

Living Healthy Through Generations



Healthy Lifestyle & Active Living

To learn more about the project visit our website: lightgen.wix.com/grundtvig

You can also find us on Facebook at:

[www.facebook.com/pages/
LIGHTGEN/450311548421077](https://www.facebook.com/pages/LIGHTGEN/450311548421077)



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We would also like to thank the students, teachers, all other participants and associates who supported the project's successful completion in each nation state.

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MEET THE TEAM



Attending 4th Transnational Meeting in DCU, Ireland

This is a European Partnership research project carried out in collaboration with eight nations. The participating countries included: Italy, Northern Ireland (UK), Poland, Portugal, Republic of Ireland, Romania, Spain and Turkey. Representatives from all countries are pictured at the transnational meeting in Dublin, Ireland. Denise Shannon, Project Officer Adult Education Field, Léargas, Ireland's National Agency, is pictured standing first left back row.

All partners collaborated on all of the work. The following partners led in the areas outlined below:

Wyższa Szkoła Biznesu i Nauk o Zdrowiu

Co-ordinator, preparation of administrative and managerial guidelines

Associazione "L'albero della Conoscenza - Onlus"

Preparation of dissemination and evaluation plan (the communication strategy)

Andalusian Health Service

Research questionnaire and research guideline

Women's Training, Enterprise & Childcare Centre LTD-WOMEN'STEC

Evaluation reports - common report to summarize organized workshops and thematic courses on Active Lifestyle

IntEMA - International Education and Management Association

Structures of workshops and thematic courses

Associação Portuguesa de Saúde, Higiene e Segurança no Trabalho Para o Desenvolvimento e Cooperação Internacional - ONGD

Akdeniz Universitesi İletişim Arastırımları ve Uygulama Merkezi

Assisted in preparation of dissemination and evaluation plan (the communication strategy)

School of Education Studies, Dublin City University

Publication project booklet

INTRODUCTION

Funding Support

The Living Healthy Through Generations (LIGHT.GEN) project has been funded with support from the European commission under the Grundtvig Lifelong Learning Programme.

collaboration ... 8 countries



LIGHT.GEN is a European Partnership research project carried out by a collaboration of eight nation states. The participating countries are: Italy, Northern Ireland (UK), Poland, Portugal, Republic of Ireland, Romania, Spain and Turkey.

... whole family knowledge ...

The key objective of the project was to provide whole families with knowledge and practical competencies in dietetics, healthy nutrition and active lifestyle, presenting a variety of balanced diets and introducing simple sporting activities. Detailed aims of the project are to:

- *provide information on active lifestyles*
- *provide information on healthy living*
- *exchange and transfer good practices and experience*

... whole family involved ...

Activities carried out include:

- Whole family integration (involvement of all generations in project activities - youngsters, young adults, parents, grandparents)
- Cultivation of family ties and relations, promotion of sharing knowledge and experience between generations
- Getting family members of all ages active together
- Improving awareness of the importance of dietetics (healthy nutrition) and maintaining an active lifestyle into and throughout adulthood
- Promotion of physical activity with simple activities suitable for family members of all ages

- Improving the awareness of the results of overfeeding toddlers and children
- Promotion of solidarity between generations and of active ageing
- Improving pedagogical approaches

... participant involvement...

Project partners involved families - children, young adults, parents and grandparents (learners) into project activities (mainly by participation in project research, workshops, thematic courses and in dissemination activities). Detailed activities that included families' participation are as follows:

- completing questionnaires, providing feedback and contributing to the final summary report
- participation in workshops, thematic courses
- participation in final conference
- dissemination of project news, products, activities and expected results
- completion of evaluation questionnaires to provide feedback on workshops and thematic courses carried out (suggestions, recommendations, remarks, weak and strong points) on completion of activities
- contributing to the final publication: 'Living Healthy Through Generations' (LIGHT.GEN)
- providing feedback on project web page structure, published information, general impression and suggestions
- participation in Open Day event organised by each partner to discuss and disseminate project outcomes
- participation in final transnational meeting to exchange views, assess final progress and evaluate the project overall

FACTS: WORLD HEALTH ORGANISATION (WHO)

- 35% of adults aged 20 and over were overweight in 2008, and 11% were obese. 65% of the world's population live in countries where overweight and obesity kills more people than underweight. More than 40 million children under the age of five were overweight in 2011.
- Obesity is preventable.

<http://www.who.int/mediacentre/factsheets/fs311/en/>

- 'Approximately 39% of Irish adults are overweight and 18% are obese. Annually, approximately 2,000 premature deaths are attributed to obesity, at an estimated cost, in economic terms, of €4bn to the State.'

Obesity: the Policy Challenges: The Report of the [Irish] National Taskforce on Obesity (2005)

Overweight and obesity: defined as abnormal or excessive fat accumulation that may impair health.

Body mass index (BMI) is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by the square of h/her height in meters (kg/m^2).

- a BMI greater than or equal to 25 indicates overweight
- a BMI greater than or equal to 30 indicates obesity

Based on data at <http://apps.who.int/infobase/Comparisons.aspx>

Country	Estimated Prevalence (%), ADULTS (15+), 2010					
	Females			Males		
	Obese ($\text{BMI} \geq 30 \text{ kg}/\text{m}^2$)	Overweight ($\text{BMI } 25-30 \text{ kg}/\text{m}^2$)	Overweight and Obese ($\text{BMI} \geq 25 \text{ kg}/\text{m}^2$)	Obese ($\text{BMI} \geq 30 \text{ kg}/\text{m}^2$)	Overweight ($\text{BMI } 25-30 \text{ kg}/\text{m}^2$)	Overweight and Obese ($\text{BMI} \geq 25 \text{ kg}/\text{m}^2$)
Ireland	10.4	33.5	43.9	11.7	42.2	53.9
Italy	13.7	26.3	40.0	14.4	40.6	55.0
Poland	18.0	26.3	44.3	12.9	37.8	50.7
Portugal	17.7	33.5	51.2	15.5	45.4	60.9
Romania	12.0	28.6	40.6	5.5	32.2	37.7
Spain	17.3	32.5	49.8	17.3	40.6	57.9
Turkey	32.5	33.2	65.7	10.8	37.1	47.9
United Kingdom	26.3	37.5	63.8	23.7	44.1	67.8

Estimated Mean Body Mass Index (kg/m^2), adults aged 15+, 2010		
Country	Females	Males
Ireland	24.5	25.5
Italy	24.4	25.7
Poland	24.8	25.3
Portugal	25.5	26.1
Romania	24.2	23.9
Spain	25.4	26.0
Turkey	27.6	25.0
United Kingdom	26.9	27.0

The entire project outcomes are freely available, including the research findings, all of the Healthy Lifestyle and Active Living Workshop material and resources, on the LIGHT.GEN project website at:

<http://lightgen.wix.com/grundtvig>

European partnership:
Poland, Romania, Spain, Italy, United Kingdom, Portugal, Ireland



ASSOCIAZIONE L'ALBERO DELLA CONOSCENZA- ONLUS

The Association "L'albero della conoscenza-Onlus" is an Italian national Institute for Development, Research and Counselling in the field of education. A non-profit organisation based in Sicily, the Association's mission is to foster the culture of lifelong learning and education in Italy, to attract local communities and to help them to remain active in the educational and labour markets, offering them additional courses and workshops as a mean of expanding their knowledge and skills.

The Association's core activities cover practical workshops on ICT, educational science and inter-generational

dialogue, foreign languages, manual skills, and art.

The Association also provides various services, including training courses, conferences and discussions, language improvement, informational and promotional activities, support for disadvantaged people and their families, a national volunteering service for young adults and senior citizens, and vocational training. Teachers and trainers are experienced in working with vulnerable groups, young people with special educational needs, handicapped adults, and people from socially and economically disadvantaged areas

Workshops Healthy Lifestyle

Title: Mediterranean Diet

Objectives:

Sensitize families about the importance of healthy eating to know the Mediterranean diet and awareness about leading an active life. Teaching good habits transmitted from grandparents to parents and children.

Content

A. Theory (2h)

- Know the food pyramid.
- Understand the principles of the Mediterranean diet.
- Rations, homemade weights and measures.
- Learn to read food labels
- Cook safely: washing hands, poisoning, etc.
- Storage and food preservation (cold)

B. Practice (2h)

The participants learned to read labels and identify foods for their nutrients and calories.



Title: Drug and Alcohol Awareness

Objectives:

- To expand participants knowledge of alcohol and drugs;
- Identify and raise awareness of the effects of addictions to drugs and alcohol.
- To help Participants reflect on their own attitudes toward alcohol and drug use
- To explore the risks associated with excessive behaviours of both drug and alcohol



Content

A. Theory (2h)

- Presentation of different drugs (including alcohol) and there effects on the human body, warning signs of someone on drugs
- The class of drugs
- Legal and illegal drugs
- Presentation on how alcohol is a drug, the function of a liver
- A display of different drugs in boxes, identifying each one in to the correct group whether it's a stimulant, depressant, hallucinogen or opiate

B. Practice (2h)

View “YouTube” videos on drug and alcohol

<https://www.youtube.com/watch?v=ZzSr-kgnCQw>

<https://www.youtube.com/watch?v=Fb-Y4Fbb7Js>

<https://www.youtube.com/watch?v=3mgtdlf93gs>

Discussion and debates about the videos.

Workshops Active Living

Title: Consequences of physical inactivity

Objectives

- To raise awareness among families the dangers for health of physical inactivity.
- To teach parents and grandparents to pass on to the children they care some good habits and exercise routines.

Content

A. Theory (2h)

- ◊ Dangers of inactivity for health
- ◊ How to start ... walking, etc.?
- ◊ Exercise family
- ◊ Invisible Exercise: use the stairs, walk to school / work ...

B. Practice (2h);

Walking out together.



Title: To learn how to cook healthy

Objectives

- ◊ To promote intergenerational educational offers suitable for families
- ◊ Training to select products to be purchased / consumed according to the information printed on the package.
- ◊ Presentation of healthy cooking methods.
- ◊ Promoting healthy eating patterns among youth, adults and seniors engaging in healthy eating;

Content

A. Theory (2h)

Healthy Shopping : To buy healthy food.

Writing a shopping list.

Choosing the shop and manufacturer.

Checking food safety (valid, freshness, cooking mode).

Reading nutrition information.

Setting the menu and food preparation:

Methods to cook healthy: baking, boiling, stewing, suppression, grilling, grill on charcoal, marinating, roasting, sauté, steaming.

B. Practice (2h)

- Case studies on setting the menu based on the food pyramid and food preparation.
- Healthy cooking exercise.





WOMEN'S TRAINING, ENTERPRISE & CHILDCARE CENTRE LTD

WOMENSTEC is the largest quality provider of training for women in non-traditional skills in Northern Ireland. Based in Belfast, we enable women to re-

turn to employment in non-traditional sectors contributing to promoting a diverse workforce and reducing the skills shortage in the Construction and ICT industries.

Drug and Alcohol Awareness



Introduction

The aim of this syllabus is to:

- Identify and raise awareness of the effects of addictions to drugs and alcohol.
- To expand participants knowledge of alcohol and drugs
- To help Participants reflect on their own attitudes toward alcohol and drug use
- To explore the risks associated with excessive behaviours of both drug and alcohol

Alcohol is Northern Ireland's most misused Drug. While many People across our society drink alcohol, a challenge for anyone exploring alcohol issues with the general public is to reach beyond "the social acceptability" of alcohol misuse. Current research suggests that 78% of men and 69% of women drink. A characteristic of consumption in this culture is drinking in a concentrated manner. While drinkers tend to drink on fewer occasions, they are likely to consume more alcohol on those occasions.

Target Group: Parents, Grandparents, over 16 young adults.

Duration- 4 hours

Useful Links:

- <http://www.nhs.uk/conditions/Alcohol-misuse/Pages/Introduction.aspx>
- <http://www.drugabuse.gov/publications/drugfacts/understanding-drug-abuse-addiction>
- <http://www.talktofrank.com/>
- <http://www.wikihow.com/Quit-Drinking-Alcohol>
- <http://www.nhs.uk/Livewell/drugs/Pages/Drugtreatment.aspx>

Course overview and objectives

- To understand all the effects on our health system taking drugs or alcohol
- To find out the FACTS
- To understand what is going on in the community
- To create a better view of people who are addicts

Content of the course

1. A quiz/ test on pictures of different drugs to see how much we do or don't know.
This gets the students mind working and we can find out the actual name for drugs and not the "street" names.
2. A PowerPoint presentation of different drugs (including alcohol) and there effects on the human body, warning signs of someone on drugs, the CLASS of Drugs and if they are legal or illegal.
3. A Display of different drugs in boxes, identifying each one in to the correct group whether it's a stimulant, Depressant, hallucination or opiate.
This is a hands-on activity, and gave the participants the chance to see what drugs look like, also how dangerous they are for us, in mental and physical health.
4. A presentation on how alcohol is a Drug, the function of a liver.
5. Expanding understanding can contribute to healthier choices regarding alcohol use.
6. Information sharing with students who have personal stories and insight into Substance abuse within the community and Family members.

Recommended Readings

Description	Link
Research on alcohol	https://www.drinkaware.co.uk/about-us/knowledge-bank
Dangers of drugs	http://www.drugsscope.org.uk/resources/faqs/faqpages/what-are-the-dangers-from-using-drugs
Success stories of People who have been addicts	http://www.addictionrecoveryguide.org/message_board/?act=SF&f=23
Alcoholics Anonymous chatline	http://www.alcoholics-anonymous.org.uk/
A YouTube Video on drugs and alcohol awareness	http://www.youtube.com/watch?v=TuFlyYKsmos
You tube video on alcohol in the brain	http://www.youtube.com/watch?v=zXjANz9r5F0
WOMEN'STEC NEW WEBISTE	WWW.WOMENSTEC.ORG

Role of Physical Activity in Maintaining a Healthy Life

Introduction

The aim of the syllabus is to identify how important it is to exercise when sustaining a healthy life.

Physical activity is essential to prevent and reduce risks of many diseases and improve physical and mental health.

Lack of physical activity is associated with increased risks of:

- Anxiety, stress, and feelings of depression.

- Developing many preventable conditions, such as high blood pressure, coronary heart diseases, diabetes, osteoporosis, colon cancer, and obesity.

- Dying prematurely

- Exercising causes the body to produce endorphins, chemicals that can help a person to feel more peaceful and happy

- People who exercise burn more calories and look more toned than those who don't. In fact, exercise is one of the most important parts of keeping your body at a healthy weight.

- Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's disease.

Duration- 4 hours per session- delivered over 8 sessions

Useful links:

<http://www.bupa.co.uk/individuals/health-information/directory/b/benefits-of-exercise>

<http://www.mayoclinic.org/healthy-living/fitness/in-depth/exercise/art-20048389>

<https://www.facebook.com/pages/LIGHTGEN/450311548421077?ref=ts>

<http://www.womenstec.org/>

Course Overview and Objectives

- To understand why we must exercise
- The advantages of exercise to health
- The disadvantages of exercise to health
- To engage our participants with the project and get them more physically active
- Understanding Diet can help physical activity and nutrition can increase energy levels.
- Looking at your current health and identifying individual capabilities
- looking at age, health problems physical disabilities.

Content of the course

- A gym session
- A PowerPoint presentation on the role of physical activity
- Nutrition question and answer session with a qualified nutritionist
- Preparing Healthy Brunch

Learning Activities

The main learning activity will be the physical activity at the gym, as a group we can ask the personal trainers all the right questions regarding workout sessions so we can maximise the benefit of time spent at the gym. This will engage the students and make this course more fun. This course aims to promote the benefits of healthy diet and lifestyle. This course will educate and motivate individuals to become more aware of their health.

Each participant will be able to showcase their family traditions by having the Workshop.



Wyższa Szkoła Biznesu i Nauk o Zdrowiu

WYŻSZA SZKOŁA BIZNESU I NAUK O ZDROWIU (WSBINOZ) is the first non-public higher education institution in central Poland that offers health-allied studies as well as business and pedagogy faculties.

The world-class school with highly competent, distinguished specialist, practitioners and academics teaches theoretical knowledge and practical skills so that young adults can take full advantage of their acquired skills

and knowledge and become professionally successful.

WSBINOZ conducts research, cooperating with various education and health care institutions, local, regional, non-governmental organizations and European educational and training institutions. WSBINOZ supports science and education and is locally and regionally active from organising conferences and workshops, to social work and work in the community.

Curriculum Name: Lunch boxes – second breakfast, snacks

Introduction

The aim of the syllabus is to bring the people round to prepare the meals to take away at home instead of buying one in the shops. The structure of the course allowed to prove that it can be fit for everyone and for different type of the meal (breakfast, dinner or lunch)



Target Group: children, parents, grandparents, multigenerational families

Duration: (4 HOURS 2 hours of theory and two hours of practice)

Course Overview and Objectives

- A. Sharing with basic information about the content of the lunchbox
- B. Proving that it is essential for our body to eat regularly.
- C. Showing that it is for everybody (from child through adult until elderly)



Content of the course

1. Basic information what should we find/have in lunch box. How to keep the proportion of proteins, fat and carbohydrates including the level of activity.

The idea consists of a range of activities, including preparation by each participant his own lunchbox and the discussion how to make it better.

- 1.2. The advantages/benefits of preparing the lunch boxes at home instead of buying one.

We wanted to show the differences of home-made lunchbox, that each day it can be modified to our needs and the products/ingredients used are fresh and it is much cheaper than the one we buy.

2. Practical exercises of creating the lunchbox for a specific person and for different type of meal.

Content of the course

- 2.1. The idea consists of a range of activities, including exchanging the recipes, preparing the meals together, cooking and tasting together.

Learning activities

Learners will study and discuss during theoretical and practical workshops.

Each participant will prepare his own lunch box for each type of balanced meal allowing /respecting of daily needs.



Recommended readings:

Choosing the box— <http://twojlunchbox.pl/>
<http://www.egustus.pl/20-lunchboxy->



Examples of meals— http://qchenne-inspiracje.blogspot.com/p/blog-page_9.html



Curriculum Name: How to read labels on the products

Introduction

The aim of the syllabus is to show the people the importance of reading the labels on the products and to pay attention what was used and if it's used according to polish and European Acts and Guidelines



Target Group: children, parents, grandparents, multigenerational families

Duration: (2 hours of theory and two hours practical)

Course Overview and Objectives

- The national and European Acts and rules about labels and ways of preparing products for sale.
- Why it is important to read the labels on the products .
- How to properly prepare the products not to lose major ingredients, cooking techniques and their benefits.



Content of the course

- Basic Information about reading labels on products of daily usage. What should we avoid and what should for sure the product made of.*

The idea consists of a range of activities , including identification of ingredients on foodstuff. Which one should we avoid. Which are necessary for us and in what amounts we should find them in the products (fat, carbohydrates, proteins, vitamins).



- 1.2. Giving information about the polish and European rules

2. *Practical exercises of reading the composition of the products/fabrication*

2.1. The idea consists of a range of activities, including comparing different types of the products like flour, butter, oil, rice and others. Explaining what specific words on the packages mean , for example whole meal flour, flour for juniors, extra virgin olive oil, virgin olive oil, olive oil, basmati rice or parboiled rice, checking cream if the producers add the starch.



2.2. The groups were preparing the same types of meals but using different ingredients (example flour for pancakes or boiling different types of rice). Tasting of oils and identifying which of them can be used for cooking or to salads.

Learning activities

Learners will study and discuss during theoretical and practical workshops.

Each participant will attend in cooking and tasting part, try to identify between two different products made by various companies which is better to buy

Recommended readings:

Products for children—<http://www.1000dni.pl/jak-wybrac-zywnosc-dla-dziecka/229-czytanie-etykiet-na-co-zwrocic-uwage#>

Foodstuff labels—<http://www.deon.pl/inteligentne-zycie/zdrowie/art,544.jak-czytac-etykiety-produktow-spozywczych.html>



ASSOCIAÇÃO PORTUGUESA DE SAÚDE, HIGIENE E SEGURANÇA NO TRABALHO PARA O DESENVOLVIMENTO E COOPERAÇÃO INTERNACIONAL — ONGD

APSHSTDC (*the Portuguese Association for Health, Hygiene and Safety at Work, and for Development and International Cooperation*) is a Non Governmental association for international development and cooperation, recognized as a public interest entity by the Portuguese Ministry of Foreign Affairs.

The aim of the association is the design, implementation and support programs and social projects, cultural, environmental, civic and economic, in particular through activities in developing countries, in areas such as education for development, protection of human rights and peace and respect for the Universal Declaration of Human Rights, and including public awareness. Our work covers areas of teaching, higher education, advanced and specialized training, and support for the actions of national and international cooperation for development, scientific and technical assistance in the areas of health, hygiene and safety at work, and prevention of occupational risks.



Stress Management Work-Life Balance

Introduction

The aim of the syllabus is introduces the concept of *Stress Management Work-Life Balance*.

It is widely recognised that work-related stress is one of the major contemporary challenges facing occupational health and safety. It is commonly understood that a need for stress prevention activities is prevalent in all European countries and across all types of organisations. The training program of Stress Management in the Workplace, delivers trademarked stress management tools that are unmatched in the measured results they will produce for workers and organizations.

Work-life balance is adjusting the worker day-to-day activities to achieve a sense of balance between work life and personal life.

Target Group: Workers, Managers, Human Resources Managers, Health Workers, Associations, Unions, Decision makers and medias.

Duration: (4 hours – 2 theoretical, 2 practical)

Useful links: www.apshstdc.com; <https://osha.europa.eu/pt/themes>





Course Overview and Objectives

- a) Understand what constitutes a Healthy Lifestyle - without stress
- b) Understand about Stress Management Strategies in the workplace
- c) Learn some practical methodologies to reduce stress

Content of the course **Stress Management Work-Life Balance**

Stress Management Strategies

The situations and pressures that cause stress: external and internal

Reduced stress levels, at work and at home

To be mentally active

Physical and psychological fitness

Recognize mental health issues in a person and ways to deal with it

Higher levels of job satisfaction

Stress Reduction/Relaxation

Health Benefits of Relaxation

What makes a person optimist?

Ways to Improve Healthy Lifestyle



Learning activities

Learners will study and discuss stress management strategies and situations and pressures that cause stress, and ways to improve a healthy lifestyle.

Each participant will participate in group discussion and brainstorming, and small group activities, doing self-assessment exercises and practical exercises.



Recommended readings:

<https://www.healthy-workplaces.eu/en>

<http://www.helpguide.org/articles/stress/stress-management.htm>

<https://www.healthy-workplaces.eu/en/tools-and-resources/a-guide-to-psychosocial-risks>

<https://www.healthy-workplaces.eu/en/news#1>

http://oshwiki.eu/wiki/Psychosocial_issues



DUBLIN CITY UNIVERSITY

The School of Education Studies, Dublin City University (DCU), is part of Ireland's largest Education Faculty. The School leads research into learning for marginalised groups and hosts the European Centre for Culturally Responsive Evaluation and Assessment (CREA). It currently has over 750 undergraduate and postgraduate students, in courses in Educational Leadership, Initial Teacher Education, Continuous Professional Development and e-Learning, supported

by an ethos of equality, access and inclusion. DCU supports the community by the following means:

- promoting world class excellence in research and innovation in its core areas
- focusing on research and innovation that makes a difference to problems in industry and society
- providing a business-friendly environment to multiply the effects of its research and innovation activities



Curriculum Name: *Natural Remedies*

Introduction

The aim of the syllabus is to introduce a healthy lifestyle through generations, using natural remedies to become *fit for life naturally!* and help remove health inequalities. Ireland's health issues include:

- ◊ A growing trend '... 300,000 overweight children ... one-in-five Irish children is clinically obese' (Larkin, 2013: 36)
- ◊ While life expectancy in Ireland has risen considerably recently to a year above the EU average, women live longer than men: at birth, life expectancy is now 76.8 years for men, 81.6 years for women

This will contribute toward achieving the government's view of a *Healthy Ireland* 'where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility'

Target Group: Students and across the generations

Duration: (4 hours – 2 theoretical, 2 practical)



SOUND BODY	SOUND MIND	SOUND LIFE
Nutritional Habits adopting healthy habits	<i>Feel Good Factor</i> emotions	Golden rules for good health
- food	facing: fear; anxiety; anger	life lessons
- drink	lifting the mood	success
- activity	<i>Getting Along with Yourself</i>	
<i>Natural Remedies</i>	know yourself	
- colds,	help yourself	
- sore throats,	<i>Getting Along with Others</i>	
- aches and pains	gentle approach	
	personal values	



Healthy Lifestyle: Cooking 3-course meal

Course Overview and Objectives

- ◊ Understand what constitutes a healthy lifestyle
- ◊ Fun cooking healthy food (students, seniors and teachers)
- ◊ Learn the value of nutritional food and maintaining relationships through the generations

Learning activities (Practical Cooking session)

- Plan, design and cook a 3-course nutritional meal
- Engage with the cooking process and work as an active member of the team to produce the meal

Curriculum Name: *Active Living*

Introduction

Active Living increases the prospect of living a healthy and fulfilled life. The practical activity workshop consists of a range of activities, including appropriate activities for all the family, selecting a balance of moderately vigorous exercise and mindful meditation and yoga for tackling stress.



Target Group: Students and across the generations

Duration: (4 hours – 2 theoretical, 2 practical)

Course Overview and Objectives

Understand what constitutes an active lifestyle, b) Relaxation and light exercise and play activity (students, seniors and teachers) c) Learn the value of having fun through exercise and maintaining a balanced outlook through mediation and active engagement with others

Course Content

Awareness that active living contributes to a long and satisfying life with less risk of development many of the common illnesses brought about by a sedentary lifestyle. It includes looking at causes and effects of overweight and obesity and exploring activity choices and patterns of exercise

The practical activity workshop consists of a range of activities, including appropriate activities for all the family, selecting a balance of moderately vigorous exercise and mindful meditation and yoga for tackling stress (2 hours practical activity)

Learning activities

Plan, design and implement a 2-hour practical session of meditation and exercise

Engage with the activities process as an active member of the team to contribute to the fun and sense of camaraderie through active living

Physical activity session

Meditation, yoga, ball game, walking to promote feeling of wellness and counteract the growing rate of obesity among the young and the general population in Ireland.



Recommended readings and useful links

Trinity college report https://www.tcd.ie/news_events/articles/tilda-study-finds-4-out-of-5-over-50s-in-ireland-are-overweight-or-obese/4805#U8pibJRDWY

TILDA Study Finds 4 out of 5 Over 50s in Ireland are Overweight or Obese *The Irish Longitudinal Study on Ageing (TILDA) highlights the consequences of high rates of obesity for health and health service demand in the over 50s in Ireland*

The Lancet: Most comprehensive global study to date shows obesity rates climbing worldwide

Published: Thursday, May 29, 2014 - 09:09 in [Health & Medicine http://escienccenews.com/articles/2014/05/29/the.lancet.most.comprehensive.global.study.date.shows.obesity.rates.climbing.worldwide](http://escienccenews.com/articles/2014/05/29/the.lancet.most.comprehensive.global.study.date.shows.obesity.rates.climbing.worldwide)

Editorial: Confronting child obesity in primary care *British Journal of General Practice*, January 2014

Irish Heart Foundation Obesity Fact Sheet

http://www.irishheart.ie/media/pub/factsheets/obesity_fact_sheet.pdf

World Health Obesity and overweight Fact Sheet <http://www.who.int/mediacentre/factsheets/fs311/en/>

Healthy Ireland: <http://health.gov.ie/healthy-ireland/>

and blog at: <http://health.gov.ie/blog/publications/healthy-ireland-a-framework-for-improved-health-and-wellbeing-2013-2025/>

Health Benefits of an Active Lifestyle (Blair, et al, 2001)

INTEMA—INTERNATIONAL EDUCATION AND MANAGEMENT ASSOCIATION

- *IntEMA - International Education and Management Association, ROMANIA is a teacher's association, active mainly in the field of education. We are teachers, trainers and specialists with experience in projects concerning the community as a whole.*
- *We support educational research and project management, and develop training courses in communication, career counselling, and project management. We have been involved in many European projects since 1999, with international and national networks.*
- *Our organization have expertise in following areas: internal and external project dissemination and communication support, e-learning content development, the implementation of e-learning in the Vocational Guidance, blended learning, multidisciplinary Training and research, mentoring, testing the contents in pilot training, research in education.*

EATING HABITS

*Half of life we spend our health to make our fortune and the other half
We spend a fortune to restore health - Voltaire*

I. Introduction

The aim of the course is to promote the importance of a healthy lifestyle, presenting practical solutions, proactive involvement based on the needs of many generations: from childhood to senior age.

Target group: young adults, parents, grandparents.

Duration: Practical Workshops 4x2=8 hours **Theoretical Workshops** 4x2=8 hours

Useful links:

<http://www.elle.ro/Sanatate-Dieta/Diet-Fitness/Dietelete-intre -mit-and-reality-1511034>
<http://www.romedic.ro/piramida-alimentara-0C53>



II. Objectives

Knowledge of the factors that determine food style

- *Researching the different food styles (each with its peculiarities);*
- *Establishing individual food diets depending on the style chosen;*
- *Promoting healthy eating styles*

III. Syllabus

A Word and Power Point presentation on:

1.1 Food. Nutrition and food styles

- *Aspects of the art of preparing food—time.*
- *General on—USB and nutrition;*
- *Food Ethnology.*

1.2.Diversity of food styles and the factors that determine

- *Illustrations factors that determine food style;*
- *Classification of food styles according to several criteria.*

1.3.Food style by age

- *Characterization of food style specific to children;*
- *Characterization of food style appropriate for adolescents;*
- *Characterization food style specific to adults/older people.*

1.4.Style of supply after the application of labour and the environment under which the listing external factors that act upon the formation and change of food style;

- *Describing the food style specific for intellectual input*
- *Description of food style for special environmental conditions*

1.5. After health food styles

- *Generalities on food styles according to health*

1.6. Festive, ceremonial and protocol food styles

- *Factors influencing styles in festive, ceremonial and protocol meals*

1.7.Fashionable food styles

- *Different categories of fashionable food styles;*
- *Differences between fashionable food styles*

IV. Learning activities

*Determining diet; Case studies, menus for different styles;
Gastronomy exercises*

V. References

- Bratu, I., Pași spre alimentația ideală, Editura Viață și Sănătate, București, 2013;
- Diehl, H., Ludington, A., Tablete de stil de viață, Casa de Editură Viață și Sănătate, București, 2007;
- Dr. D'Adamo, P.J., Alimentația adecvată celor 4grupe sanguine , editura Roata, București 2004
- Damaschin, Floarea, 333 sfaturi pentru alimentație și alimente sănătoase, Editura Medicală, București, 2003;
- Hâncu, N., Niță, Cristina, Crăciun, Anca, Abecedar de Nutriție Să devenim propriii noștri nutriționiști, Editura Sănătatea PRESS GROUP, București, 2012;
- Mihai ,Ş -Alimentație publică și turism, Editura Niculescu, București2004
- Mindell, E.&Hopkins V., Mica biblie a nutriției ,2012, București
- Pârjol,G.-Tehnologia culinară, EDP, București 2003
- Straten van Michael-Ghidul alimentelor sănătoase-Editura Litera International ,Bucuresti, 2008*



INTELLIGENT EATING

Practical Workshop: The role of physical activity in maintaining a working life

Eat like royalty in the morning, like merchants at noon, and in the evening like a beggar

Chinese proverb

I. Introduction

The aim of the course is to promote intergenerational educational offers suitable for families, especially seniors, by engaging in healthy eating several generations (15-95 years old): youth, young adults, parents, grandparents and also to provide knowledge and practical skills on how to eat smart, starting from healthy to healthy cooking.



The positive effects of physical activity.

Target group: young adults, parents, grandparents.

Duration: Practical Workshops 4 x 2 = 8 hours Theoretical Workshops 4 x 2 = 8 hours



Useful links:

- <http://hunkbody.ro/wp-content/uploads/2012/01/lista-cumparaturi.pdf>
- https://www.youtube.com/watch?v=OZO_0hY_S6E
- <http://ligiapop.com/2013/11/25/este-micul-dejun-cea-mai-importanta-masa-din-zi>
- <https://www.youtube.com/watch?v=OwITx7U-w6U>

- <https://www.youtube.com/watch?v=1tyMIYAh19M>
- <https://www.youtube.com/watch?v=t00j7naeDx4>
- <https://www.youtube.com/watch?v=yZ16HdvSmhs>
- <https://www.youtube.com/watch?v=tb6MsAnVyRc>
- [www.cdt-babes.ro/articole/exercitii-fizice.php](http://cdt-babes.ro/articole/exercitii-fizice.php)
- www.nestle.ro/nhw/activitatefizica
- www.miscareafacebine.ro

II. Objectives



- § Skills Training to select products to be purchased / consumed according to the information printed on the package.
- § Planning and choosing the menu, presentation of healthy cooking methods and making healthy food.
- § Promoting healthy eating patterns among youth, adults and seniors.

III. Syllabus

A Word and Power Point presentation on:

- A1. Healthy Shopping
- A2. Setting the menu and food preparation
- A3. Methods to cook healthy

- H1. The effects of practicing physical activities
- H2. Children and youth are the main beneficiaries of practicing physical activities
- H3. Influences of physical activity on peoples and society

IV. Learning activities

Shopping evaluation exercise; Menu case studies (food pyramid) and food preparation; Healthy cooking exercises

Specific exercises different muscle groups, individual leisure executed





ANDALUSIAN HEALTH SERVICE

The Andalusian Health Service (*Servicio Andaluz de Salud - SAS*) is an autonomous public body responsible for health care provision in Andalusia, attached to the Ministry of Health and Social Wellness of the Government of Andalusia. Its mission is to provide high-quality public health care to the citizens, ensuring its accessibility and the satisfaction of its users, and seeking efficiency and optimum use of resources. Healthcare services are provided by SAS through a network of integrated healthcare facilities organized to ensure the accessibility of the population: 1,146 primary care centres (plus 350 small ones), 43 hospitals and 84,706 employees.



Workshops

Title: *Healthy Eating: Mediterranean Diet*

Active Living: Impact of physical inactivity

Objectives:

- Inform families about the importance of healthy eating.
- Explain the Mediterranean diet and raising awareness of the importance of leading an active life.
- Teach the passing on of good habits from grandparents to parents and children;
 - how to create good exercise habits,
 - family nutrition following the balanced, Mediterranean diet recognized for health benefits.

Duration: 4 workshops (2hrs theoretical + 2hrs practical)

Curriculum:

Mediterranean Diet

a) Theoretical

Know the food pyramid
Know the Mediterranean diet
Portions, weights
Learn to calculate your BMI
Learn to read food labels
Cooking safely: hand washing
Storage and conservation of foods (cold chain)



b) Practical

Activity: preparing a weekly menu; buying food, reading labels and identifying foods for their nutrients and calories



Consequences of physical inactivity



a) Theoretical

Dangers of inactivity for health

How to start ... walking, etc.?

Exercise for the family

Invisible Exercise: using the stairs, walking to school/work ...

Outdoor activities: family walks, cycling, playing ball ...

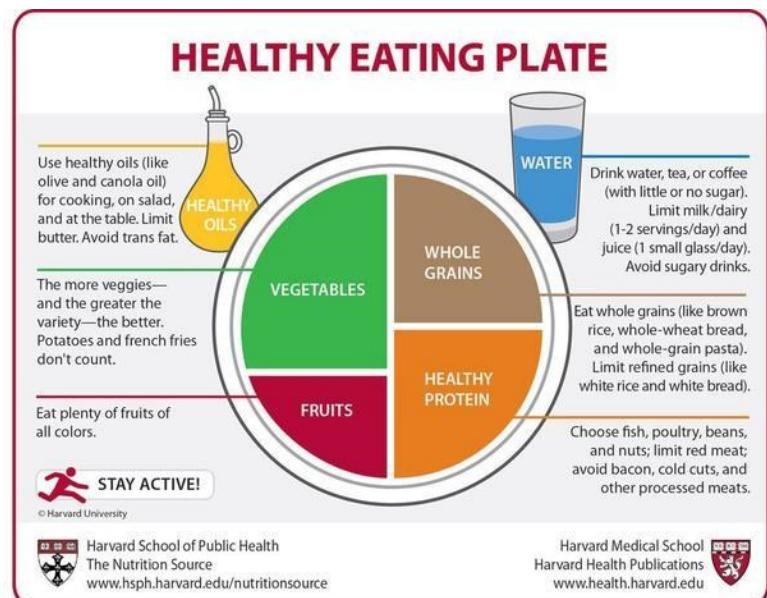
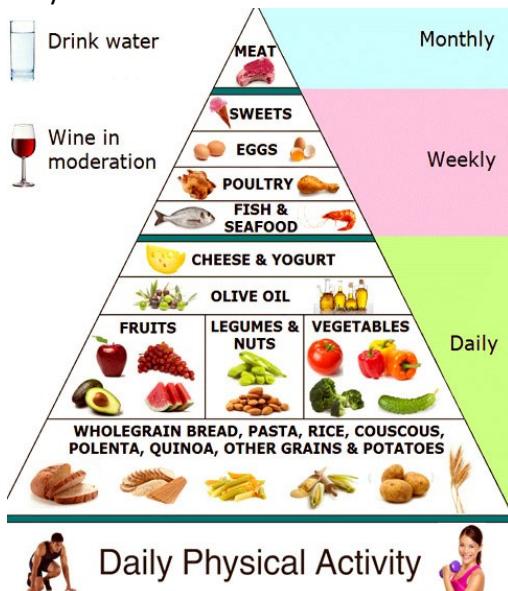


b) Practical

Walking as a group, naming the activities in daily exercises and making a plan for more family exercise (grandparents, parents and children)

Participants:

Universidad Popular Fuengirola (People's University of Fuengirola). Group of more than 50 people from different generations. Grandparents participating with parents and children. Associations of older people and participants in receipt of dietary advice from the health centres.





Turkey



AKDENİZ UNIVERSITY COMMUNICATION RESEARCH AND APPLICATION CENTER - AKDENİZ UNIVERSITESİ İLETİŞİM ARAŞTIRMALARI VE UYGULAMA MERKEZİ

The Communication Research and Application Centre of is responsible for the University FM Radio and design and Akdeniz University was founded in 2005. The mission of maintenance of thematic web pages and portals. the centre is to research, educate and publish about the field of communication in terms of both theory and application, especially in an intergenerational context. Furthermore the centre aims to cooperate with national and international organisations dealing with communication and intergenerational education to exchange knowledge and transfer good practices. The centre organizes scientific seminars, congresses and workshops. It also publishes books, magazines and newspapers. Moreover the centre

The main objective of the centre is to provide a bridge between the university and the city, Antalya (Anatolia). That's why the centre gives importance to stakeholder relations and brand recognition of Antalya. It is generally accepted that the universities and research centres should develop and maintain relations with the citizens. From this point of view the centre gives importance to the relationship with its stakeholders.



WORKSHOPS

- *Living Healthy (Sport):* 20 min cardio; activating muscles—leg, arm, stomach, and back
- *Eating Healthy:* Food types; nutrition; diet
- *Living Healthy (Trekking):* 10km walk
- *Cooking Healthy:* Cook healthy meal – 3 generations

Curriculum: Healthy Lifestyle

Introduction

The aim of the syllabus is to provide healthy dietary for 3 generations.

Target Group: Parents, Grandparents, university students.

Duration: Theory/Instruction (2 Hours)

Course Overview and Objectives:

To provide what is nutrition, what is Mediterranean diet, how to feed children

Course Content:

1. Types of food, fat, vegetable, fruit, sugar, carbohydrates

2. Nutrition

3. Different kinds of diets, healthy slimming

Recommended readings:

Afiyetle Diyet Tarifleri, Dilara Koçak

Tahil Beyin, David Perlmutter

Siz Diyettesiniz, Mehmet Öz ve Michael Roizen

Workshop: Tasting Olive Oil

Workshop: Eating Healthy

Introduction

The aim of the syllabus is to tell the value of the olive oil

Duration: Theory/Instruction (28 May 2015 2 Hours)

Course Overview and Objectives:

To stimulate the usage of olive oil for salad, and for cooking

Course Content:

The history of olive oil

Olive oil in Turkish culture

The climate for olive oil

Cultivation of olive oil

Types of olive oil

Benefits of olive oil

Curriculum: Fitness Activity

Workshop: Living Healthy Through Sport, Through Trekking



Introduction

The aim of the syllabus is activate the target group with sport; walking, cardio, working muscles

Target Group: parents, grandparents and university students



Course Overview and Objectives

- ◆ activate the muscles
- ◆ to be fit through generations
- ◆ to coordinate the body

Content of the course

20 minutes cardio such as walking and cycling, then activating all the muscles, leg, arm, stomach, and back.

Learning activities: fitness activity.

Activity: Trekking Activity

Introduction

The aim of the activity is to activate the target group with trekking in the nature, walking through the forest.

Course Overview and Objectives

- ◆ activate the muscles
- ◆ to be fit through generations
- ◆ to coordinate the body
- ◆ to activate the intergenerational communication

Content of the course

1. Walking through the forest. 10km, different generations walking together .

Learning activities: trekking activity.



Curriculum: Non-Verbal Communication

Workshop title: Importance of Body Language

Introduction

The aim of the syllabus is to ground the participants in body language; to improve their non-verbal communication skills.

Duration: Theory/Instruction (2 Hours)



Course Overview and Objectives

- ◆ To understand the using body language skills of participants.
- ◆ To give participants some useful information regarding body language



Content of the course

1. Types of communication
2. Using of body language (using of face, eyes, hands, fingers and legs)
3. Body language and cultural differences.
4. Ways to improve body language.



Recommended readings and useful links:

Rowlands, M. Body Language: Representing in action, MIT Press, 2006.

İzgören, A. S. Dikkat Vücutdunuz Konuşuyor? , Turkey, 1999.

<https://www.youtube.com/watch?v=ryWVpRgGeol>

<https://www.youtube.com/watch?v=oDBNAtFCQCw>

RESEARCH FINDINGS SUMMARY

In a high percentage participants are concerned with having a balanced diet and know the general principles of healthy eating: controlling intake of calories, fat, sweet foods, salt, avoiding additives and taking plenty of fruits and vegetables.

However in sections such as eating less meat and more fish, or increasing bread and cereals there may be more uncertainty.

- In high percentages there is agreement on the need for children to have a healthy and balanced diet.
- Information about a balanced diet is obtained from numerous sources (grandparents, tradition, TV, Internet, schools and colleges, courses, press, ...). It is surprising that this information comes in a low percentage from health professionals.
- Regarding the general rules of nutrition for children, generally a mandatory breakfast, five meals a day, a healthy lunch, drinking water and avoiding fast food is met.
- But not so clear, in high proportion, are the need to eat five servings of fruits and vegetables daily and the need not to eat between meals.
- Most respondents usually cook, but some often precooked meals, and cooking with children is not usual. Meals are usually eaten with the family.
- The majority buy food in supermarkets or malls, also often in markets and much less frequently in organic stores and organic farms.
- Participants are also interested in the quality of food purchased, and product labels are read.
- In the physical activity part of the questionnaire, both adults and children provide poor results: more than half of respondents did not perform vigorous physical activity in the past seven days; those who did were not sure for how long, but most less than 10 minutes.
- More than a third did not even report moderate activity, and those who did reported less than three days, and less than 20 minutes per day.

... RESEARCH FINDINGS SUMMARY

- It is true that in a high proportion, respondents reported at least more than 10 minutes walking 5 to 7 days a week.
- A high proportion spends at least 200 minutes a day seated. However, most of these people believe physical activity is an essential part of a healthy lifestyle.
- They also believe that their children are physically active, although most of them do not spend more than four hours a week on extracurricular physical activity.
- A large majority noted that the concept of a healthy life style has changed in recent years, and that diets that children are given vary greatly from those which we got from our parents.
- The role of grandparents is positively valued, and they are viewed as a source of new, useful information on healthy eating for children, and recommendations for changes in their diet.
- Therefore, most respondents wished to attend training in healthy eating, and would like to participate in this training with grandparents, parents and grandchildren.
- Demographic data of respondents:
 - *Gender*: two thirds women and one third men
 - *Age*: 43% under 39, 38% between 40-65, and 17% over 65.
 - *Education Level*: 70% higher / college / graduate school.
 - *Marital status*: 65% married
 - *Cohabitants*: in 65%, 2, 3 or 4 people live in the home.
 - *Children at home*: two thirds live with children.
 - *Residence*: 80% live in an urban area.

Research participants from: Poland, Ireland, Spain, Italy, Romania, Turkey, United Kingdom and Portugal.

RESEARCH CONCLUSION

Although the general knowledge is appropriate in many aspects about healthy eating, there are many gaps in specific knowledge that can be covered through training and educational activities.

In the area of physical activity, poor outcomes are identified in the frequency and type of exercise, including children and younger people. We consider this an important issue to address.

The sample has a significant selection bias, which is demonstrated in the fields of age, educational level and place of residence. However we believe the findings provide key data that would allow correction of the approach of participants and others to achieve a more healthy, active life.

Each partner carried out research in their country. These individual results are available on the project website at wix.lightgen.com/grundtvig

The research results from all partner countries shown combined can also be found on the project website at wix.lightgen.com/grundtvig

