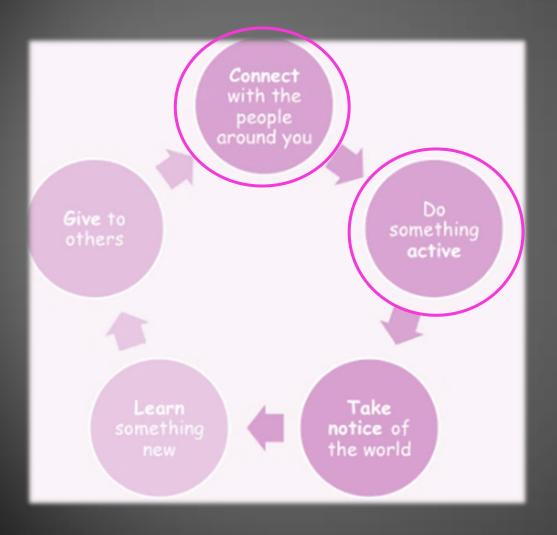


Relevant Science

- Mental well-being among overweight women in the age 16-25
- Overweight may lead to social isolation and lack of participation in society
 - Societal stigma
 - No acceptance as individual

Mind Apple Tree



- Purpose
 - Further development of individual mental well being

From Mental health and wellbeing day, February 2012

http://www.exeter.ac.uk/staffas sociation/events/title 177461 en.html

Approach to the ENOTHE theme 2013

• Our intention is to develop a social network, this will give the women an opportunity to support each other in being responsible for their own participation in social activities.

Selection of participants

- Our Participants selection criteria:
 - Age 16-25
 - Overweight
 - Female



Facebook as Meeting Point



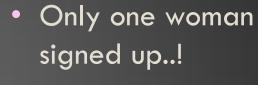
- Supportive network
- Social relations
- Participation



- Ethical considerations:
 - The flyers/posters
 - Facebook



Our Project





Results

- Positive quotes
 - "Good initiative, a shame I was already busy that day"
 - "Very catchy flyer loved the colors"

Interview with Sophie:

- More specific about
 - Purpose
 - Activities on the day
- More dates to choose between
- Widen the invitations on a larger geographic area

Use of the project

- Hvad kan vi bruge sophies overvejelser til, til vores projekt
- In what way can the results be used in an OT understanding?



A speciel thanks to

- Our sponser: ETF
 - The danish orginisation of occupational therapists

