

The LIKE project – A system dynamics and participatory action approach promoting healthy habits among 10-14 year old teenagers

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LIKE in short

LIKE (Lifestyle Innovations based on youths' Knowledge and Experience) is a 5-year program designed for stimulating healthy habits among 10-14 year old teenagers with a low socioeconomic position in Amsterdam East.

By taking a **participatory approach**, we work in co-creation with teenagers, families and important stakeholders in order to *develop, implement and evaluate* an innovative intervention approach at the level of child, family, neighbourhood, health care and city (see figure).

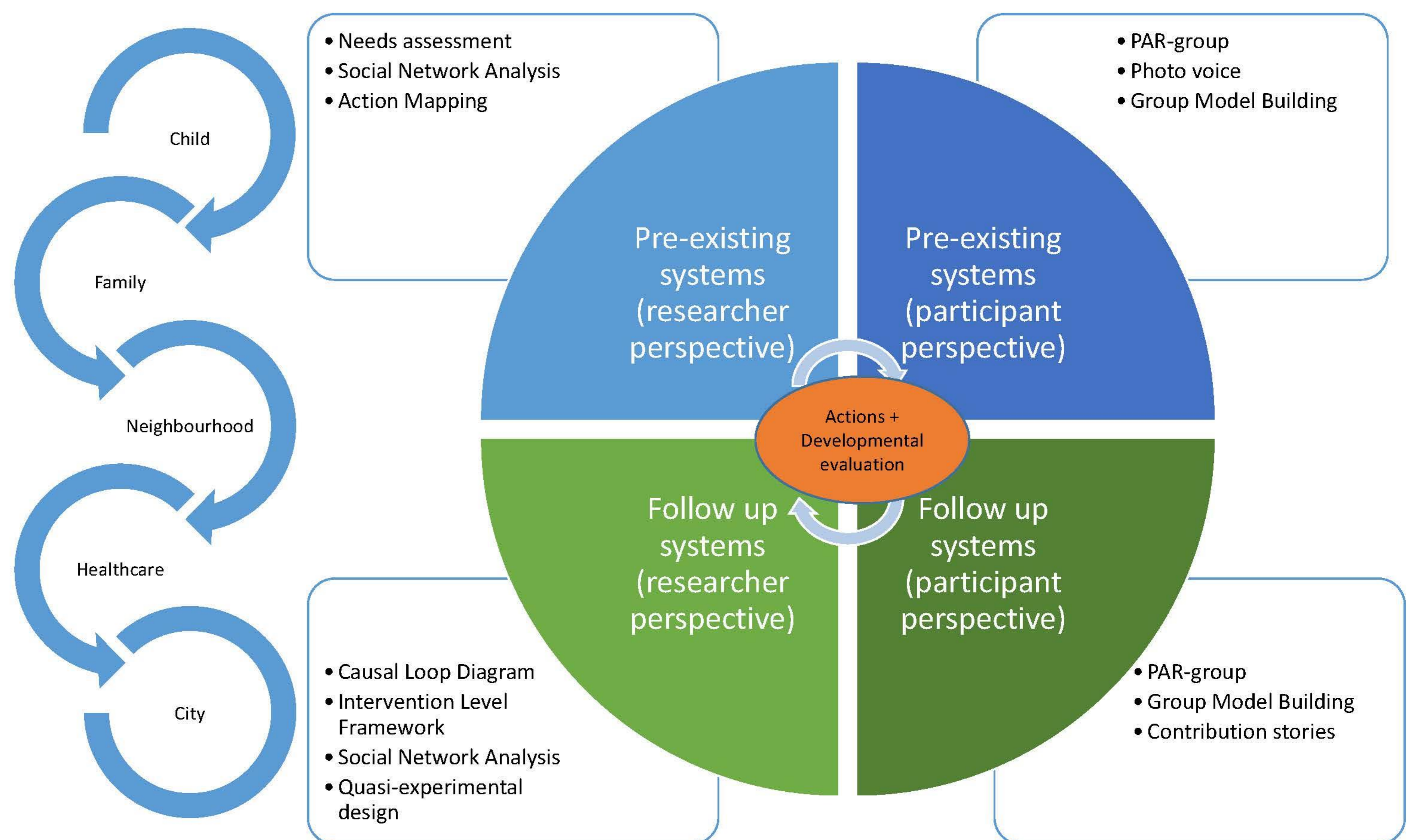
By additionally applying **systems thinking** we recognize that to successfully address childhood overweight and obesity we need to address the broader system that promotes unhealthy habits.

Within LIKE we describe the system from two perspectives (researcher and participant). In order to gain insight in the pre-existing system we use participatory research methods. Additional methods are then employed to follow up changes in the system (see figure).

Contact

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Overview of the LIKE approach



Current research activities

Participatory Action Research Groups (PAR-groups)

Currently, four PAR-groups (6-8 teenagers), two in primary- and two in secondary school, conduct research on their peers' lifestyle behaviors (physical activity, diet, sleep and screen use) and its determinants. The PAR-groups will subsequently develop and implement interventions stimulating a healthy lifestyle, taking into account the broader system, in collaboration with stakeholders from the neighborhood.

Photovoice study

A photovoice study is conducted with mothers to become familiar with and gain more insight in the living environment of teenagers and their parents, caregivers, siblings, and other relevant family members in the family and neighborhood. We focused on gaining insight in dietary behaviors within a family setting and the factors that promote or hinder healthy dietary behaviors.

Healthcare

Interviews are conducted with youth health care nurses and pediatricians within in the Netherlands with a specific expertise on childhood obesity. The aim was to identify perceived barriers, facilitators, needs and possibilities of healthcare professionals in the support, care and empowerment of teenagers with obesity and their parents.

