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Presenting Author with affiliation:

Catrine Kostenius, professor, Luleå University of Technology & Norrbotten Association of Local Authorities

Co-Authors:

Annica Henricsson, Norrbotten Association of Local Authorities, Catarina Lundqvist, Norrbotten Association of Local Authorities, Annika Nordstrand Region Norrbotten & Lena Nyström, Norrbotten Association of Local Authorities

Unleashing the power of everyone – a model for multi sectoral health promotion

The purpose of the study was exploring the use of the 5-D cycle as a research and development model for multi sectoral health promotion. A workshop using the 5-D cycle was held with 79 participants, 68 adults representing 26 different professions and 10 politicians, 11 students aged 12-18 and 1 parent. In the workshop the participants (1) *defined* health promotion in the context of school, (2) *discovered* important values and documented them, (3) *dreamed* by formulating visions and possible future scenarios, (4) *designed* activities for improvements, and finally (5) *envisioned destiny* by formulating activities to reach the goals and continuous development in alignment with the visions and values. Qualitative content analysis was used. The findings revealed a definition of health promotion in the school context including physical, mental, social and existential dimensions. Important visions and values were for example caring for each other, building appreciative relationships, being respectful and honouring diversity in an inclusive environment. The findings illuminate dream-come-true-scenarios capturing the essence of a school where everyone, students and staff alike loves to be, grows and learn for life. We found the 5-D cycle useful in guiding a participatory process including adults, children and youth. It was also helpful in supporting adults and students to formulate dreams, articulating visions on how to improve the school and design to enact visions. The 5-D cycle connected health promoting school development and research unleashing the power of everyone in multi sectoral health promotion.

Keywords: Appreciative Inquiry, empowerment, participatory model, multi sectoral