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Your Kids' Health, Our Priority

**Best Practices in action: how to transfer, implement, and sustain effective health promotion interventions for children (0-12)**

## **Module 2**

# **Grünau Moves: a Best Practice to promote health and prevent obesity in children**



**Best Practices in action: how to transfer, implement, and sustain effective health promotion interventions for children (0-12)**

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## **Unit 2.3.1 a**

# **Grünau Moves: Conducting the Needs Assessment and Health Assets Map**

## **“Participatory tools and methods – Group Model Building and Photovoice”**

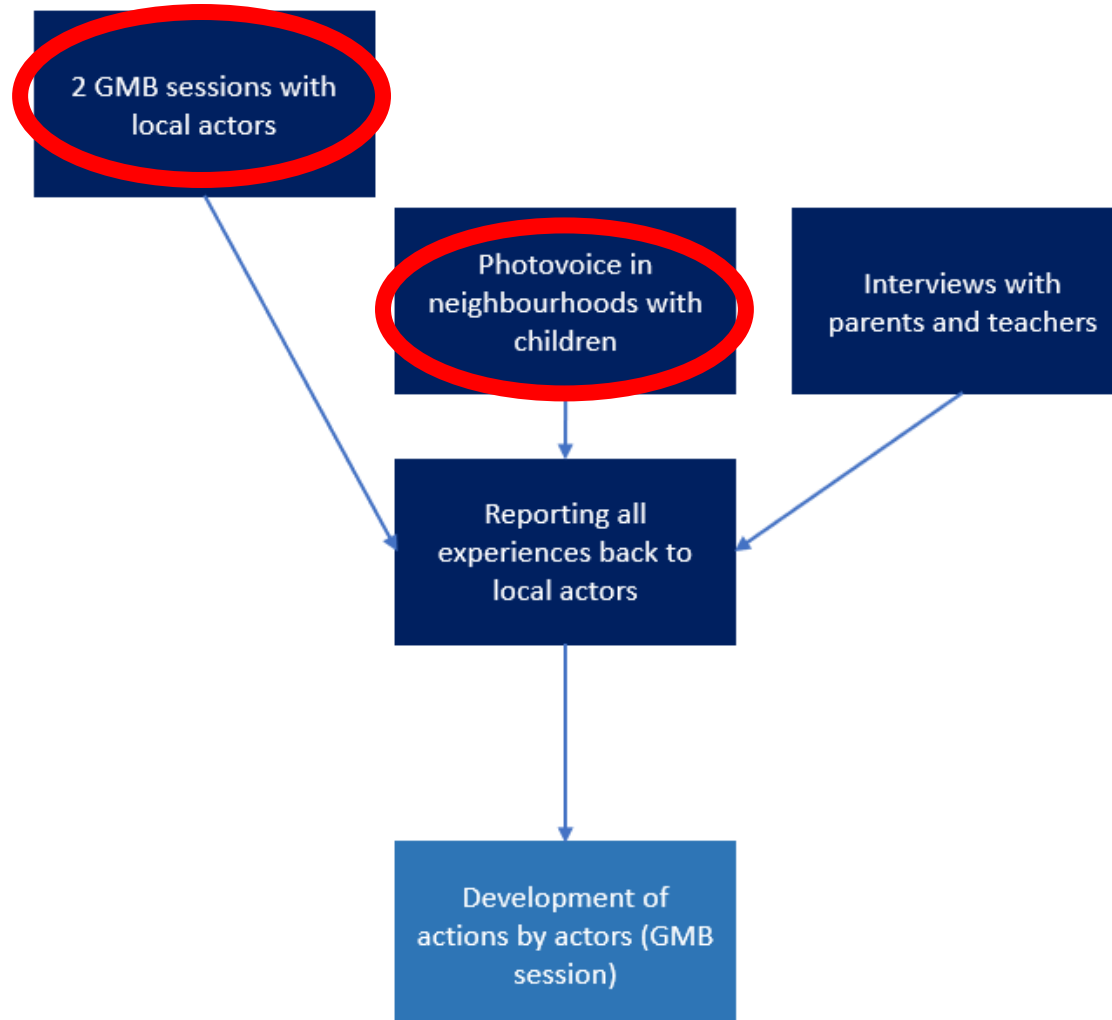
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# The Needs Assessment



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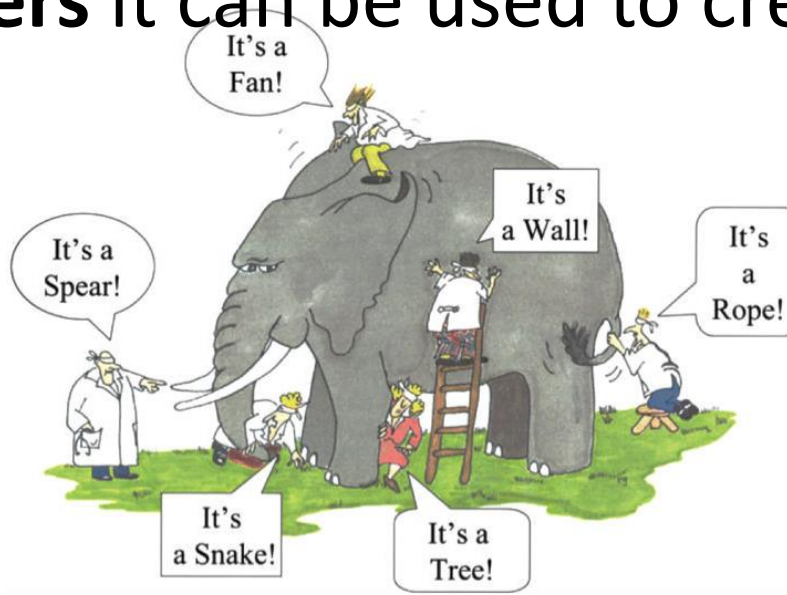
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# Participatory methods: Group Model Building



Group Model Building is a method within system dynamics

- Can include elements of qualitative and quantitative modeling
- Goal is to generate a dynamic hypothesis around a central, complex problem
- With **stakeholders** it can be used to create a shared understanding



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# Participatory methods: Group Model Building



## BENEFITS

- Engages stakeholders
- Gives participants a voice
- Co-creation process
- Development of a consensus
- Helps identifying why something works/doesn't work
- Does not operate in a controlled environment
- Allows for comparing effects
- Different options for implementation

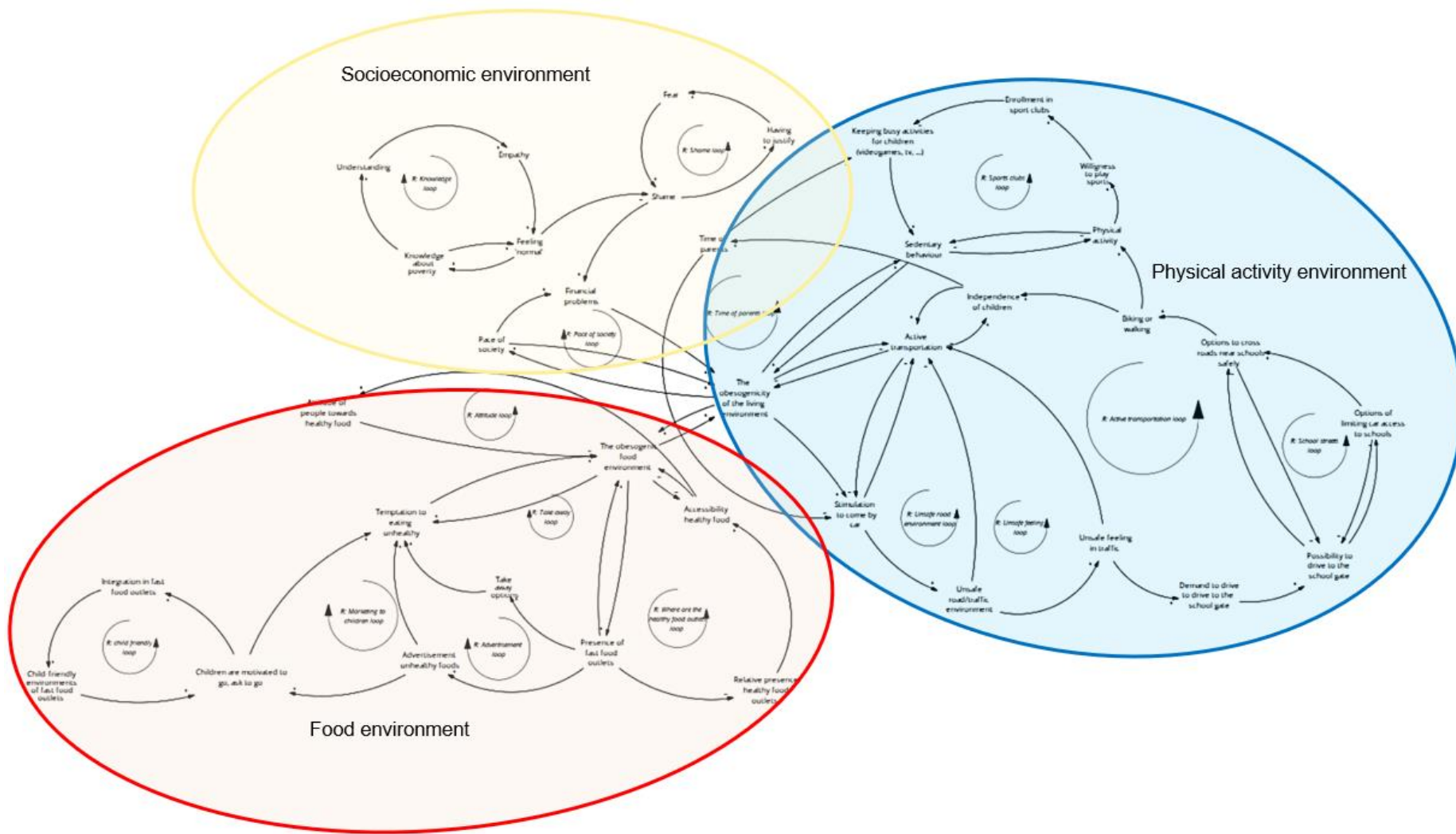


## BARRIERS

- Group composition is very important
- Time!
- Not easy
- Requires active participation, good modeling and facilitating skills and a basic understanding of the process



# Participatory methods: Group Model Building





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# Participatory methods: Photovoice



Photovoice is a media-based method

- Uses photography and subsequent interviews
- Deepens understanding of the lived experiences of vulnerable populations
- In this case children



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# Participatory methods: Photovoice



## BENEFITS

- Empowers children
- Fun activity
- Helps them explain
- Photos can later be used to explain cases to stakeholders



## BARRIERS

- Time consuming
- A lot of cleaning up for researchers
- Price of cameras (if you have to buy them)
- Not all children have a smartphone / camera they can use



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# Some pictures from our experience

## ✓ Physical activity



## ✓ Food environment



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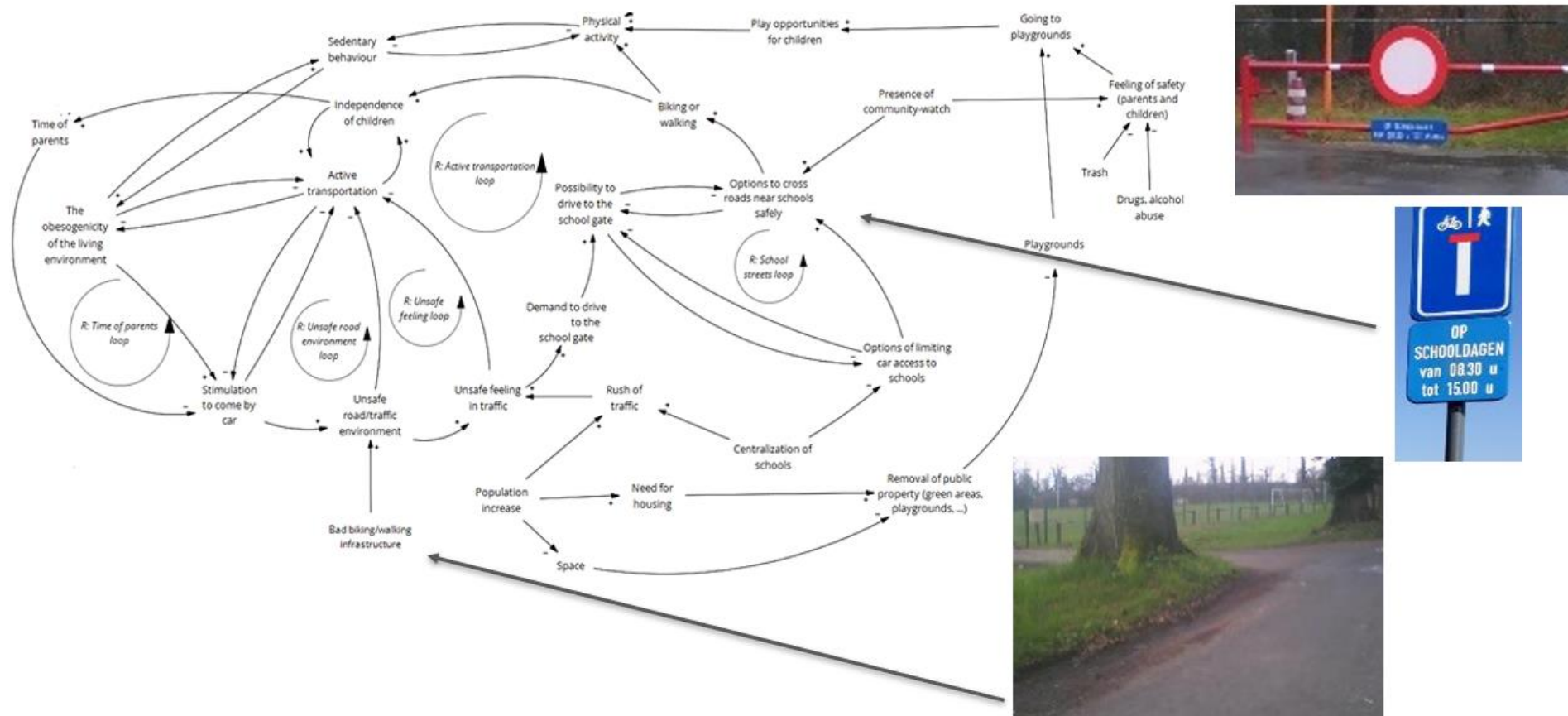
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# Some results from implementation



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# General recommendations

- Use participatory methods to engage your community
- By using age-appropriate, interactive methods, you can give a stronger voice to your participants
- Combining different views and methods allows to create a shared understanding
- Visualization of the barriers helps to identify targeted context-specific actions



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# Thank you all for your participations!



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