EmpowerKids-tool and usability

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

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SEMINAR
Jurmala, 26.9.2017

Content of the presentation

- Short introduction to the EmpowerKids-tool

- Shortly about the second round testing

- Results from the testing the tool during the second round

More about the project: www.empowerkids.eu

Project target group

- **Children** from low-income families aged 6 to 12 years

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

- **Professionals**: social workers, kindergarten- and pre/school teachers, health care personnel

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

EmpowerKids-tool

- EmpowerKids-tool is a child-friendly and attractive tool

- It enables the children to assess and reflect on own health habits and situation

- It enables the professionals to detect each child's individual situation and needs

- It enables the professionals to give tailored and individualized counseling for children

  - ➤ *Children feel that they are supported and empowered to make healthy choices in their everyday life to enhance their current and future health and wellbeing*

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![EMPOWERkids - Health and social education for children]

EmpowerKids-tool

- Web-based gamified application (www.tool.empowerkids.eu)

- Tool includes four parts: **physical activity, nutrition, resources and daily rhythm**

- Children assess their health and wellbeing as well as factors affecting it through these four parts either alone or with professionals

- Professionals receive information on the children's situation through tool and use this information in conversations with children

- Information/results are also used when developing interventions for the community

Empower Kids!

Start! Aloita! Sāc! Alusta!

Hi Antero!   Abc   Quit

Use the buttons below to fill the different sections. Use the list below to see your old results.

All entries made by you:

Section	Entry date	
- You have not made any entries yet -		

Play all sections

Play the exercise part   Play the nutrition part

Play the resources part   Play the daily rhythm part

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

Development of the EmpowerKids-tool

- Iterative development process together with project group members, professionals and children from participating countries

- First testing round with prototype during February 2017 with 95 children and 14 professionals

- Second testing round with further developed tool during fall 2017 with 69 children and 11 professionals
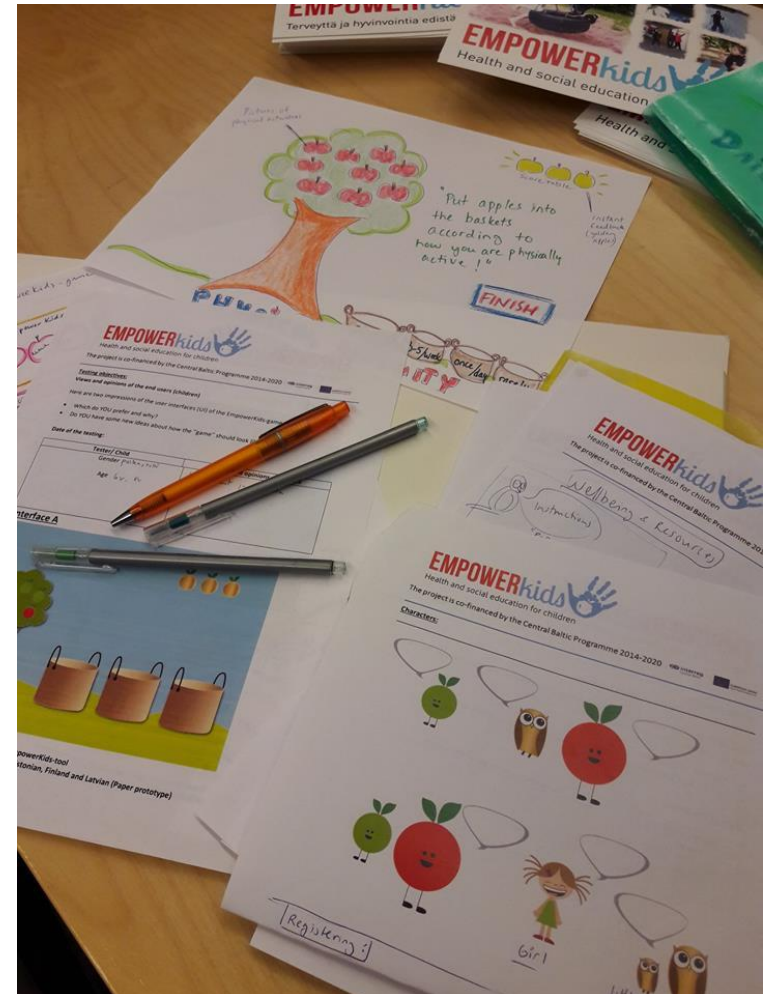
Second round with the tool

- All together 69 have "played" EmpowerKids-tool

- 26 girls and 43 boys

- Mean age 9,6 years
  - 17 children from Estonian (8 girls, 9 boys, mean age 8,9 years)
  - 12 children from Finland (6 girls and 6 boys, mean age 8,4 years)
  - 40 children from Latvian (12 girls and 28 boys, mean age 10,3 years)

- Low-income status of the child
  - 7 yes
  - 2 no
  - 69 unknown

17 children and 8 professionals

Kindergarten
- Three girls
- Two professionals

Day center
- Three girls
- Three professionals

1. School
- Five boys
- Two professionals

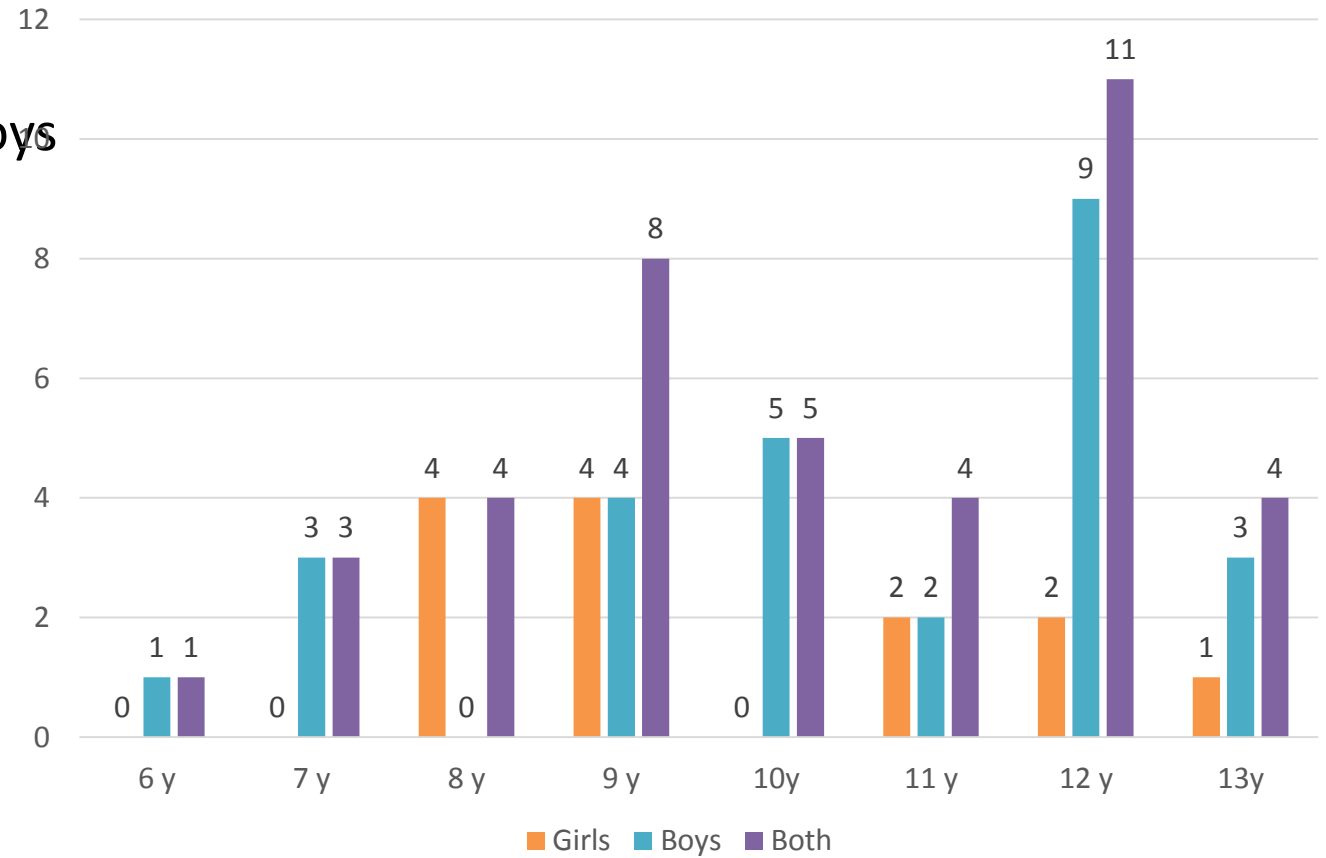**2. School**
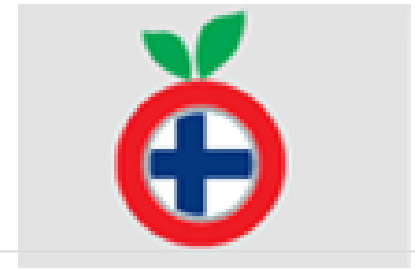- Four boys and two girls
- One professional

	6 y	8 y	9 y	10y	11 y	12 y
Girls	3	0	1	2	1	1
Boys	0	2	5	1	1	0
Both	3	2	6	2	2	1
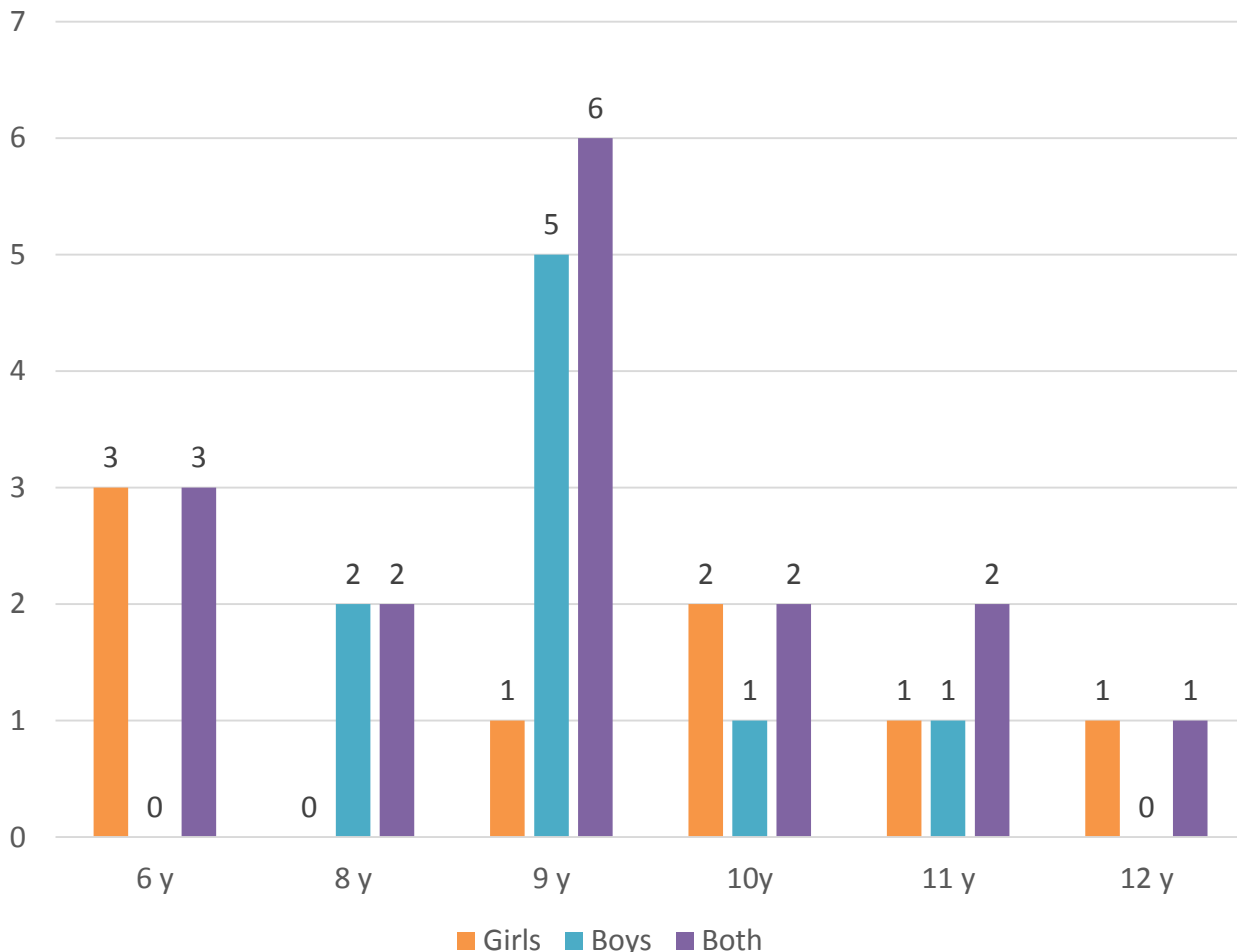
40 children and 2 professionals

Day center 1

- Seven girls, ten boys
- One professional

Day center 2

- Five girls, 18 boys
- One professional

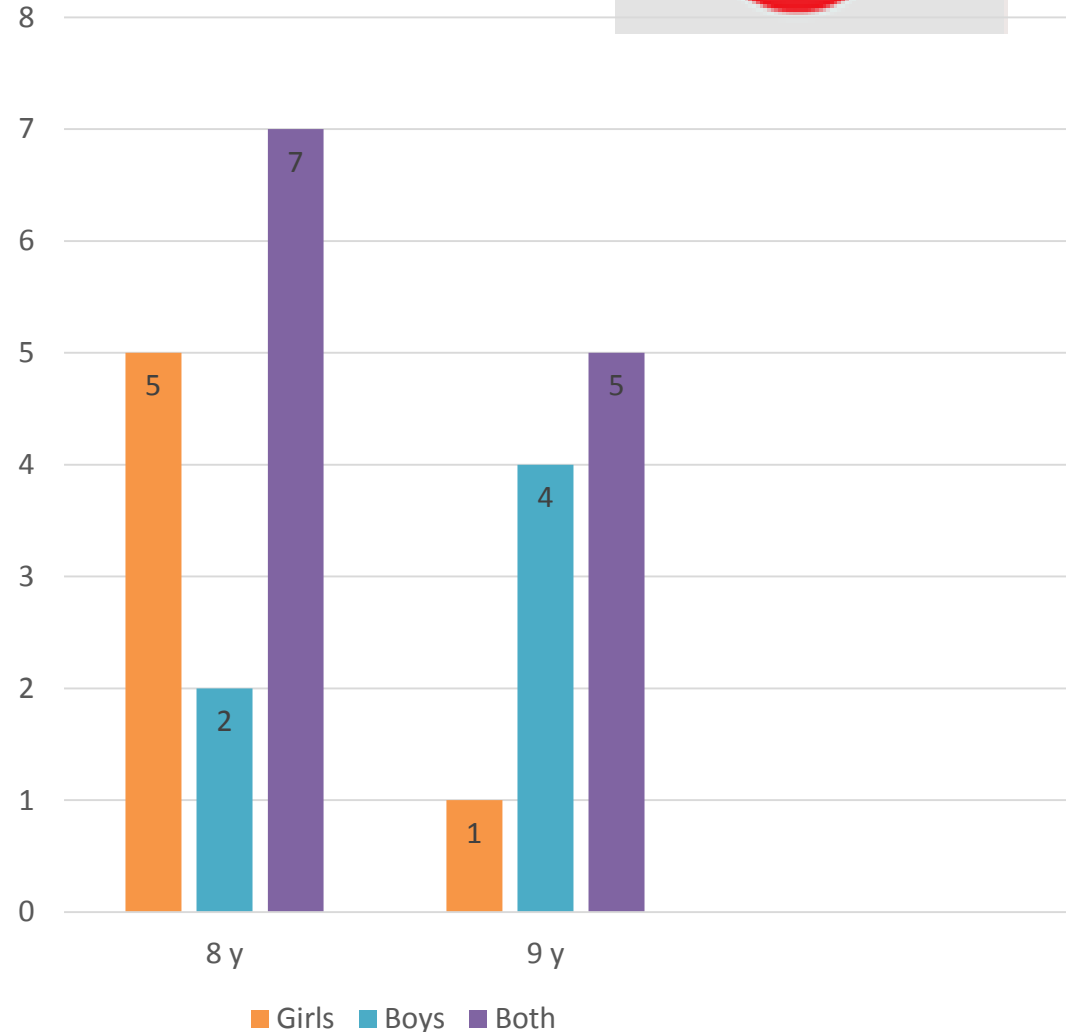The project is co-financed by the Central Baltic Programme 2014-2020

12 children and 1 professional

Elementary school

- Six boys and six girls
- One professional

Usability of the EmpowerKids-tool

- Usability was measured with System Usability Scale (SUS)

- Children: Latvian n=38, Estonian n=15, Finland n=10

- Professionals: Latvian n=4, Estonian n=4, Finland n=1

1. I think that I would like to use this application frequently

2. I found the application unnecessarily complex

3. I thought the application was easy to use

4. I think that I would need the support of a technical person to be able to use this application

5. I found the various functions in this application were well integrated

6. I thought there was too much inconsistency in this application

7. I would imagine that most people would learn to use this application very quickly

8. I found the application very awkward to use

9. I felt very confident using the application

10. I needed to learn a lot of things before I could get going with this application

*) Scoring: 5=strongly agree and 1=strongly disagree.

![EMPOWERkids]

SUS RESULTS CHILDREN

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

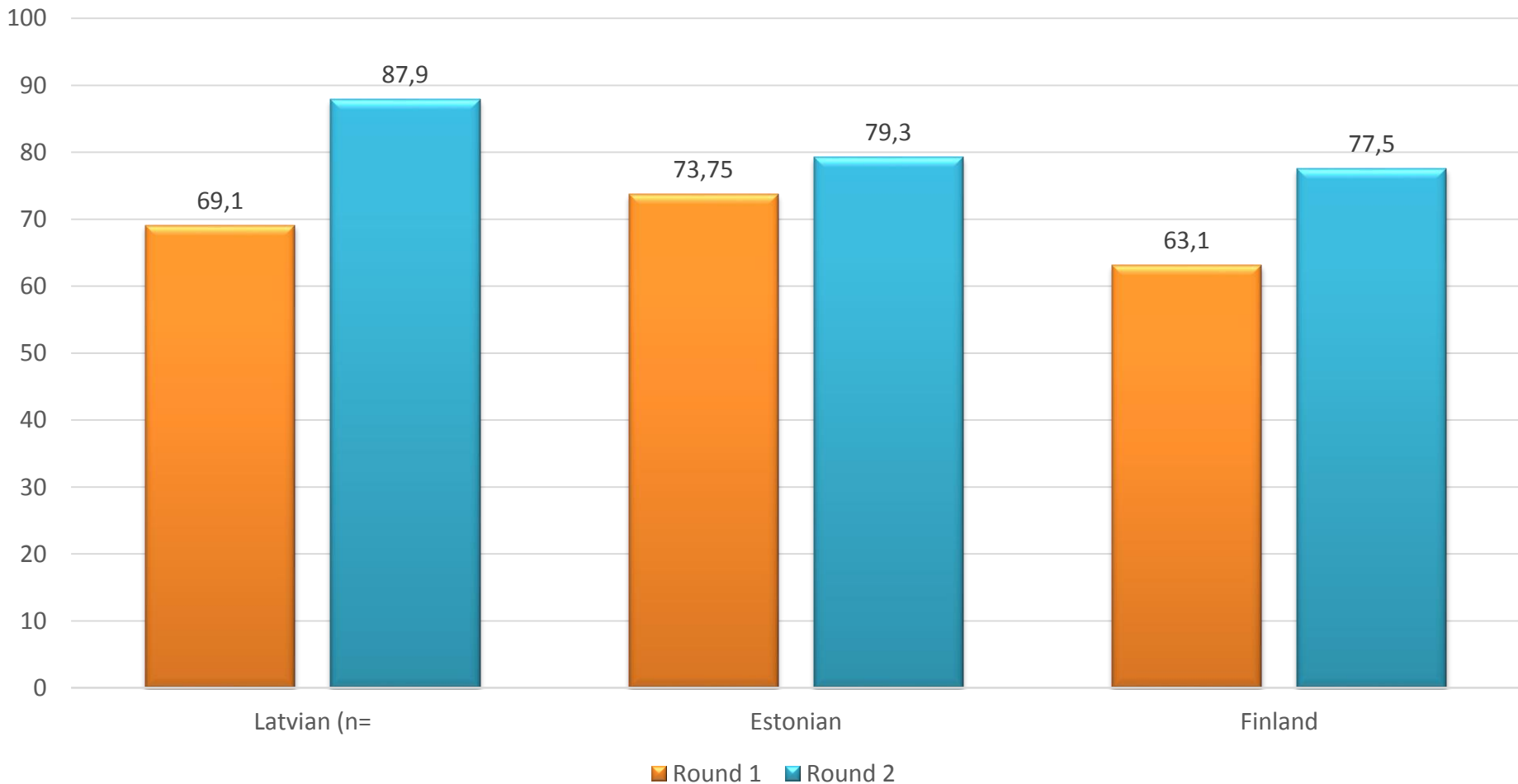| Adjective	Count	Mean SUS Score
Worst Imaginable	4	12.5
Awful	22	20.3
Poor	72	35.7
OK	211	50.9
Good	345	71.4
Excellent	289	85.5
Best Imaginable	16	90.9

Bar chart "SUS RESULTS CHILDREN" with Round 1 and Round 2:
- Latvian (n=): Round 1 = 69,1; Round 2 = 87,9
- Estonian: Round 1 = 73,75; Round 2 = 79,3
- Finland: Round 1 = 63,1; Round 2 = 77,5

Round 1 Round 2

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

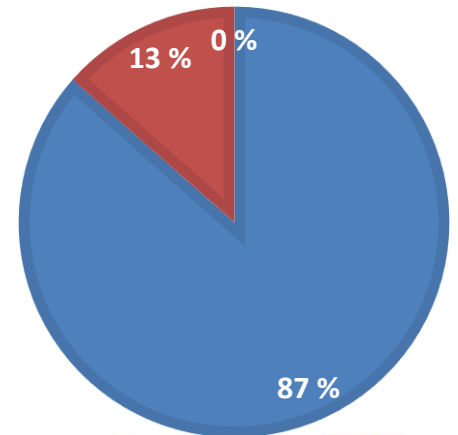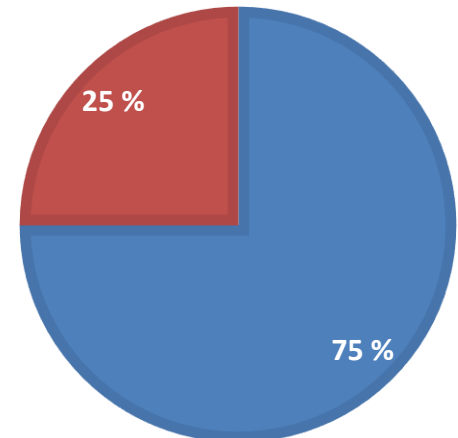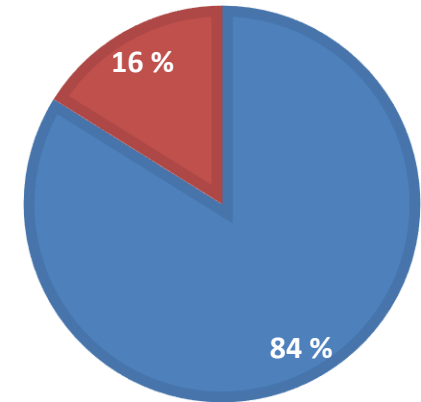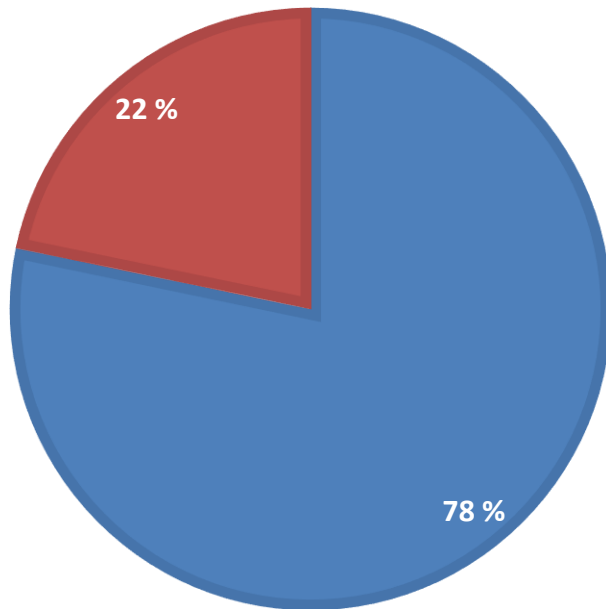| Adjective	Count	Mean SUS Score
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SUS RESULTS PROFESSIONALS

	Latvian	Estonian	Finland
Round 1	95	81,25	64,2
Round 2	92,5	72,5	95

Round 1   Round 2
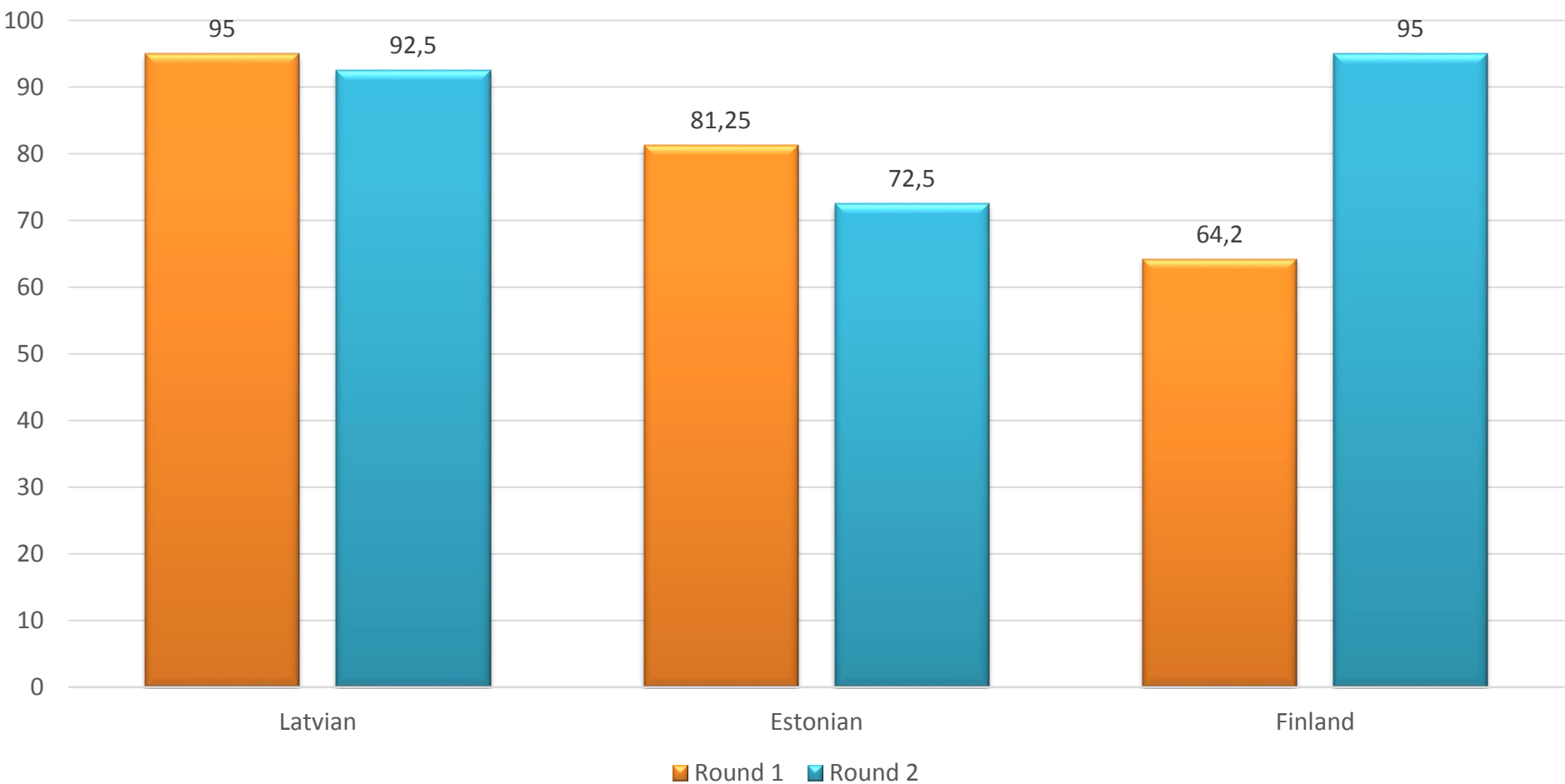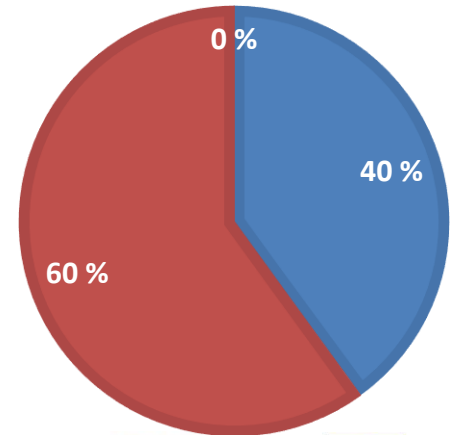
Physical activity

ALL CHILDREN

- ■ meets the PA recommendation

- ■ doesn't meet the PA recommendations

22 %

78 %

16 %

84 %

25 %

75 %

13 %   0 %

87 %

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Nutrition

ALL CHILDREN

- ■ child eats versatile
- ■ child doesn't eat enough versatile
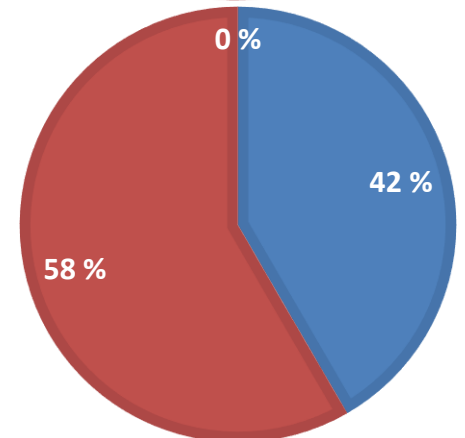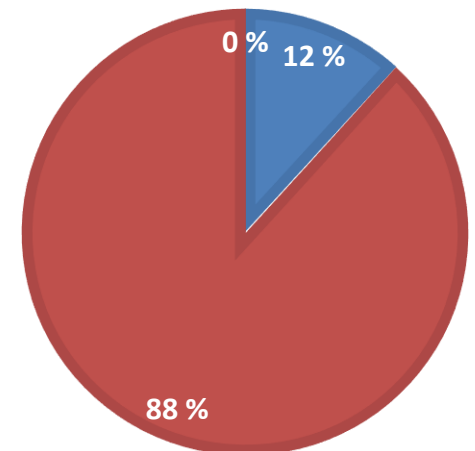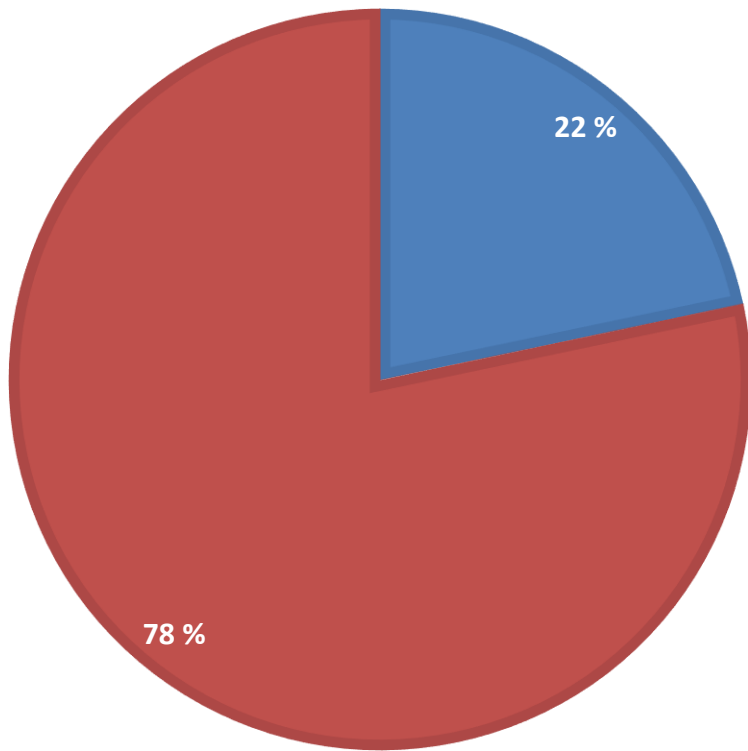
22 %

78 %

0 % 12 %

88 %

0 %

42 %

58 %

0 %

40 %

60 %

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Daily rhythm

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

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Economical resources

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Educational resources

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Emotional resources

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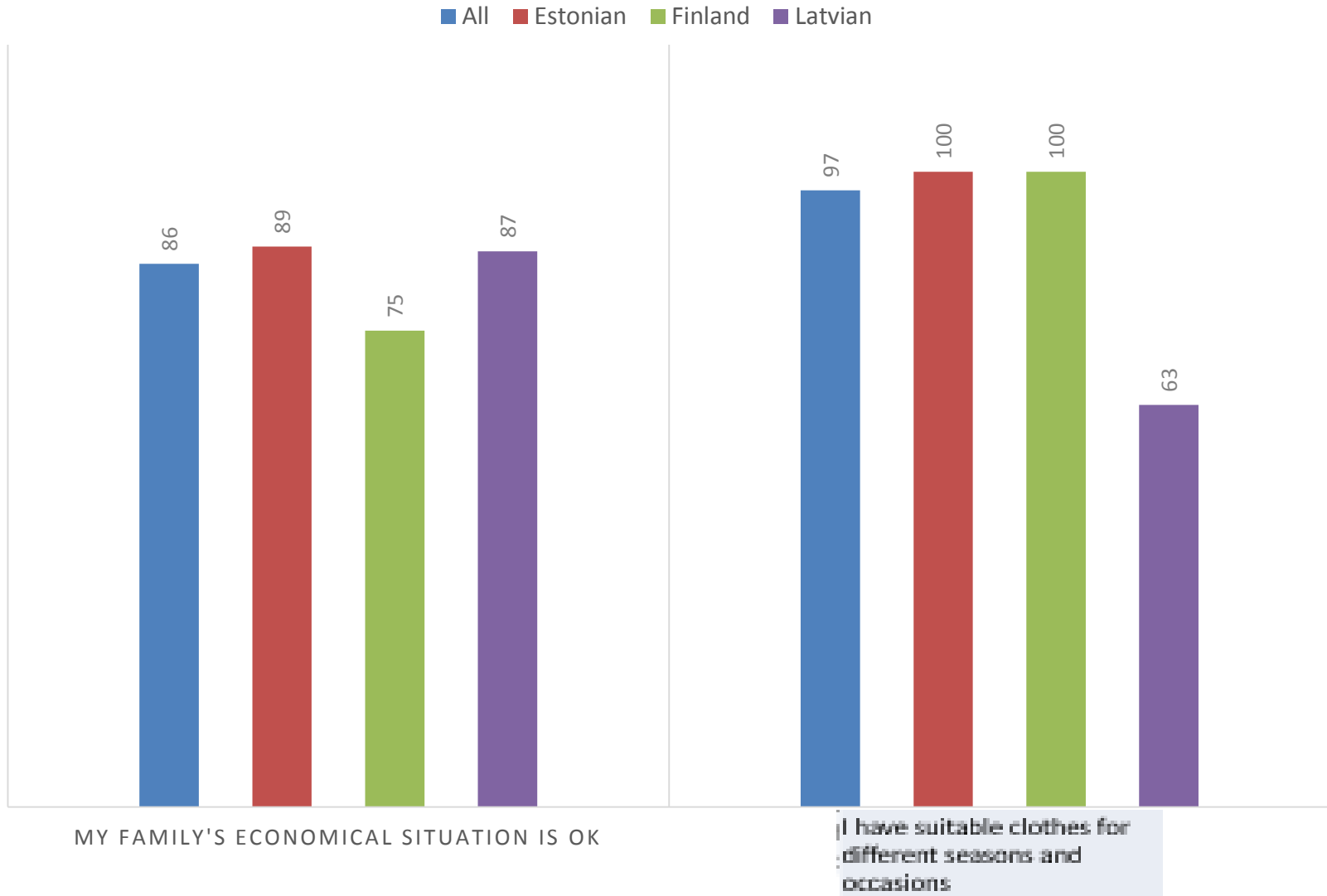
Legend: All | Estonian | Finland | Latvian

I FEEL HAPPY: All 94, Estonian 88, Finland 92, Latvian 95
I feel safe: All 90, Estonian 82, Finland 92, Latvian 92
I like myself: All 96, Estonian 88, Finland 100, Latvian 95

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Physical resources

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Social resources

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All   Estonian   Finalnd   Latvian

I GET ALONG WELL WITH MY FAMILY: All 94, Estonian 88, Finalnd 100, Latvian 95

I have friends: All 93, Estonian 94, Finalnd 75, Latvian 97

I am not bullied: All 87, Estonian 76, Finalnd 100, Latvian 87

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CONCLUSIONS

- 69 children and 11 professionals used the tool

- Usability scores were much better in second round, only Estonain professionals scored the tool from excellent to good (inconsistency and akwardness was main reasons)

- Empowering: Children seem to feel quite well; they sleep enough, they are physically active and their resources are mostly good

- Challenges: Unhealthy nutrition habits, some resources see to strain children: Latvian children: 37% didn't have enough clothes and 28% didn't like their schools, Estonian children: 18% didn't feel safe and 24% were bullied, Finnish children: 25% family's economical situation was not ok and 25% didn't have friends

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Paldies! Aitäh! Thank you! Kiitos!

www.pinterest.com/medialabsindia

"The Grand Essentials of Happiness Are Something To Do, Something To Love and Something To Hope For."

- Allan K. Chalmers

www.empowerkids.eu