

EMPOWERkids



Health and social education for children

Results of the EmpowerKids project from Turku

FINAL SEMINAR

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

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ICT-building, Turku

Project assistant Magda Flemmich
(RN, PHN, MSc-student)
Department of Nursing Science
University of Turku



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

Activities

- **Development of EmpowerKids Tool** in cross-border collaboration
 - iterative user-centered design process
 - usability and acceptability testing, further development
 - comparison to other methods, summary of good practices
- **Testings at two schools, two workshops**
 - Round 1. Children aged 7 to 9 years (n=22) and professionals (n=4), healthy nutrition workshop
 - Round 2. Children aged 8 to 9 years (n=12) and professional (n=1), socializing physical activity workshop
- *EmpowerKids-training (video)*
- *Scientific article (feasibility study)*



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Successes

- **Cross-border collaboration**
- Constructive feedback and suggestions of development ideas from all project partners, children and professionals
- Managed to develop and create a **user-friendly and attractive tool** for the target group
- **Implementation ideas – good practices**
- Children's lessons learned from workshops



Challenges

- **Content of the EmpowerKids Tool**
 - different recommendations (nutrition)
 - *managed to negotiate culturally adapted content*
- **Timeline**
 - technical and graphical development of the EmpowerKids Tool
 - delayed training sessions for professionals, workshops and interview sessions in all countries
 - *managed to achieve the planned activities in all countries*
- **Budget**
 - no planned budget for implementation in Finland, but this was still required
 - *managed to implement the project in two schools with target group, children (n=34) and professionals (n=5)*

Future

- **EmpowerKids training**
- **Maintenance** of EmpowerKids Tool
- **Required modifications** in the future (e.g. translations, content)
- **Spreading of information** of EmpowerKids Tool to target groups
- Analysis and interpretation of results, on demand from organizations
- Scientific article – feasibility study

(International Journal of Health Promotion and Education)

Learnings

- Development of similar tools – *allocation of time*
- Usability questionnaires for children – *appropriateness*
- Graphics, verbal expressions, alternatives and implementation
- *children's age, cognitive understanding, recommendations, socioeconomic status*
- Cross-border collaboration
- Value of EmpowerKids Tool in promotion of health and well-being of children



Thank You!

Aitäh!
Paldies!
Kiitos!

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