

HPR *news*

| Health Promotion Research News | Issue 12 - April 2014 |

| ISBN: 978-87-91245-18-3 |

Students' health in Europe and beyond





Editorial

Students' health in Europe and beyond



University students are the future highly educated work force and have the potential to influence the society at large as future decision makers. University students are exposed to two significant transition steps, typically from parental home to university and from university into adult life. Both transition steps might be relevant for developing and consolidating health behaviours.

The different challenges students are facing during studies may have an impact on their health and health behaviours. As good health and well-being is known to be an important predictor for academic achievement. However, the attitudes and behaviours that students gather during their university years are likely to continue through their lifespan and to impact on the society generally.

The health behaviour of university students is of high interest, as college years may represent a window of opportunity for prevention and health promotion. In this respect a health promoting environment based on the principles of the settings-based approach to health promotion is an important factor for fostering positive developments among students.

For many years I have been interested in students' health and the idea of universities as settings for health. In this research area I work together with a consortium of researchers interested in this topic from many European countries in order to share experiences, collect, analyse and compare data and to develop and test health promotion programmes. This research topic does not only focus on the health of Danish students, but also involves student populations from other European countries as well as from Libya and Egypt.

The aim of this issue is to provide you with some insight into ongoing projects in the field of students' health in the Unit for Health Promotion Research that also involve bachelor and master students from the public health programmes.

Christiane Stock, guest editor

Dansk resume:

De studerendes sundhed i Europa. Christiane Stock, gæsterektor

Universitetsstuderende er fremtidens højtuddannede arbejdskraft og har derfor potentiale til at påvirke samfundet som fremtidens beslutningstagere. Perioden som ung og studerende er tidspunktet hvor sundhedsadfærd formes og danner grundlag for hvordan vores sundhedsadfærd forløber i det senere voksenliv. Universiteter kan derfor betragtes som et nærmiljø, der kan give studerende mulighed for at tillægge sig gode sundhedsvaner til gavn for hele samfundet. I tæt samarbejde med forskere i flere europæiske lande samt bl.a. Libyen og Egypten, har vi sat os som mål at udforske universitetsstuderendes sundhedsadfærd. På baggrund af dette forskningssamarbejde skal der udvikles og afprøves sundhedsfremmende programmer på forskellige universiteter i Europa. Denne udgave af nyhedsbrevet bringer eksempler fra igangværende projekter omhandlende universitetsstuderendes sundhed. Projekterne er udført af Forskningsenheden for Sundhedsfremme og involverer også bachelor- og kandidatstuderende i Folkesundhedsvidenskab.

Editor-in-chief Arja R. Aro



araro@health.sdu.dk

Guest Editor Christiane Stock



cstock@health.sdu.dk

Managing editor Bettina Gundolf



bgundolf@health.sdu.dk

HPRnews

Indhold

Issue 12, April 2014

Editorial: Students' health in Europe and beyond

De studerendes sundhed i Europa og videre ud i verden

1 Students' perception of campus alcohol policies: A focus group study.

Eva Ladekjær Larsen, Satayesh Lavasani Kjær, Christiane Stock

Studerendes opfattelse af alkoholpolitikker på universiteter: Et fokus-gruppestudie

5 Body image concerns among Egypt university students.

Emily Petros Dibba, Christiane Stock.

Fokus på kropsbevidsthed blandt egyptiske universitetsstuderende

8 The potential of the social norms approach to prevent misuse of alcohol among university students in Europe: The SNIPE study.

Christiane Stock, Solveig Dohrmann

Tiltag ved sociale normer for at forebygge alkoholmisbrug blandt universitetsstuderende i Europa: SNIPE undersøgelsen.

14 Sexual health among European university students: The SLICE study

Derrick Ssewanyana, Christiane Stock

Seksuel sundhed blandt europæiske universitetsstuderende: SLICE undersøgelsen.

19 Gratis skolemad og sundhed i socialt udsatte områder

Pernille Tanggaard Andersen, Julie

Werenberg Dreier

Free meals in schools and health in socially marginalised areas.

New staff members

Nye medarbejdere

23 Fadumo Abdi Noor

24 Christina Mathilde Radl

25 Steven Ndugwa Kabwama

26 Mette Winge Jakobsen

27 Lotte Vallentin-Holbech

28 Berit Green Schønfeldt

Andre nyheder

Other news

29 Events within the unit

Begivenheder ved enheden

33 Announcements

- Research seminars
- Grandma summaries
- PNU news

Annonceringer, forskningsseminarer, publikationsresumer, PNU-nyheder

38 Next issue

Næste udgave

Students' perception of campus alcohol policies:

A focus group study

Eva Ladekjær Larsen, Satayesh Lavasani Kjær, Christiane Stock

High alcohol consumption among university students is a well-researched and documented health concern in many countries (Karam et al., 2007). Most reports have been from the United States and have shown excessive alcohol use among college students, including binge drinking (a drinking style characterized by a high number of drinks per occasion) (Weitzman and Chen, 2005). A study from the Unit for Health Promotion Research has shown that students at the University of Southern Denmark (SDU) reported a higher frequency of alcohol consumption than students at other European universities. Among alcohol drinking students a proportion of 23% of SDU males and 8% of SDU females showed problem drinking according to the CAGE screening test (Stock et al., 2009). Alcohol use has been associated with many health and social and study related problems, thus posing a problem for students involved in heavy drinking and for those around them (Harford et al., 2002).



Many universities in the US and in Europe have developed programs and policies in order to regulate alcohol in the university environment and the ways these rules are communicated and followed (Hunter et al., 2004; Larimer and Cronce 2007; Moreira et al., 2009). In contrast to most countries in Europe, US and Canadian universities have

longer experiences of implementing preventive programmes concerned with alcohol-related consequences. Alcohol consumption is generally deeply rooted in aspects of the cultures. Therefore the term “culture of drinking” is often used in the context of specific communities. Our special interest is related to the “culture of drinking” among college students. The characteristics of the “drinking culture” among the student population reflect the university environment in which education itself is conducted, the environments where students live such as residence halls or students’ houses and the general role of alcohol consumption in students’ lives. The study aims to increase the knowledge of a particular terrain and the cultural specifics of drinking as well as the explicit and implicit rules of regulation. Qualitative research using the focus group discussion method is an appropriate way of exploring opinions, attitudes and experiences of students. It allows for a deeper understanding of the problem while comparing the experiences of individuals. It is suitable for initial mapping, and could provide further potential for the investigation. The study is designed as a comparative study of students’ perspectives across universities in four European countries

A consortium of researchers from France, Belgium, Slovakia and Denmark has developed a common interview guide for the focus group interviews and a code book for the analysis. At the University of Southern Denmark we conducted five focus group interviews with 6-8 participants in each group. A total number of 35 students participated in the interviews. Two groups consisted of students from Campus Odense and three groups from campus Esbjerg where one of groups consisted of non-Danish students. The interviews followed the guideline and topics such as experiences and attitudes towards alcohol use among students, regulations, and norms of the use of alcohol at campus were discussed.



Data from Slovakia indicate that generally, alcohol was considered as part of the student life. The students knew little, if any, rules concerning alcohol, yet they expect the university to have a policy. Student participation was considered essential in policy development and implementation. However, the participants did not feel the need for any restrictions concerning alcohol. A policy should therefore focus on prevention initiatives rather than on restrictions. These preliminary findings suggest that students will not support an on campus alcohol restriction (Solonna et al., 2012). An on campus alcohol use prevention policy actively involving students, is considered to be realistic.

It remains to be analysed whether SDU students have similar perceptions than Slovakian and Belgium students. However, preliminary analysis of the data suggests that Danish students to some extent have similar attitudes concerning alcohol use on campus. Like the Slovaks SDU students believe that alcohol is part of Danish culture and therefore also an integrated practice on campus. It appears that Danish students and international students differ in the way they perceive alcohol to be an integrated part of culture. Students from abroad were less likely to believe that the consumption of alcohol was a 'natural' thing on campus.

SDU students were certain that rules regarding alcohol use on campus existed, yet they couldn't think of any, and were therefore surprised to hear that there are no rules at SDU. Again, similar to the Slovaks, the majority of the Danish students didn't see the necessity to make any restrictions, since they found no problem regarding alcohol use. If restrictions were to be made student involvement was considered essential during the development and implementation. Even though that the majority of the Danish students did not think that restrictions should be implemented, some saw the selling of alcohol in the cafeteria and in vending machines as an unnecessary invitation to drink. The same students also think that more arrangements and events without alcohol would be a good idea. In summary it appears that although there are no formal SDU rules on use of alcohol on campus, there are informal unwritten rules that are regulated by social norms and practices. An interesting topic to pursue in future studies could be to investigate further these unwritten rules, and how they are maintained and changed.

Dansk resume:

Studerendes opfattelse af alkoholpolitikker på universiteter: Et fokus-gruppestudie

Flere forskningsprojekter har dokumenteret et højt alkoholforbrug blandt både europæiske og amerikanske universitetsstuderende. Forskningsenheden for Sundhedsfremme har desuden dokumenteret at studerende på SDU har et højere alkoholforbrug end studerende fra andre europæiske universiteter. Dette inkluderer også alkoholproblemer for den studerende og for omverdenen. En måde at forebygge det store alkoholforbrug på er gennem politik. Der er lavet undersøgelser omkring regulerende alkoholpolitikker, men mange studerende især i Danmark, er ikke bevidste om de eksisterende regler omkring alkoholbrug på campus. Et konsortium af forskere fra Frankrig, Belgien, Slovakiet og Danmark er gået sammen om at lave et komparativt studie, hvor de studerendes alkoholvaner, viden om og holdninger til alkoholpolitik på campus i de respektive lande undersøges. De indledende analyser af fokusgruppeinterviewene med studerende fra campus i Esbjerg viser sig, at brug af alkohol er en integreret del af studiekulturen. En del af de danske studerende mente ikke der skulle være restriktioner omkring alkoholindtag på universiteterne. Der findes i forvejen uformelle regler blandt de studerende, som er reguleret af sociale og praktiske normer. Dog er der enighed om, at forebyggende metoder for overdrevent brug af alkohol kan komme på tale og at de studerende bør involveres til udformningen af sådanne forebyggende tiltag.

References:

Harford, T.C., Wechsler, H., Seibring, M. (2002) Attendance and alcohol use at parties and bars in college: a national survey of current drinkers. *Journal of Studies on Alcohol*, 63, 726-733.

Hunter Fager, J., Mazurek Melnyk, B. (2004). The effectiveness of intervention studies to decrease alcohol use in college undergraduate students: An integrative analysis. *Worldviews on Evidence-Based Nursing/Sigma Theta Tau International, Honor Society of Nursing* 1 (2), 102-119.

Karam, E., Kypri, K., Salamoun, M. (2007) Alcohol use among college students: an international perspective. *Current Opinion in Psychiatry*, 20, 213-221.

Larimer, M. E., Crouce, J. M. (2007). Identification, prevention, and treatment revisited: Individual-focused college drinking prevention strategies 1999-2006. *Addictive Behaviors* 32 (11), 2439-2468.

Solonna, F., Vendelova, N.S., Benka, J., Bacikova, M. (2012) Experiences of Slovak university students with on campus alcohol policy. *Human Affairs* 22, 579-590.

Stock, C., Mikolajczyk, R., Bloomfield, K., Maxwell, A.E., Ozebe, H., Petkeviciene, J., Naydenova, V., Marin-Fernandez, B., El-Ansari, W., Krämer, A. (2009) Alcohol consumption and attitudes towards banning alcohol sales on campus among European university students. *Public Health*, 123, 122-129.

Weitzman, E.R., Chen, Y.Y. (2005) The co-occurrence of smoking and drinking among young adults in college: National survey results from the United States. *Drug and Alcohol Dependence* 80(3), 377-386.



Body image concern

among Egypt university students

Emily Dibba, 3 year bachelor student



Fortunately, I stumbled across Professor Walid El Ansari in a train going from Esbjerg to Copenhagen, May 2012. This led to an unforgettable internship in England from April to June 2013 at the University of Gloucestershire as an ERASMUS student exchange. With Walid El Ansari as my supervisor and Christiane Stock as my co-supervisor, I began my journey in the world of research.

My primary purpose of the internship was to examine the socio-demographic, lifestyle and mental wellbeing variables associated with having body image concern (BIC). Furthermore, we were interested in examining the association separately for males and females. I started to examine university students in England (n = 3706). As this gave some interesting results (article is on the way), we decided to conduct a similar study, but among Egyptian university students (n = 3271). Besides the mentioned variables, we also examined, BMI, smoking and body image perception using a dataset that has previously been collected in Egypt.

Traditionally, in Eastern Mediterranean Region (EMR) Arab societies, plumpness was considered as female beauty and femininity. However, recent studies in EMR Arab countries reveal increasingly westernized views of the ideal body image (Yahia, et al., 2011). Now, thin body image is considered a beautiful feature of females in Arab countries (Musaiger, et al., 2012). Nevertheless, a consequence of such an adaption of the westernized culture may increase the risk of having BIC that might lead to body image disturbance (Tsai, et al., 2003). The literature suggested several gaps in knowledge. First, many studies examined BIC in western countries like in the UK (Luevorasirikul, et al., 2012), USA (Lowery, et al., 2005) or France (Rodgers, et al., 2012), whilst less research has scrutinized BIC in the EMR (Yahia, et al., 2011; Musaiger, et al., 2013). Secondly, those who have studied body image in the EMR (e.g. Lebanon, Egypt, Israel) focused on either eating disorders, self image or dieting to conclude that further research was required (Yahia, et al., 2011). Thirdly, few studies (Musaiger, et al., 2013) assessed the actual BIC among university students in EMR. However, studies that did assess the actual BIC, examined only female university students, despite that men similarly experience conditions characterized by altered perceptions of their bodies (Rodgers, et al., 2012). Fourthly, BIC has been examined due to the role of media

(magazines and television), but not due to BMI, body image perception, lifestyle, and mental wellbeing variables.

Our study bridges these gaps by examining the association between the self-reported BIC of 3271 students and BMI, body image perception, lifestyle, and mental wellbeing variables among female and male undergraduate university students in Egypt (article is on the way).

Data were collected as part of the General Student Health Survey in Assuit University, Egypt. This university was selected due to research interests, existing contacts and successful previous collaboration, and the university ethics committee provided ethical approval for the study. Students attending lectures of randomly selected courses were provided with self-administered questionnaires and then collected after completion. The study comprised 1663 (52.5%) females. For the study, we used SPSS to make a multiple linear regression analysis.

The variables included in the study were:

- Body image concern
- BMI
- Body image perception
- Lifestyle variables: Physical activity, nutrition & smoking
- Mental wellbeing variables: quality of life, finance-related stress, perceived stress, self-rated health & depressive symptoms.

In our study, we found that among students in Egypt, BIC existed and the concerns were strongly related to BMI and body image perception of being too fat. Additionally, students with depressive symptoms were more likely to have BIC. The level of BIC is higher among female (40.0%) than male (25.6%) students. The variables associated with BIC differ to some extent between males and females.

I felt that the two months were spent very quickly. My supervisor and co-supervisor were very supportive, helpful and friendly. I felt also challenged, but it provided me with enhanced skills, enriched knowledge and gave me an idea of “how it is to be a scientific researcher”.

I wouldn't mind doing it all over again.



Dansk resume:

Fokus på kropsbevidsthed blandt egyptiske universitetsstuderende

Emily Dibba, 3. års bachelorstuderende, Folkesundhedsvidenskab

Emily fik kontakt til professor Walid El Ansari ved University of Gloucestershire i England gennem ERASMUS udveksling. Hun var meget begejstret for sit ophold fra april – juni 2013. Hendes vejleder blev professor El Ansari og medvejleder lektor Christiane Stock. Emnet for opholdet var socio-demokratiske forhold som livsstil og mental sundhed i forbindelse med bekymring omkring kropsbilledet blandt universitetsstuderende i England. Senere blev spørgeskemaundersøgelser blandt universitetsstuderende i Egypten. Tidligere var det kvindeligt skønhed i arabiske lande at være buttet dog har vestlig indflydelse nu ændret skønheden til at have en slank kvindekrop. Dette kan lede til forstyrrelser i kropsbevidstheden, som spiseforstyrrelser og konstant diæt. Kvinder i højere risiko end mænd. Der er to artikler undervejs omkring disse emner.

References

- Lowery, S. E., Kurpius, S., Befort, C., Blanks, E. H., Sollenberger, S., Nicpon, M. F., & Huser, L. (2005). Body image, self-esteem, and health-related behaviors among male and female first year college students. *J Coll Student Dev*, s. 612-23.
- Luevorasirikul, K., Boardman, H., & Andersen, C. (2012). An investigation of body image concern and the effects of sociocultural factors among U.K. first year university students. *Public Health*, s. 365-7.
- Musaiger, A. O., & Al-Mannai, M. (2013). Association between exposure to media and body weight concern among female university students in five Arab countries: a preliminary cross-cultural study. *J Biosoc Sci*, s. 1-8.
- Musaiger, A. O., Bin Zaal, A. A., & D'Souza, R. (2012). Body weight perception among adolescents in Dubai, United Arab Emirates. *Nutr Hosp*, s. 1966-72.
- Rodgers, R. F., Ganchou, C., Franko, D. L., & Chabrol, H. (2012). Drive for muscularity and disordered eating among French adolescent boys: a sociocultural model. *Body Image*, s. 318-23.
- Tsai, G., Curbow, B., & Heinberg, L. (2003). Sociocultural and developmental influences on body dissatisfaction and disordered eating attitudes and behaviors of Asian women. *J Nerv Ment Dis*, s. 309-18.
- Yahia, N., El-Ghazale, H., Achkar, A., & Rizk, S. (2011). Dieting practices and body image. *Asia Pac J Clin Nutr*, s. 21-8.

The potential of the social norms approach to prevent misuse of alcohol among university student in Europe:

The SNIPE study.

Christiane Stock, Solveig Dohrmann.

Smoking tobacco, drinking alcohol, and using recreational drugs is prevalent among university students. Substance use has been shown to be associated with diminished emotional well-being and a poor health status. Besides the health effects of tobacco, alcohol or drugs, using these substances may also affect functioning at school or university. It is known that peer influences have a greater impact on individual behaviour than biological, personality, familial, religious, cultural and other influences (Berkowitz, 2004). Therefore the perceptions and beliefs about what is 'normal' behaviour in the people close to us, the so called social norms, appear to be a key factor modifying drug use behaviour among young adults (Perkins and Craig, 2003). Previous research suggests that young adults tend to overestimate drug use including alcohol in their respective peer group (e.g. Boot et al., 2012) and that these incorrect perceptions are predictive of higher rates of personal use (Perkins and Craig, 2003; Johannessen and Glider, 2003; Bewick et al., 2008). Social norms interventions work on the premise that if overestimations are challenged then the social pressure on the individual will lessen and their own rate of use will fall. In the case of alcohol consumption, a social norms campaign may consist of surveying a student population to identify the actual and perceived rates of alcohol use, and then presenting this information back to the student population. Traditional social norms interventions provided social norms feedback to student populations through mass media campaigns and a variety of peer education activities. More recently online technologies have begun to be used to deliver immediate personalised social norms feedback to university students (Bewick et al., 2008). By delivering personalised and more salient feedback to the individual based on the actual social norms of substance use it is expected

Dansk resume:

Mulighed for tiltag ved sociale normer for at forebygge alkoholmisbrug blandt universitetsstuderende i Europa: SNIPE undersøgelsen.

Sociale normers intervention i forebyggelse af misbrug af to eller flere stoffer på samme tid (The Social Norms Intervention for the Prevention of Polydrug Use – SNIPE) viser, at mange studerende overvurderer deres medstuderendes indtag af alkohol og stoffer og som følge selv har et højt alkoholforbrug og tror, at dette er normalt i deres sociale grupper. Med denne viden kan vi positivt gribe sundhedsfremmende ind ved at give information om de medstuderendes faktiske stofbrug til studerende. Projektet er et europæisk samarbejdsprojekt med seks europæiske lande samt Tyrkiet. I øjeblikket analyseres resultaterne af de indsamlede data og mangler stadig analyser af effekten af den web-baserede feedback på alkohol- og stofbrug.

References

Berkowitz AD. The social norms approach: theory, research, and annotated bibliography. Trumansburg, NY: Berkowitz, 2004.

Berkowitz AD. An overview of the Social Norms Approach. In: Changing the culture of college drinking: A Socially situated health communication campaign. Cresskill, NJ: Hampton Press, 2005.

Bewick BM, Trusler K, Mulhern B, Barkman M, Hill AJ: The feasibility and effectiveness of a web-based personalised feedback and social norms alcohol intervention in UK university students: A randomised controlled trial. *Addict Behav* 2008b; 33:1192–1198.

Boot CR, Dahlin M, Lintonen T, Stock C, van Hal G, Rasmussen S, McAlaney J. A survey study on the associations between misperceptions on substance use by peers and health and academic outcomes in university students in North-West Europe. *Int J Disabil Hum Dev* 2012; 11(3):273-279.

Johannessen K, Glider P. The University of Arizona's campus health social norms media campaign. In: Perkins HW (ed) *The social norms approach to preventing school and college age substance abuse: A handbook for educators, counselors, and clinicians*. San Francisco, CA: Jossey-Bass, 2003, pp.65–82.

Perkins HW, Craig DW. The Hobart and William Smith College experiment: A synergistic social norms approach using print, electronic media, and curriculum infusion to reduce collegiate problem drinking. In: Perkins HW (ed) *The social norms approach to preventing school and college*

age substance abuse: A handbook for educators, counselors, and clinicians. San Francisco, CA: Jossey-Bass, 2003, pp.:35–46.

Pischke CR, Zeeb H, van Hal G, Vriesacker B, McAlaney J, Bewick BM, Akvardar Y, Guillen-Grima F, Orosova O, Salonna F, Kalina O, Stock C, Helmer SM, Mikolajczyk RT . A feasibility trial to examine the social norms approach for the prevention and reduction of licit and illicit drug use in European university and college students. BMC Pub Health, 2012: 12, p. 882



Partners in SNIPE

University of Bremen, Germany
University of Antwerp, Belgium
University of Bradford, UK
University of Southern Denmark, Denmark
University of Navarra, Spain
University of Leeds, UK
PJ Safarik University Kosice, Slovak Republic
Marmara University, Turkey



SNIPE is funded by

EUROPEAN COMMISSION
DIRECTORATE-GENERAL



JUSTICE, FREEDOM, SECURITY

Project No. JUST/2009/DPIP/AG/0964

Project period: March 1, 2011 – February 28, 2013

For further information you can visit our website:
WWW.SNIPE-STUDY.EU

Or you can contact our coordinator at:
THE UNIVERSITY OF BREMEN
Bremen Institute for Prevention Research and
Social Medicine
Achterstrasse 30
D-28359 Bremen
Contact: Stefania Helmer
Phone: +49 (0)421 218-56909
Fax: +49 (0)421 218-56941
Mail: helmer@bips.uni-bremen.de

SNIPE

Social Norms Intervention
for the prevention of
Polydrug use



A university based approach to
health promotion among students

SNIPE SNIPE SNIPE SNIPE SNIPE SNIPE

What is SNIPE?

SNIPE is a social norms based intervention for university and college students. The main aims are to develop, implement and test an e-health intervention to:

Reduce the use of alcohol and smoking

Prevent the use of cannabis, cocaine and synthetic drugs

Prevent poly-drug consumption

Why do we need SNIPE?

SNIPE grew from previous research on student health in Europe which shows that:

Alcohol is a commonly used substance among European students, with a small number of students also reporting use of other substances.

Substance use patterns in this population are changing, with an increase in use of synthetic drugs and a move towards poly-drug use

There is a lack of research that directly compares rates of use between students in different European countries and a need for multi-national intervention strategies to reduce substance use.

What is SNIPE doing?

Peers are the most salient social referents for university students and overestimating their substance use may lead to increased personal use. Providing students with accurate information on peer behavior through feedback via an internet-based tool has been shown to be a useful prevention instrument in the US and Australia, but has rarely been tested in relation to substance use in Europe. If the SNIPE intervention is successful it could be made available to universities and colleges across Europe.

Who benefits from SNIPE?

Students Decreased substance use leads to reduced risk of substance related diseases and harmful behaviors and also to improved health among students. Good health is a known predictor of academic achievement which is beneficial to students in many ways

Universities Decreased consumption of alcohol and other substances makes the university campus safer and stimulates a positive learning environment.

Research SNIPE will increase the knowledge on effects and feasibility of e-health interventions using the social norm approach and provide monitoring data concerning substance use of a large student population with a broad geographic span.

Key data for SNIPE

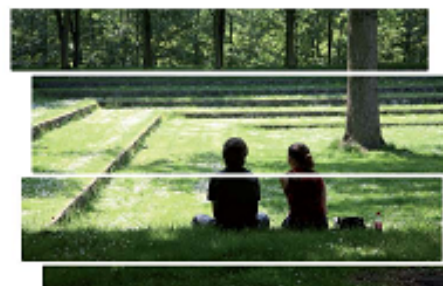
SNIPE is a European project with eight partners. SNIPE runs from March 2011 for two years and the e-health intervention is being tested in six European Union countries and Turkey. During that timespan we aim to achieve the following outputs:

Baseline survey with intervention and control groups

Implementation of e-health intervention

Follow-up survey with intervention and control groups

Provision of a multi-language website to provide information about SNIPE and the use of the e-health intervention.



SNIPE SNIPE SNIPE SNIPE SNIPE SNIPE

Sexual health among European university students:

The SLICE study

Derrick Ssewanyana, Christiane Stock

Understanding condom use behaviour and relationship characteristics among young adults in educational institutions is a challenging but relevant task for health promotion. With the aim to explore this subject, a team of two researchers; Associate professor Christiane Stock at the University of Southern Denmark (SDU), Esbjerg and Derrick Ssewanyana; a candidate in the Master of Science in Public Health programme at SDU, have embarked on a study on condom use and sexual relationships among European university students. The overall hypothesis for their study is that condom use behaviour among university students in Europe is associated with their steady/romantic relationship status.

Their study is however still in progress. Data to support this study has been accessed from a large ongoing longitudinal study known as SLiCE. The proceeding sections of this article explain what the research team aims to establish from their research on sexual health.

What is SLiCE?

Student Life Cohort in Europe (SLiCE) is an ongoing cross-national longitudinal study conducted at Universities in 13 European countries. A consortium of researchers from Slovakia, Lithuania, Hungary, Czech Republic, Bulgaria, Turkey, Poland, Germany, Spain and Denmark (SDU) developed a common protocol for the study and a common questionnaire. This cohort study is conducted among first year male and female students and aims at following them for up to 5 years. The aim of this cohort study is to assess health and health behaviours as well as life perspectives among these university students. This is relevant for identifying intervention programs that could potentially improve students' health and also detect changes in health and health related behaviour over time. This will also aid in comparing health and health related behaviour among university students between available EU countries. The major topics covered in this study include: sexuality, psychosomatic complaints, stress, well-being (depressive symptoms), alcohol, drugs, body image, dietary behaviour, physical activity and personality. For more information on SLiCE study, visit the web link <http://www.slice-study.eu/>

Why sexual health?

Our interest from this cohort study concerns sexual health among European students. We are posing a research question; *Is condom use among European university students influenced by engagement in a steady or romantic relationship?* There have so far been mixed findings from previous research regarding the issue of condom use during romantic relationships and quite a number of them suggest that intimate relationships are associated with many barriers to safe sex among young people(1-8). The usual assumption that sex in steady relationships is safe should therefore not refute the reality that sex with other partners while in an established relationship is also of common occurrence among young people (9). In 2012, the Annual Epidemiological report on communicable diseases (10) revealed that a significant portion (three quarters) of Chlamydia infection and nearly a half (43%) of gonorrhoea cases were prevalent among 15-24 year olds. Similarly, HIV, syphilis, Hepatitis B and C were also highly prevalent among young people between 25-44 years in Europe. The unfortunate reality is that many interventions to date are still designed without carefully considering individuals' relationship status and couples are also inadequately targeted (5). Additionally, young people's sexual relationships have been described as "serial monogamy"(11); meaning that they are often short successive monogamous encounters. Therefore in case of condom non-use in such relationships, there is great likelihood of exacerbating the risk of sexually transmitted infections. These and more issues justify the relevance of this research question among European university students. Not only does this study on sexual health intend to add to existing knowledge through investigating whether being or not being in an intimate relationship affects condom use but also by establishing if the length of the intimate relationship may have an effect on condom use behaviour among university students.



The study population and research protocol:

The study population for this specific research question consists of 1,010 students from 6 countries of: Bulgaria, Czech Republic, Hungary, Lithuania, Poland and Slovakia. These countries were included in this study basing on the availability of survey data for both of the completed waves; the baseline (first wave) and follow-up (second wave).

The data collection process was started in the summer term of 2011 using a web-based form that was translated to the different languages used in these countries. The internet-based data collection started in 2010/11 academic year and the follow-up was conducted in 2012/13. Students were recruited through introducing the research project during their regular lessons, through university newsletters and other available communication channels.

There are 3 major objectives for the research question for this study and these are:

- To describe the relationships characteristics among European university students
- To summarize the various condom use characteristics among European university students
- To establish how condom use is associated with engagement in a romantic/steady relationship

The overall hypothesis for this study is that condom use behaviour among university students in Europe is associated with their steady/romantic relationship status.

Preliminary results of the data show that 60 percent of the respondents only used condoms less than 5 times or did not use condoms at all in the previous month when having sexual intercourse. Given that there is a good level of consistence in the reported proportions of condom use frequency between the baseline and follow-up, there is a conclusively low level of condom use among these European university students.

In a nutshell, understanding the condom use behaviour in and out of intimate relationships among European students is crucial. More importantly, establishing whether and if so, how these 2 issues (safe sex and relationship status) are associated will enhance future contributions in improving sexual health especially targeting young people in academic institutions.

Dansk resume:

Seksuel sundhed blandt europæiske universitetsstuderende: SLICE undersøgelsen.

Derrick Sewanyana, Christiane Stock

Kohorte af studerendes liv i Europa (Student Life Cohort in Europe – SLICE) Undersøgelse blandt europæiske studerende og deres syn og brug af kondomer i faste forhold eller i forhold med flere forskellige partnere er blevet sat sammen til en undersøgelse på tværs af 13 europæiske lande. Dette gøres i et forsøg på at forbedre de studerendes sundhed, mens der ses på seksualitet, psykosomatiske lidelser, stress, depressive symptomer, euforiserende stoffer, fysisk aktivitet mm. Det foreløbige resultat viser at de europæiske studerende ikke tænker så meget på at beskytte sig under sex og at de især har mange forskellige partnere efter hinanden uden at tænke på beskyttelse og dermed efterfølgende kønssygdomme. Undersøgelsen blev gennemført ved spørgeskema via et web-baseret program.

References:

1. Hynie M, Lydon JE, Taradash A. Commitment, intimacy, and women's perceptions of premarital sex and contraceptive readiness. *Psychology of Women Quarterly*. 1997;21(3):447-64.
2. Keller ML. Why don't young adults protect themselves against sexual transmission of HIV? Possible answers to a complex question. *AIDS Education and Prevention*. 1993.
3. Lam CB, Lefkowitz ES. Risky sexual behaviors in emerging adults: longitudinal changes and within-person variations. *Archives of sexual behavior*. 2012:1-10.
4. Logan T, Cole J, Leukefeld C. Women, sex, and HIV: social and contextual factors, meta-analysis of published interventions, and implications for practice and research. *Psychological bulletin*. 2002;128(6):851.
5. Misovich SJ, Fisher JD, Fisher WA. Close relationships and elevated HIV risk behavior: Evidence and possible underlying psychological processes. *Review of General Psychology*. 1997;1(1):72.
6. Patrick ME. Daily associations of alcohol use with sexual behaviour and condom use during Spring Break. *Drug and Alcohol Review*. 2012.
7. Prat F, Planes M, Gras ME, Sullman MJ. Stages of change and decisional balance for condom use with a romantic partner. *Journal of health psychology*. 2012;17(8):1193-202.

8. Saul J, Norris FH, Bartholow KK, Dixon D, Peters M, Moore J. Heterosexual risk for HIV among Puerto Rican women: does power influence self-protective behavior? *AIDS and Behavior*. 2000;4(4):361-71.

9. Whisman MA, Snyder DK. Sexual infidelity in a national survey of American women: Differences in prevalence and correlates as a function of method of assessment. *Journal of Family Psychology*. 2007;21(2):147.

10. European Center for Disease Prevention and Control, Stockholm. (2012). Annual Epidemiological report. Reporting on 2010 surveillance data and 2011 epidemic intelligence data.

11. Netting NS. Sexuality in youth culture: Identity and change. *Adolescence*. 1992.



Gratis skolemad og sundhed

i socialt udsatte områder

Pernille Tanggaard Andersen, Julie Werenberg Dreier

Baggrund

Skolerne udgør i dag en vigtig arena for udviklingen af børn og unges sundhedsvaner og livsstil. Skolemadsordninger har derfor i de seneste år vundet mere og mere frem, som midler til at reducere overvægt og forbedre trivsel og indlæring blandt eleverne (1; 2). Tidligere har mange indsatser fokuseret på oplysningskampagner i troen om, at øget viden ville ændre elevernes adfærd, og dermed også i sidste ende deres sundhed. I dag er langt de fleste dog enige om, at oplysning i sig selv ikke i tilstrækkelig grad ændrer adfærd, men at elevernes omgivelser i skolen bliver nødt til at understøtte det sunde valg. Derfor er tilgængeligheden af sund skolemad blevet et omdrejningspunkt for mange indsatser i de danske folkeskoler. Til trods for at madordningerne ofte bliver fremført som et argument for at reducere den sociale ulighed i sundhed på den enkelte skole (3), har der dog i dansk forskningsmæssig sammenhæng været fokuseret mindre på, hvilke effekter skolemaden har i socialt belastede kvarterer. Skoler i socialt udsatte områder adskiller sig fra almindelige skoler, idet elevsammensætningen ofte er langt mere forskelligartet og dele af forældregruppen vil være resourcesvage. I denne artikel beskrives implementeringen og effekten af en gratis skolemadsordning i et socialt boligområde i Fredericia Kommune, og det diskuteres hvad skolemadsordningen har betydet for adfærd, vaner og sociale ulighed i sundhed.



Madordningens form

Skolemadordningen blev implementeret, som en gratis forsøgsordning i efteråret 2009 (1. aug-1. dec) på Alléskolen i Korskærparken, Fredericia Kommune og bestod af et morgen- og frokostmåltid. Morgenmåltidet indeholdt en bolle samt agurke- og gulerodsstave, mens frokostmåltidet var varierende, men fulgte Sundhedsstyrelsens kostanbefalinger. Typiske måltider kunne derfor være salatbar, sunde burgere, supper, lasagne, kylling mv. Madordningen blev tilbudt til eleverne på skolens 7.-10. årgang og var lokaliseret i et medborgerhus umiddelbart i nærheden af skolen. I forsøgsperioden deltog lærere fra de enkelte klasser i bespisningen, og sørgede for at eleverne kom frem og tilbage til skolen. For at imødekomme elevernes ønske om at have tid til at komme udenfor og holde pause, blev frikvartererne i den pågældende periode

forlænget med 15 minutter. Fra udgangen af 2009 har madordningen fortsat som en delvist brugerbetalt ordning og frikvartererne er reduceret til normal længde.

Resultater og evaluering

Umiddelbart efter den gratis forsøgsordning med skolemad var afsluttet blev der gennemført en evaluering af elevernes og flere professionelles holdninger og tilfredshed med ordningen. Evaluering bestod dels af en kvantitativ del rettet mod eleverne og en kvalitativ del, som omfattede både fokusgrupper med elever og enkelt interviews med lærere og skoleleder. Der blev i alt indsamlet 75 spørgeskemaer, hvilket omfattede cirka halvdelen af de elever, som deltog i ordningen. Evalueringen havde til formål at undersøge hvilke positive erfaringer, der kunne udledes fra projektet, samt sætte fokus på de barrierer, der kunne være i forbindelse med en forankring og implementering af projektet. Mere end 4 ud af 5 elever (82,4 %) benyttede sig dagligt eller næsten dagligt af madordningen. I det følgende præsenteres de primære styrker og barrierer, som evalueringen identificerede.

Styrker

Ændring af sundhedsadfærd - Et af de væsentligste resultater fra Skolemadsprojektet var, at elevernes sundhedsadfærd blev ændret i perioden under og umiddelbart efter projektet. Flere elever fortalte, at de lærte at spise nye former for madvarer og, at de fik en bedre rytme i deres spisetider. Ved at spise mere regelmæssigt og sundt oplevede mange også, at de fik mere energi og, at de havde nemmere ved at koncentrere sig i timerne. Dette har også betydet, at en stor del af eleverne efter madordningens ophør som et gratis tilbud, har ændret adfærd og er begyndt både at spise morgenmad og tage madpakke med i skole. Det er dog diskutabelt om disse ændringer kan forventes at være varige, da litteraturen indikerer at længere interventioner er nødvendige for en permanent adfærdsændring, og at effekten af mange skolemadsordninger formodes at være begrænset til selve projektperioden (1).



Forbedring af trivslen - Et andet væsentligt resultat var påvirkningen af elevernes trivsel. Skolelederen fortalte, at madordningen i høj grad havde påvirket elevernes følelse af fællesskab og, at der var sket en opblomstring af den sociale trivsel. Over halvdelen af eleverne peger på det sociale aspekt ved at spise sammen alle sammen som noget af det vigtigste ved madordningen og fortalte, at madordningen havde forbedret deres sammenhold. Dette kan dermed ses som et udtryk for en styrkelse af den sociale kapital¹ blandt eleverne. Social kapital er blandt andet associeret med selvopfattet sundhed, trivsel, helbred og risikoadfærd og kan i denne sammenhæng ses som et særligt vigtigt resultat, da områder med lav socioøkonomisk status typisk er karakteriseret ved at have lavere social kapital sammenlignet med mere velstillede beboelsesområder (3).

Barrierer

Inddragelse af eleverne – Et af de væsentligste kritikpunkter fra eleverne omhandler medbestemmelse i forhold til den mad, der blev serveret. Selvom skolen i forbindelse med implementeringen af skolemadsordningen oprettede et mad-råd, som blandt andet havde til formål at repræsentere eleverne i beslutningerne vedrørende hvilke retter, der blev serveret, blev rådet, ifølge skolelederen ikke nogen succes, fordi eleverne kun i begrænset omfang deltog heri. Dette indikerede således, at trods projektets indsats for at inddrage eleverne, er der stadig et behov for at tydeliggøre denne indsats eller ændre strategien for at øge elevernes deltagelse og medbestemmelse. Dette understøttes yderligere af internationale forskning, der understreger betydningen af de unges autonomi i valget af mad i forhold til dannelsen af sunde madvaner (4).

Brugerbetaling – Evalueringen indikerede, at brugerbetalingen udgør et væsentligt problem for den videre brug af madordningen. I den kvantitative del ses, at det faktum, at madordningen i en periode var gratis havde en meget stor betydning for elevernes positive opfattelse af ordningen. Da kun omkring 10 % af eleverne fortsat benyttede madordningen et par måneder efter den indførte betaling, betragtes dette således at have været en barriere for elevernes videre brug af madordningen. Væsentligheden af, at madordningen var gratis understøttes endvidere af, at blandt andet finske erfaringer, der også peger på, at gratis tilgængelige måltider i skolen har særlig stor effekt i områder, hvor den socioøkonomiske status er lav (5).

Perspektivering

Sund skolemad er vigtig for alle børn, men især børn fra socialt udsatte kvarterer kan have gavn af de sunde måltider. Børn fra familier med lavere socioøkonomisk status vil ofte være eksponeret for mere usunde madvaner i hjemmet, og det sunde skolemåltid bidrager således relativt mere til disse børns kost. Det kan på baggrund af evalueringens resultater argumenteres, at en gratis madordning på sigt ville kunne bidrage til indsatsen mod den sociale ulighed i sundhed. På kort

¹ Social kapital kan forstås som træk ved det social liv, netværk, normer, tillid der letter koordination og samarbejde til fælles gavn (6)

sigt har madordningen medført betydelige ændringer i elevernes sundhedsadfærd og trivsel, men ikke desto mindre kan der sættes spørgsmålstegn ved om sådanne ordninger har en effekt- i form af fastholdelse af adfærdsændringen - udover selve projektperioden. Forskning på området er i dag begrænset af, at en stor del af studierne består af relativt kortvarige interventioner og follow up perioder, (1), hvorfor de faktiske effekter af madordningerne på langt sigt endnu ikke er veldokumenterede. Fremtidig forskning inden for området bør derfor søge at afdække effekterne af den sunde skolemad, og bør have et særligt fokus på, hvordan skolemadsordningerne påvirker den gruppe af børn og elever, som har det største behov – nemlig børnene i fra socialt udsatte hjem og belastede boligområder.

English summary:

Free meals in schools and health in socially marginalized areas.

A health-promoting intervention in Korsbærparken, established by the municipality of Frederica has been evaluated to identify potentials and barriers in health promotion targeting free meals in schools. Factors that had a major effect on the success of the intervention were; a nearly cost free arrangement; the target groups ownership in the intervention; the fact that cultural and gender barriers were taken into account and the recruitment of participants through the local community, mentors and other participants. Barriers included dependence on economic support and practical arrangements and habits. Research in this area is limited today for which reason future research should cover the effects of healthy free meals in schools especially as to children with special needs.

1. **Jaime, P. C. and Lock, K.** Do school based food and nutrition policies improve diet and reduce obesity? A review. *Preventive Medicine, Vol 48.* 2009, s. 45-53.
2. **Shack-Nielsen, L., Mølgaard, C. og Underbjerg, M.** *Kostens betydning for læring og adfærd hos børn; En gennemgang af den videnskabelige litteratur.* København : Fødevarestyrelsen, 2009.
3. **Charlebois, J., Gowrinathan, Y. and Waddell, P.** A Review of the Evidence: School-based Interventions to Address Obesity Prevention in Children 6-12 Years of Age. 2012.
4. **Keleher, H. and Murphy, B.** *Understanding Health. A determinants approach.* s.l. : Oxford University Press, 2004.
5. **Shepherd, J, et al.** Young people and healthy eating: a systematic review of research on barriers and facilitators. *Health Education Research, Vol 21(2).* 2006, s. 239-257.
6. **Roos, E. B., Karvonen, S. and Rahkonen, O.** Lifestyles, Social Background and Eating Patterns of 15-year-old boys and girls in Finland. *Journal of Youth Studies, Vol 7(3).* 2004, s. 331-349.
7. **Putnam, R.** *Bowling Alone: The collapse and revival of American community.* New York : Simon & Schuster, 2000.

New staff members

Nye medarbejdere

Fadumo Abdi Noor

PhD Student



Fadumo Noor is our new Phd student . Her project focuses on application of the multilevel approach and the potential impact it has on prevalence of diabetes. She has a background as a biomedical laboratory technologist and worked at the biomedical departments at different hospitals. Originally from Somalia but has been living in Denmark the most of her life. She graduated in 2012 as Master of Science in public health with specialization in global health at the university of Southern Denmark and has been working as a research assistant at the Unit for Health Promotion Research. In addition she is teaching Health systems and policies, International health and Preparation of the Bachelor Project for the bachelor in Health Promotion and Health Education at Princess Nora Bint Abdul Rahman University in Riyadh,Saudi Arabien

Dansk resume:

Fadumo Abdi Noor er en af vores nye ph.d.-studerende. Hendes projekt fokuserer på anvendelse af 'multi level approach' og den potentielle indflydelse det har på forekomsten af diabetes. Hun har en baggrund som bioanalytiker og har arbejdet på biomedicinske afdelinger på forskellige sygehuse. Oprindeligt er hun fra Somalia men har boet i Danmark det meste af sit liv. Hun dimitterede i 2012 som kandidat i Folkesundhedsvidenskab med speciale i global sundhed på Syddansk Universitet I Esbjerg og har arbejdet som videnskabelig assistent ved Forskningsenheden for Sundhedsfremme. Derudover underviser hun på bacheloruddannelsen i Folkesundhedsvidenskab på Princess Nora Bint Abdul Rahman University (PNU) i Riyadh, Saudi-Arabien.

Christina Mathilde Radl

Research assistant



I started as a research assistant here in the Unit for Health Promotion Research in Esbjerg in December 2013. In the coming months I will mostly be working on the evaluation of the communal project “Sædding - Ådalen på toppen”. Along with that I got the opportunity to work as a teaching assistant at PNU in February/March.

Originally from Austria, I have a Bachelor degree in Health Management in Tourism from the University of Applied Science in Bad Gleichenberg/Austria. During my exchange semester here in Esbjerg I decided to stay and continue with the Master of Science in Public Health at SDU. My specialization in Health Promotion led me to write my final thesis on a reproductive health issue in Nepal together with one of my study colleagues. The whole process – study trip to Nepal, finalizing the thesis and the fact that we got the chance to publish our results in a paper – made it clear to me, that one day I would want to return to the university environment.

Marginalized groups (especially ethnic minorities) have always been one of my favorite areas of interest. For the last 2 years I have been working as a project coordinator in a local NGO (Mentornetwork) that focuses on the social inclusion of ethnic minorities in Esbjerg and Varde. It was there, that I gained a profound knowledge on the status of ethnic minorities in Denmark, but also a lot of practical experience in project management, peer-education approaches and fundraising. I started a counseling project for women and coordinated two groups with young and parent role models that were doing dialogue meetings in primary schools, language schools, NGOs and challenged residential areas in the municipalities. This time has, professionally and personally, been very valuable to me and shaped me a lot. I met a lot of people with different (socio-economic) backgrounds and learned about their life situations and challenges. Some ideas on how I could combine my education and my field of interest started to grow inside of me, and hopefully I can soon realize those ideas in a PhD project.

Dansk resume:

Christina Mathilde Radl arbejder som videnskabelig assistent. Hun er kandidat i Folkesundhedsvidenskab med specialisering i Sundhedsfremme. Først arbejdede hun i Mentornetværk Esbjerg/Varde, som er en frivillig forening, der arbejder med integration, social inklusion og kulturel mangfoldighed i Esbjerg og Varde kommuner. Nu arbejder Christina her primært på evalueringen af det kommunale projekt ”Sædding – Ådalen på toppen” og som undervisningsassistent på Princess Nora Bint Abdul Rahman University (PNU) i Riyadh, Saudi-Arabien

Steven Ndugwa Kabwama

Research assistant



Steven Ndugwa Kabwama started working in the unit in January 2014. His two biggest tasks entail the preparation of exercises for a Demography course that will be taught at Princess Norah University (PNU) as well as the preparation of exercises for the online bridging course that is offered to new master's students.

Before this he defended his master's thesis in October 2013 where he wrote a systematic review on "The association between HIV/AIDS related knowledge and the perception of risk for infection." To put about 80 pages of literature and about 5 months' work in one sentence, he found that behavioural change messages need to be carefully drafted to incorporate an element of risk perception so that the fight against HIV/AIDS does not suffer a back lash as a result of its own progress. Knowledge needs to be presented in such a way that it does not elicit an increase in risky behaviour.

Between 2010 and 2011 Steven worked in Uganda as a Research Assistant on a value chain enhancement project called the Presidential Initiative on Banana Industrial Development (PIBID). The project entailed adding value to bananas to improve the incomes, health, nutrition and livelihoods of the farmers engaged in the banana value chain. During his bachelor he also worked on another value chain enhancement project where he established a food based micro enterprise for two groups of farmers. He used the work he did on this project to write his bachelor thesis that led to the award of the BSc in Food Science and Technology.

Dansk resume:

Steven Ndugwa Kabwama er tidligere kandidatstuderende i Folkesundhedsvidenskab fra Uganda. I øjeblikket arbejder han som videnskabelig assistent med øvelser til brug i undervisningen i Saudi Arabien ved Princess Nora Bint Abdul Rahman University (PNU) i Riyadh, Saudi-Arabien samt forberedelse af det online toningsforløb til sommer på SDU. Han har arbejdet med emner som HIV/AIDS og risikoadfærd. Steven har taget sin bachelor i Uganda i Food Science and Technology og arbejdet som videnskabelig assistent i et projekt omkring bananindustrien.

Mette Winge Jakobsen

PhD student



From February 2014, Mette W Jakobsen will change her employment status from Research Assistant to PhD-Student, where her project will be the use of knowledge in physical activity policy making and the organizational determinants for evidence use in the setting of local physical activity policy making (in the REPOPA project). Just returned from maternity leave, she will re-join the REPOPA project management team.

She is a graduate of both Bachelor in 2006 and Master of Science in Public Health / Health Administration specialization in 2009 at SDU, Esbjerg. She started to work in the field of health impact assessment (HIA) already as an intern with Ben Cave Associates Ltd. in Leeds in 2008 and has continued to work in that field, focusing on implementation of HIA in Danish local level decision making mainly physical planning. Her PhD-project will move slightly away from the HIA track, which she hope will give her a broader perspective on local level policy making, mainly the infrastructure and tradition of knowledge use, especially scientific knowledge.

Prior to her current employment with the Unit of Health Promotion Unit, she worked as Consultant in Health Promotion with Grontmij | Carl Bro A/S, Esbjerg and most recently as private/SDU consultant for the Danish Healthy Cities Network on their project "Health Impact Assessment in Danish Municipalities and Regions" (finishing in April 2014). She will assist the Healthy Cities Network project group in finalizing the project.

Mette is the author of several 'grey' publications, including a review tool for HIA reports on development projects and several Danish reports on HIA implementation.

Dansk resume:

Efter endt barsel, kommer forskningsassistent og REPOPA sekretær **Mette Winge Jakobsen** tilbage nu som ph.d.-studerende. Hendes projekt vil omhandle brug af forskningsbaseret viden i udarbejdelsen af politikker for at fremme af fysisk aktivitet samt de organisatoriske determinanter for forskning indenfor samme område dog med fokus på danske kommuner. Hendes forskning er en del af REPOPA projektet, hvor hun vil assistere i projektledelsen. Hun blev færdig som bachelor i Folkesundhedsvidenskab i 2006 og kandidat i folkesundhedsvidenskab i 2009. Hun har primært beskæftiget sig med sundhedskonsekvensvurdering både som praktikant og senere som konsulent. Hun håber, at hendes ph.d.-projekt vil give hende en større indsigt i vidensintegrering i det kommunale arbejde.

Lotte Vallentin-Holbech

Research assistant



Lotte Vallentin started as research assistant in April 2014. Her main work is on the social norms projects, SNIPE and 'Det gode liv mellem de unge'. Further Lotte is working on getting accepted into the PhD school with a project related to 'Det gode liv mellem de unge', where the focus will be misperception of alcohol use among adolescents in Danish public schools and how a social norms intervention with personalised web-based feedback might correct this misperception.

Lotte is graduated both as Bachelor (2009) and Master of Sciences in Public Health/Global Health (2012) from SDU, Esbjerg and is excited to be back at the university and among 'old' colleagues. Her employment history is ranging from laboratory research-technician at Aarhus University around restaurant manager and freelance research assistant in the municipality of Fredericia to now, research assistant with the unit of Health Promotion.

Through Lotte's voluntary engagement in the civic organisations 'Sager Der Samler' and The Danish Scout Organisation, she mentor university students and facilitate interventions within the frame of the nudging approach and appreciative inquiry and so, she consider herself lucky to have the opportunity to work professional in these areas.

Dansk resume:

I april 2014 blev Lotte Vallentin ansat som videnskabelig assistent. Hendes primære arbejde er relateret til sociale normers betydning i forbindelse med projekterne SNIPE og 'Det gode liv mellem de unge' med senere ansøgning til ph.d.- skolen, projekt med fokus på alkoholbrug blandt unge i folkeskolers 8-10 kl., samt hvordan en web-baseret intervention baseret på social pejling kan være med til at ændre sociale normer omkring alkoholbrug og misbrug. Lotte er uddannet både som bachelor (2009) og kandidat i Folkesundhedsvidenskab/Global Health (2012) fra SDU, Esbjerg. Hendes erhvervs erfaring strækker sig lige fra forskningslaborant ved Aarhus Universitet over restaurant manager og freelance forskningsassistent i Fredericia Kommune til nu, videnskabelig assistent hos Forskningsenheden for Sundhedsfremme.

Gennem Lottes frivillige engagement i de socialt orienterede NGO's, 'Sager Der Samler' og Det Danske Spejderkorps, er hun mentor for andre universitetsstuderende og er med til at facilitere interventioner inden for rammerne af 'nudging'-tilgangen og anerkendende ledelse, og hun anser sig selv for heldig ved nu at have mulighed for at arbejde professionelt inden for disse områder.

Berit Green Schønfeldt

Study Secretary, PNU programme



My name is Berit Green Schønfeldt, and as per 1 March this year I joined the unit of health promotion research at the University of Southern Denmark, Esbjerg in a new position as study secretary with focus on tasks related to the Princess Nora Bint Abdul Rahman University in Riyadh, (PNU) Saudi Arabia.

I have a background as language correspondent combined with communication, international marketing, administration, organisation and logistics, and I have several years of international working experience within the service sector and production companies.

I live with my family in a suburb of Esbjerg with the unique Wadden Sea within walking distance, and this means that nature and local “wildlife” form a natural part of my spare time.

Although I have not been here for long, I have already met a lot of co-operative and very dedicated colleagues, and now I am looking very much forward to working more closely together with our business partners in Saudi Arabia.

Dansk resume:

Mit navn er **Berit Green Schønfeldt**, og jeg har siden 1. marts i år været ansat i forskningsenheden for sundhedsfremme på Syddansk Universitet i Esbjerg for at varetage de opgaver, der er knyttet til Princess Nora Bint Abdul Rahman universitetet i Riyadh, (PNU) Saudi-Arabien.

Jeg er uddannet korrespondent kombineret med kommunikation, international markedsføring, administration, organisation og logistik, og har mange års international erhvervserfaring med både servicesektoren og produktionsvirksomheder og bor sammen med min familie i en forstad til Esbjerg - i umiddelbar nærhed af det fantastiske Vadehav.

Events within the unit

Begivenheder ved enheden



The Nordic Health Promotion Research Network meeting, at the WHO/EURO, Copenhagen 27-28 March, 2014

The next Nordic Health Promotion Research Network workshop, organized by the Nordic School of Public Health (NHV, Göteborg), took place this time in Denmark at the facilities of the WHO/EURO in Copenhagen. This time the meeting discussed the network's possibilities to arrange PhD level courses where students enrolled in any of the Nordic Universities would be eligible to attend. Associate professor Leena Eklund Karlsson and honorary professor Glenn Laverack from our research unit attended the meeting as regular Network members and contributed in the discussions on behalf of the University of Southern Denmark. See link http://www.nhv.se/customer/templates/InfoPage_1673.aspx?epslanguage=EN

Assoc. Prof. Leena Eklund Karlsson
Honorary Prof. Glenn Laverack



Dansk resume:

Det nordiske netværksmøde i sundhedsfremmeforskning ved WHO/EURO i København 27.-28. marts, 2014.

Denne gang afholdt ved WHO i København med henblik op at aftale muligheder for arrangementer af ph.d.-kurser ved nordiske universiteter. Lektor Leena Eklund Karlsson fra enheden og adjungeret professor Glenn Laverack deltog på vegne af SDU.



Four days' visit from Finland – REPOPA project

From March 25 until 28 the unit had the benefit of a visit from **Riitta-Maija Hämäläinen** (PhD, MPH, MSc) from the National Institute for Welfare and Health (THL) in Helsinki. Riitta-Maija is the project director for service innovations for the Southern Finland project and senior researcher for the EU-funded REPOPA (Research into Policy to enhance Physical Activity). She has over 20 years of experience in international cooperation in social, health and labor market issues. Riitta-Maija has been involved in the REPOPA project as work package leader of a large study on the use of evidence in health enhancing physical activity policies in Europe. In total 21 European policies were analyzed based on policy documents and stakeholder interviews. The study has been completed and the work package members are now in the process of publishing their results. The purpose of Riitta-Maija's visit was to plan the publications and to do some actual writing. Throughout the four days meetings were held and individual writing time was prioritized. Riitta-Maija's visit did not only put REPOPA publications on the agenda but also built a strong relationship between Finnish partner and our unit's REPOPA members across work packages.

PhD student Mette Winge Jakobsen



Riitta-Maija Hämäläinen, Leena Eklund Karlsson and Arja Riitta Aro

Dansk resume:

4-dags besøg fra Finland – REPOPA projektet

Riitta-Maija Hämäläinen fra 'The National Institute for Welfare and Health' i Helsinki besøgte vores enhed i forbindelse med publicering af forskning i EU projekt REPOPA (REsearch into POLicy to enhance Physical Activity). Riitta-Maija har over 20 års erfaring med international samarbejde i det sociale og sundhedsmæssige arbejdsmarked og er i forbindelse med REPOPA projektet international arbejdsparkeleder for en større undersøgelse af brugen af evidens i 21 europæiske politikker for at fremme fysisk aktivitet. Undersøgelsen er færdiggjort gennem dokumentanalyse samt analyse af interviews af nøglepersoner og resultaterne er snart klar til publicering.

Guest lecturer from Public Health in Kazakhstan

Gæsteforelæser fra folkesundheden i Kasakhstan.

On 9 April the unit had again an opportunity to welcome a foreign guest. This time prof. **Altyn Aringazina** from Kazakhstan School of Public Health in Almaty (KSPH) who gave a lecture on public health challenges in the Republic of Kazakhstan. She was for the third time in Esbjerg as there is a long standing collaboration between our unit and KSPH. The Kazakh public health system shows an interesting case of development. The annual budget for health care is increasing, there are different health education facilities, schools for mothers, children targeting maternal and child health all over the country. However, due to the size of country (larger than Europe without Russia), it is extremely hard to provide equal level care across the whole country and there are serious urban-rural differences. In terms of lifestyle issues, alcohol abuse is on a very high level, and physical activity on opposite, low level. During the last decade, the role of municipalities especially in public health part is increasing taking in account the “health in all policies” approach. All these issues offer good research collaboration possibilities between SDU and KSPH which we hope to develop. In terms of teaching collaboration, the KSPH is the only school of public health in the region of Central Asia and there was already a group of SDU students who spent a semester in Almaty; based on Altyn’s lecture two of our master students are planning to spend their internship time period in Almaty in summer 2014

Assoc. Prof. Gabriel Gulis



Dansk resume:

Gæsteforelæser fra Kasakhstan

Professor **Altyn Aringazina** besøgte den 9. april SDU i Esbjerg med et oplæg om folkesundheden i Kasakhstan med de udfordringer, som landet har indenfor området, med bl.a. stigninger i budgetter, uligheder i sundhedssektoren samt alkoholmisbrug og lav fysisk aktivitet. Studerende fra SDU har tidligere gennem fælles forsknings-samarbejde haft et semesterophold på 'School of Public Health' i Almaty og denne sommer planlægger to kandidatstuderende at tage af sted igen.

Lektor, Gabriel Gulis

New ways to offer the bridging course at the Faculty of Health Sciences

University of Southern Denmark, Esbjerg, Tue-Sat **10-14 June 2014**.

Introduction of a new internet based bridging course before starting the Master of Science in Public Health Programme at the University of Southern Denmark in Esbjerg:

Professional bachelors are important for the MSc in Public Health Programme due to their practical knowledge in different mostly health related areas. Due to the professional focus of their bachelor education this group to some extent lacks scientific knowledge and competencies, which was formerly bridged with some additional lectures and practical training before admission to the MSc in Public Health Programme. This year the Faculty of Health Sciences is starting an online course which will be available for professional bachelors who apply for several Master of Sciences programmes that the Faculty offer in order to facilitate their following scientific education. This new course contains topics like philosophy of science, quantitative and qualitative methods, information literacy and study competence. The training works with small podcasts, texts and exercises to prepare the students for the scientific approaches in the different Master of Science programmes. For Public health students there will be a short additional introduction in biostatistics offered in order to train the use of statistical programmes, which are used continuously in the public health programme.

Assoc. Prof. Gabriele Berg-Beckhoff



Dansk resume:

Suppleringsforløb til kandidatuddannelsen i Folkesundhedsvidenskab i Esbjerg 10.-14- juni 2014.

Professionsbachelorer kan deltage i et suppleringsforløb for at kunne tilegne sig den rette forskningsmæssige viden til start på kandidatuddannelsen til august. Dette år arrangeres et online-forløb - også med små podcasts og specielt med introduktion til biostatistik og statistikprogrammer, der anvendes på kandidatuddannelsen.

Lektor, Gabriele Berg-Beckhoff

Announcements

Annoceringer



Research seminars in the units

Forskningsseminarer i enhederne

Next open research seminars in the units will be:

Date: 28 May from 12 – 13 at SDU in Esbjerg, meeting room 2

‘The social norms approach to prevent alcohol and other drug use’ by Assoc. Prof. Christiane Stock, a big grant received by Trygfonden:

[http://www.sdu.dk/Nyheder/Nyt fra SDU/Hvor meget drikker dine venner](http://www.sdu.dk/Nyheder/Nyt_fra_SDU/Hvor_meget_drikker_dine_venner)

Date: 25 June from 12-13 at SDU in Esbjerg, meeting room 2

‘An international cooperation targeting seafarers’ fatigue’ by Ass. Prof. Jørgen Riis Jepsen from CMSS

[http://www.sdu.dk/en/Om SDU/Institutter centre/Ist sundhedstjenesteforsk/Forskning/Forskningsenheder/MaritimSundhedSikkerhed/Forskningsprojekter/Soefart/MARTHA](http://www.sdu.dk/en/Om_SDU/Institutter_centre/Ist_sundhedstjenesteforsk/Forskning/Forskningsenheder/MaritimSundhedSikkerhed/Forskningsprojekter/Soefart/MARTHA)

These seminars are open to the public.

Campus Esbjerg – view from Stormgade



Grandma summaries

Julie Werenberg Dreier



Feber i graviditeten – skader det barnet?

Feber i graviditeten har været under mistanke for at kunne skade barnet. Vi har derfor lavet en undersøgelse hvor vi sammenfatter al nyere forskning, hvor man har kigget på om forekomsten af feber under graviditeten øger risikoen for en række komplikationer og sygdomme hos barnet. Vores resultater viser, at feber i graviditeten er skadeligt for barnet. De mest markante fund viser, at feber i første del af graviditeten øger risikoen for en række misdannelser hos barnet, herunder rygmarvsbrok, hjertefejl, og læbe-ganespalte. Vi ser derudover en tendens til, at feber måske også øger risikoen en smule for blandt andet autisme, spastisk lammelse, og astma. Disse resultater er dog mere usikre, da der kun findes enkelte undersøgelser, der har fokuseret på netop disse sygdomme. Spørgsmålet er så hvad man kan gøre, som gravid kvinde, hvis man får feber? Ud fra vores sammenfatning ser det ud til, at febersænkende medicin faktisk ser ud til at mindske den risiko, der er forbundet med at have feber. Ikke desto mindre bør man altid tale med sin læge inden man, som gravid, tager nogen former for medicin. Vi må også huske på, at selvom risikoen er øget lidt, så er chancerne for at få et sundt og raskt barn stadig langt større selvom kvinden har haft feber. Fremtidig forskning bør kigge nærmere på om feberen kun er skadelig under særlige omstændigheder (fx ved meget høj temperatur eller af lang varighed), om feber er skadelig under hele graviditeten eller om det kun er i den første del, og sidst men ikke mindst hvilke sygdomme som barnet har en øget risiko for at udvikle, hvis moderen har haft feber imens hun ventede barnet.

Kort videoklip fra amerikansk nyhedsside HealthDay, der opsummerer de vigtigste resultater af publikationen: <http://consumer.healthday.com/general-health-information-16/miscellaneous-479/health-headlines-685161.html>

English summary:

Fever in pregnancy – Is it harmful?

Fever in pregnancy has been suspected of being harmful to the child. We have consequently conducted a study where we summarized the body of scientific literature, considering whether fever in pregnancy is associated with a range of complications and diseases in the child. Our results show that fever in pregnancy is in fact harmful for the child. The most significant findings show that fever in early pregnancy increase the risk of a range of birth defects, including neural tube defects, heart defects and oral clefts. In addition, we also found that fever might increase the risk somewhat of some diseases, such as autism, cerebral palsy and asthma. These results are however more uncertain, since there are only a few studies available focusing on these specific conditions. The question is then, however, what a woman can do, if she experiences a fever episode while being pregnant? From our findings it seems like fever-lowering drugs actually reduce the risks associated with having fever. Nevertheless, a pregnant woman should always consult her physician before taking any type of medication. We also need to emphasize that even though fever in pregnancy may increase the risk of certain diseases, it remains much more likely that the child suffers no means at all. Future research should investigate whether fever might only be harmful under certain circumstances (e.g. at a very high temperature or long duration), whether fever is harmful throughout pregnancy or only in the first part, and last but not least, which diseases the child has an increased risk of developing if the mother had a fever while she was carrying the child.

Short video from the American news service HealthDay, summarizing the main results of the review: <http://consumer.healthday.com/general-health-information-16/miscellaneous-479/health-headlines-685161.html>

Grandma summaries

Gabriele Berg-Beckhoff



Association between socioeconomic factors and sleep quality in an urban population-based sample in Germany.

Europ J Public Health 2013; doi: 10.1093/eurpub/ckt175 epub ahead of print

Good sleep quality is essential for recovery. A lot of risk factors of sleep disorders are known, but there is sparse information on the association of socioeconomic factors with a person's sleep quality. The aim of the present analysis is to investigate this association. The analysis is based on cross-sectional German wide survey with 3281 participants. Sleep quality and socioeconomic situation was assessed for each participant. Socioeconomic situation and sleep quality are associated. The results show that people living in an urban environment with a high or medium socio economic situation have a greater probability of good sleep quality than persons with a low socio economic situation. Anxiety and depression, but also participants health status, are associated with sleep quality as well and may explain part differences of the socioeconomic levels seen in sleep quality. This means in other word, that these factors are associated with poorer sleep quality, but at the same time, these factors occur more often within lower social classes.

Dansk resume:

Sammenhæng mellem socioøkonomiske faktorer og søvnkvalitet – undersøgelse fra Tyskland.

Det er vigtigt for kroppens helbredelse at få god søvn. I artiklen undersøges sammenhæng mellem socioøkonomiske faktorer og god søvnkvalitet baseret på deltagere i Tyskland i forskellige miljøer. Hvis man kommer fra en lavere social klasse, har man en dårligere søvnkvalitet, viser undersøgelsen.



Physical activity among young Saudi students: Cultural and psychosocial barriers and facilitators

Anne Nistrup, Arja R. Aro

As a part of our SDU teaching contract at Princess Nora University (PNU) for women in Riyadh, we launched a pilot study on the PNU campus to better understand the cultural and psychosocial factors related to the restricted possibilities of doing exercise as a female in Saudi Arabia. The pilot study, which functions as a baseline for a further intervention study, will add to the very limited data that has been gathered in this field of research in Saudi Arabia.

The study is collaboration between SDU and PNU; it has brought us new know-how on two rather different research climates. We were asked and managed to write a proposal in one weekend; we got a decision about funding very soon, but after that we have needed patience: getting documents of the granted ethical clearance, actually receiving the promised funding as well as adhering to agreed data gathering procedures, have created several challenges. Through a cross-sectional mixed-method research design qualitative data have been gathered in focus groups interviews of 23 students and by a survey of 93, all first year students of 18-22 years. The survey included standard instruments of physical activity, of barriers to physical activity, and of self-efficacy and ad hoc questions on perceptions and behaviours related to culture and physical activity. At the moment we are analysing the data and preparing to write the first report and article manuscript. Anne Nistrup uses the pilot data for MSc thesis at SDU. After this pilot study, a larger survey is planned and then a separate intervention study

Arja R Aro (leader), Anne Nistrup, Eva L Larsen, Anastasia Samara, Thomas Skovgaard, Walid Ansari

Dansk resume:

Fysisk aktivitet blandt unge saudiske studerende: Kulturelle og psykosociale barriere og facilitatorer.

Kandidatstuderende Anne Nistrup, SDU har sammen med forskningsleder Arja Aro og andre lavet et pilotstudie på PNU i Saudi Arabien omkring kvinders begrænsninger for motion i Saudi Arabien. Studiet har været et stykke tid undervejs på grund af administrative forskelligheder i forskningen på SDU og PNU. Kvalitativ data omkring fysisk aktivitet og barriere for samme blandt førsteårs kvindelige studerende er blevet samlet ind. Disse dataindsamlinger vil Anne bruge til at skrive sit speciale senere på SDU. Efter dette pilotstudie er der planlagt et separat interventionsstudie.

Next issue

Næste udgave

Will be our autumn issue in **October 2014**. Please forward contributions by September 30.

Næste gang udsendes vores efterårsudgave til **oktober 2014**. Fremsend venligst indlæg senest til 30. september.

All contacts, e.g. to be added to or deleted from the mailing list of the HPR News: Bettina Gundolf, bgundolf@health.sdu.dk.

