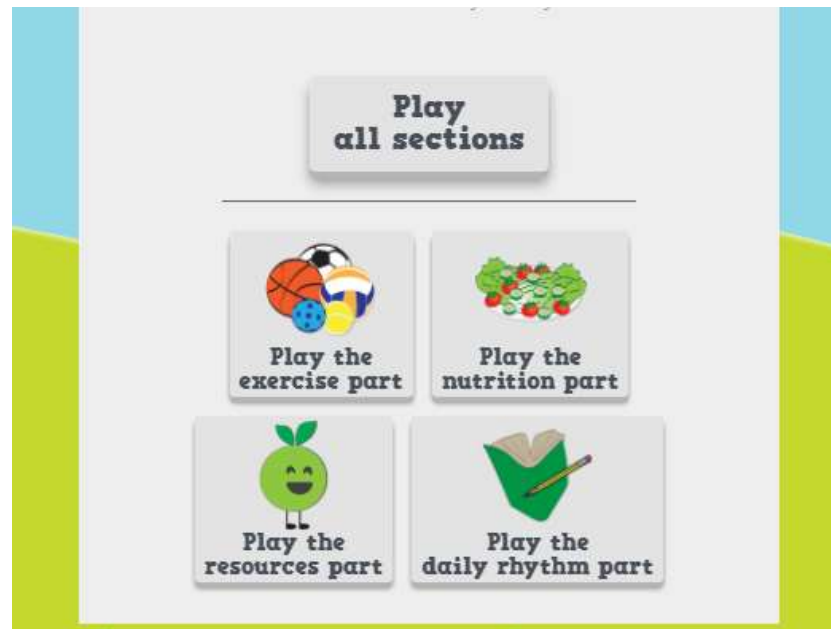
EmpowerKids Tool is a child-friendly and attractive tool. With the Tool children assess and reflect on their own health habits and situation

Professionals are able to detect each child's individual situation. They can discuss about the health choices and situation with children and give individualized counseling and support

Information/results may also be used when developing interventions for the community

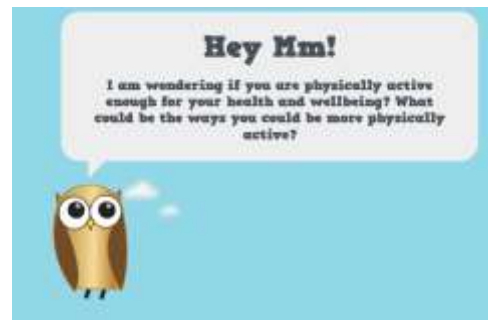
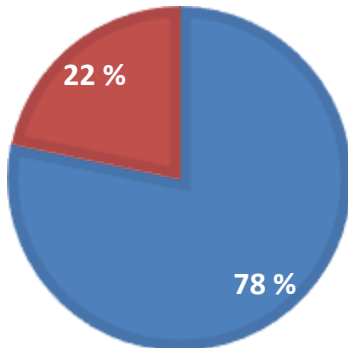
Children feel that they are empowered to make healthy choices in their everyday life







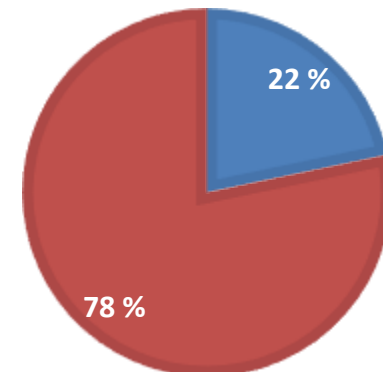
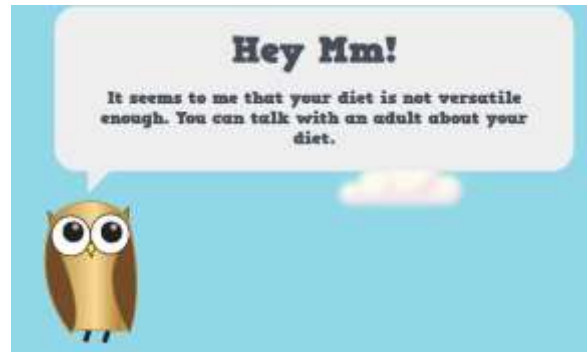
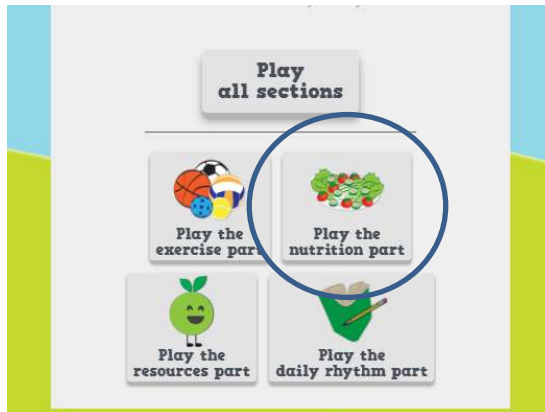
- meets the PA recommendation
- doesn't meet the PA recommendations



<http://tool.empowerkids.eu/games/nutrition?single=true>



■ child eats versatile  
 ■ child doesn't eat enough versatile

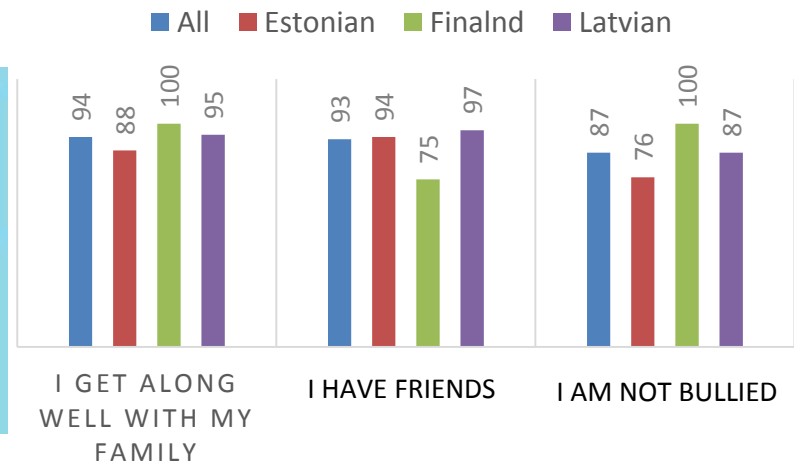
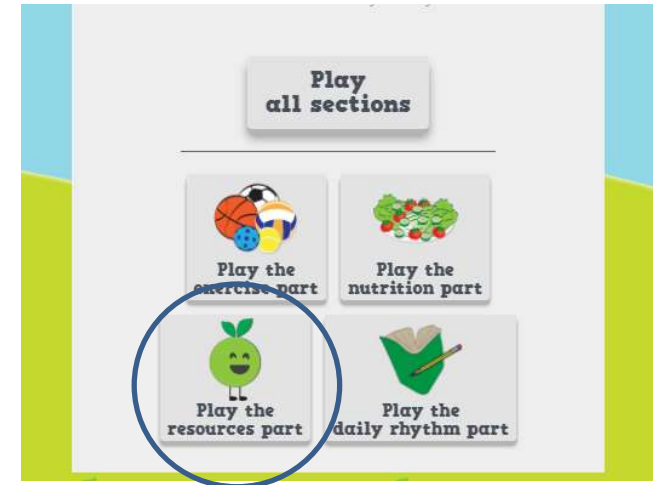




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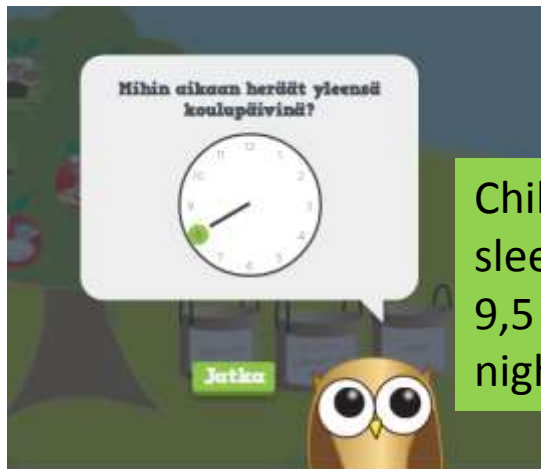
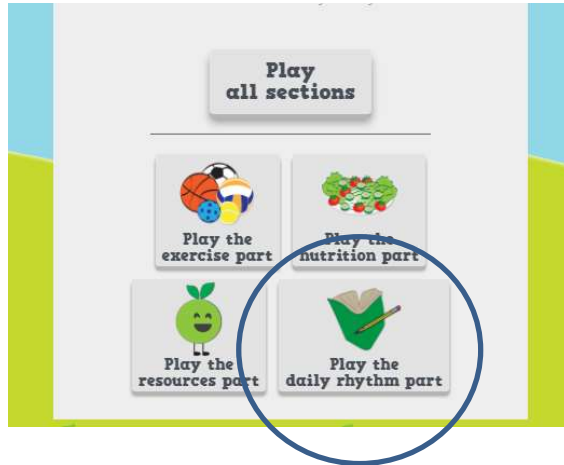
## Resources

<http://tool.empowerkids.eu/games/resources?single=true>

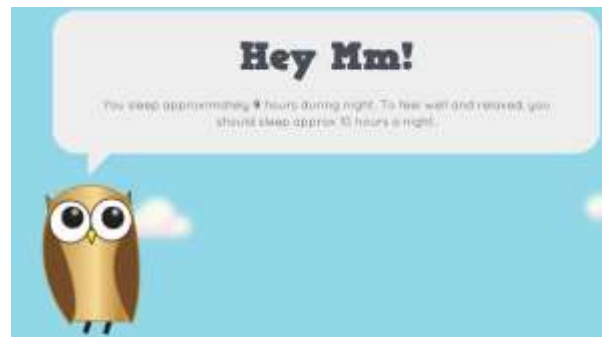


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Children are sleeping approx. 9,5 hours per night!



**Idea and concept** of the Tool was developed based on evidence in University of Turku and further refined together with project group members, professionals from participating countries during 2016

**First testing round** with the prototype during February 2017 with 95 children and 14 professionals from participating countries (in schools, kindergartens, day- and social centers)

**Second testing round** with further developed Tool during September 2017 with 69 children and 11 professionals from participating countries (in schools, kindergartens, day- and social centers)

**Final version of the EmpowerKids Tool**



# The feasibility of the Tool

The feasibility of the EmpowerKids Tool was tested in kindergartens, schools and day centers among children and professionals



With interviews, open-ended questionnaires and Likert-scale questionnaires (SUS system usability scale)



*For some children, the using the Tool was the first occasion when they started to think about their lifestyle.*

*It was nice to play the Tool, because it was colorful and fun!*

*Tool provides the professional with valuable and useful information about a child's health and wellbeing.*

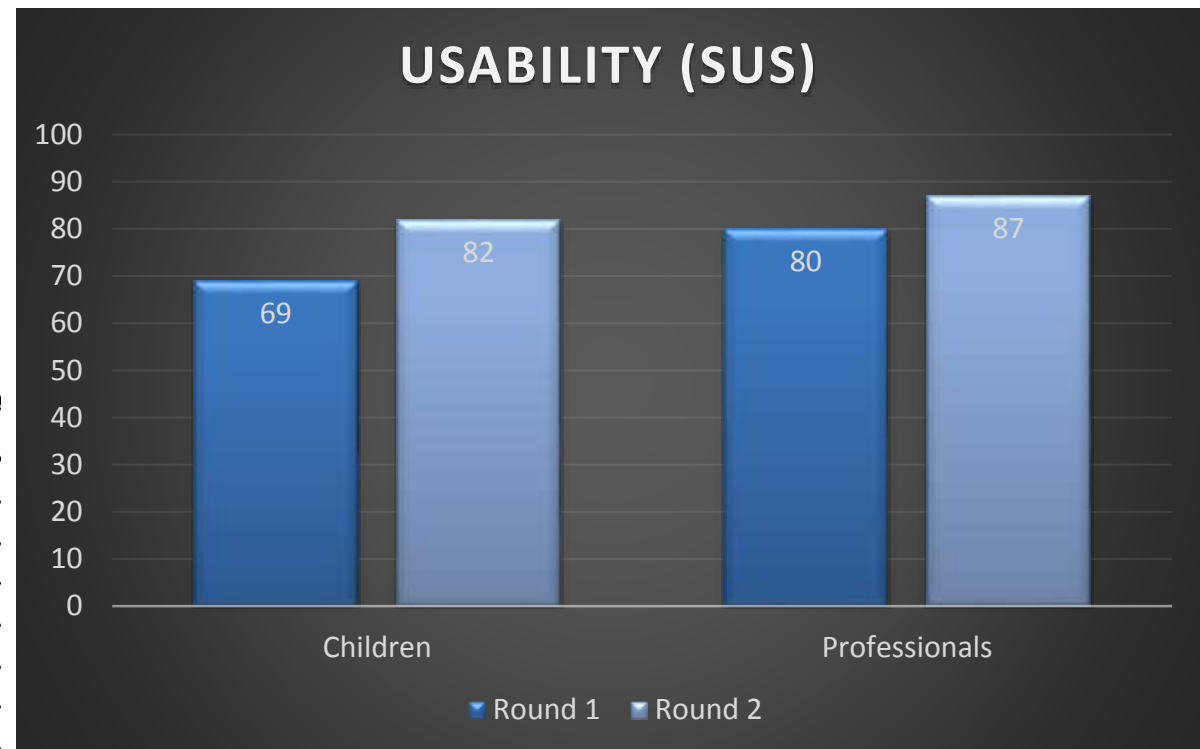
*Tool brings something new and untraditional to children's and professional's daily routines.*

With the Tool child can unconsciously indicate problems that otherwise would not be discovered during a normal conversation.

Usability (SUS) of the tool increased from good to excellent in the second round of testing

**Table 3.** Descriptive Statistics of SUS Scores for Adjective Ratings\*

Adjective	Count	Mean SUS Score
Worst Imaginable	4	12.5
Awful	22	20.3
Poor	72	35.7
OK	211	50.9
Good	345	71.4
Excellent	289	85.5
Best Imaginable	16	90.9



- Fruitful crossborder collaboration to develop EmpowerKids Tool
- Tool offered children an attractive and low-threshold platform to bring out issues in their lives.
- For professionals it represented a valuable tool to facilitate discussions on child's healthy choices and situation in an empowering way



Tool to promote the health and wellbeing of all children across participating countries

Thank you! Kiitos! Paldies! Aitäh!

