

Active citizenship and participation, by focusing on mental health

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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/staffasociation/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

Promoting the project

- Ethical considerations:
 - The flyers/posters
 - Facebook



Our Project

- Only one woman signed up..!
- WHY?



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?



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