



**PhD & Training course:
Urban Spaces – new opportunities for community
action promoting better food & health
August 29-31, 2016**

**Captive Foodscape Studies,
Aalborg University
Copenhagen**

*Arranged in cooperation with
The Royal Danish Academy of Fine Arts, Schools of Architecture, Design and Conservation*

Background

There is a need for a broader understanding of public health, which draws on people's daily lives arenas where the focal point is on everyday life activities and how social interaction and movement can support inclusion and promote health and quality of life. At the same time there is a growing interest for health- and activity-promoting interventions addressing the environment in the settings of everyday life. A growing number of interventions that aims to “do more things in several places” in order to add intensity have been developed over the recent years.

This course aims to contribute to the education and training of PhD students and professionals and looks at recent developments of activity-enhancing urban spaces and the potentials for taking local action in a participatory manner. The range of actions include interventions for healthier food options, urban gardening actions, aquaponics and actions for increased physical activity. The course looks at multi-level and multi-component interventions and is aiming at giving tools, methods and intervention approaches that can impact the totality of the local community food- and activity-scapes. It provides cases, concepts and the theoretical foundation for planning community programs as well as tools that can be used to assess community readiness and opportunities for development of connectedness in the community, thereby contributing to better food and health realities.

Aim of the course

The aim of the course is to demonstrate recent studies on how urban spaces can provide new opportunities for community action that can promote better health and introduce localized foods systems. The course aims at providing insight in sampling, development, implementation and evaluation of multi-level, multi-component (ML-MC) community-based interventions and programs.

ECTS credits:

5,0



PROGRAM

Monday, August 29th

10:00 Introduction to the course

- Student presentation round.
- Introduction to course assignments, Bent Egberg Mikkelsen, AAU and Rene Kural, KADK

11:00 Methods in local community projects

- *How to find involve users in the planning of community food programs - visual and participatory tools in the SoL and Ellebjerg programs* Bent Egberg Mikkelsen, Professor, AAU
- *What do Rural Danish Teens tells us about their own eating? Monitoring own eating with mobile phones and making those records part of the science curriculum.* José A. (Tony) Torralba and Barbara Guidalli, Open University of Catalonia - University of Barcelona
- *The Health and Local Community Project (SoL) – results from the quantitative evaluation.* Ulla Toft, Research Centre for Prevention and Health, Capital Region of Denmark

12.30 Lunch break

Group match making. Open space format

Urban spaces for better health

- *How to create more focus on Activity and health-enhancing Physical Environments – a Network approach.* Rene Kural, Director of APEN, KADK
- *Facilitators and barriers to Active Living - how to measure associations between physical activity behavior and the physical environment.* Jens Troelsen, Professor, University of Southern Denmark
- *Planning of old city structure for leisure, housing and recreational purposes by participatory way.* Professor Kimmo Suomi, University of Jyväskylä, Finland
- *Body and urban spaces - theories and tools towards the active city.* Antonio Borgogni, Assistant Professor, University of Cassino and Southern Lazio, Italy

19:00. Do-it-yourself social dinner at [Foodscape Lab](#) at Aalborg University



Tuesday, August 30th

8:30 Coffee and briefing

Gardening, food, activity and citizenship

- *School gardens – a setting for formal and informal learning and community action – Findings from Gardens for Bellies school garden program.* Pernille M. Dyg, Post Doctoral Fellow, Associate Lecturer, Metropolitan University College
- *WGA briefing and foodscape walk about in Sydhavn. Part of Campus'n Community program. Interviews and walk along interviews with local community stakeholders*

11:45 Lunch

12:45. Urban spaces for better health and novel foodscapes

- *The CHL program from the US Affiliated Pacific region.* Rachel Novotny, Professor, University of Hawaii
- *Building a better low income urban food environment in Baltimore, USA: Approaches, findings, challenges and lessons learned of the Healthy Stores studies.* Joel Gittelsohn, Professor, John Hopkins School of Public Health, Baltimore
- *Developing the Grythyttan Bergslagen region for better food and creativity.* Agneta Yngve, Professor Orebro University
- *Health and urban form - insights from the Gold Coast case studies,* Dr. Caryl Bosman, Griffith University, Queensland, Australia

Work on assignments. Under the guidance of the course supervisor team

15:30 Excursions (we use CPH public bikes)

- The Nørrebro Osram House Aquaponics project – a case of local community actions. Host: Lasse Carlsen
- Ellebjerg Community gardens - developing an intergenerational garden

18:30 Social dinner. Osram Green & Blue community garden. Open air if weather allows it



Wednesday, August 31st

9:00 – 12:00 Work on assignments. Under the guidance of the course supervisor team

11.45 Lunch

12.45 Plenary presentations of assignments. Presentation format: 20 minutes and in groups. Feedback, comments and questions from course supervisor team and from participants

15:00 Evaluation and next steps. Moderated by Bent Egberg Mikkelsen & René Kural

16:15 Closure

Practical info:

Venue:

Aalborg University, Frederikskaj 10A, Copenhagen Sydhavn. All rooms are located on the 4th floor. Plenary room: FKJ10A 4.133 (seats: 36). Group rooms: FKJ10A 4.145, FKJ10A 4.148, FKJ10A 4.149 (the yellow spot on the map of campus)

Learning goals

Students in this course will be able to demonstrate knowledge on how urban spaces can provide new opportunities for community action that can promote better health and introduce localized foods systems, and on how sampling, development, implementation and evaluation of multi-level, multi-component (ML-MC) community-based interventions and programs can be planned.

Programme and lecturers

The course will include pre-course learning tasks so that students will get to know each other before meeting. The online introductory learning tasks will be moderated according to Gilly Salmon's 5-stage model of e-learning with the aim to introduce the students to each other prior to the in-class sessions and to ease the future team-building and collaboration in class. These tasks are supervised by Bent Egberg Mikkelsen and René Kural. The group process will in addition be supervised by a team of lecturers.

Pre -course activities

Activities will run on the AAU PhD Moodle learning platform and will include students filling in a template on their research, experiences and expectations. The template will assist students in having established some link before the first course day. The templates will also inform the coordinators for the first sketch for group configuration.

Stay updated on <https://phd.moodle.aau.dk/course/view.php?id=654>



On-course assignment (WGA)

The course assignment is group based and based on the Problem Based Learning model. A group matchmaking process will be a part of the pre-course activities where course coordinators will suggest groups of 2-4 people based on the templates handed in before the course. The WGA is the Written Group Assignment that students will work on during the course. The WGA works on an idea from a local community. The assignment is a protocol based on students' ideas for foodscape projects that can create change and innovation in the local community activity and foodscapes and to do that in a participatory way with local citizen groups. The students will work on elaborating their ideas for foodscapes projects and turn them into concrete protocols. The WGA must relate to structures and agency – the food environment as well as stakeholders – and assess the structural affordances as well as the agency and preparedness of the stakeholders in the local community. The WGA is 6 pages long and will be defended orally in plenary by each group. The WGA will be handed in 1 week after the course. It forms the completion of the course and the course diploma. The assignment must answer the following questions (the 4WHe questions):

WHERE. In what spatial entity are you planning to intervene? Local institution? More institutions? Describe the geographical delimitations. How can the foodscape walkabout be carried out? What action possibilities is available in the local food environment?

WHY. What is the problem according to target group and researchers? Who owns the problem and can benefit from solving it?

WHO. Who is interested in making a change. Identification and assessment of stakeholders and their capacity to act (the agency part).

WHAT. What can be done? What are the action possibilities? Make a short list of possible actions and intervention components. Use your assessment of the structural environment as well as an assessment of the agency part (“who is willing to act in what actions”). Make sure that your assessment of the strength of the evidence base for the actions is taken into account.

HOW. Action plan/plan of action. What is going to be done and how? Describe the interventions components you intend to apply. Make a plan of action where both actions and timeline are illustrated in a GANTT chart. (“what intervention component are planned to be carried out when and for how long time”). Make a budget and describe contingencies. Finally make a communication plan.

Evaluation. Describe how you are planning to measure what is the effect and impact of the intervention/innovation/change that you intend to carry out.



Post-course activities

The course is part of the “The Activity Enhancing Urban Spaces week” taking place in Copenhagen August 29th - Sept 2nd: Students can participate free of charge in the open conference on “Activity Enhancing Urban Spaces – taking local action for better food & health” on September, 1st at the Royal Danish Academy of Fine Arts, Schools of Architecture, Design and Conservation (KADK). The conference is arranged by the International research network Activity- and health-enhancing Physical Environments Network led by KADK and involving leading European researchers and universities including AAU and KADK. The conference is supported by Realdania.

How to get there

Please find advice on how to get there on this link

<http://www.en.cph.aau.dk/How+to+get+there/>





Reading list

Dyg, PM & Mikkelsen, BE. Cooperation Models, Motivation and Objectives behind Farm-School Collaboration in Denmark". Accepted for Journal of Sociology of Agriculture and Food, issue 23 (1), 2016

Gittelsohn J, Steeves EA, Mui Y, Kharmats AY, Hopkins LC, Dennis D. "B'More Healthy Communities for Kids: Design of a Multi-Level Intervention for Obesity Prevention for Low-Income African American Children," BMC Public Health 2014, 14: 942

Mikkelsen, BE. Images of foodscapes – introduction to foodscape studies and their application in the study of healthy eating out-of-home environments. Perspectives in Public Health, 2011, 131(5):209–216.

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Mikkelsen, BE & Fjeldhammer, S. Gardening during the life course – a Scandinavian approach. Proceedings from Agriculture in Urbanizing Society, Rome, September 2015, WG 11 Grass-root initiatives and community gardens

Mikkelsen BE, Novotny, R & Gittelsohn, J. Multi-Level, Multi-Component Approaches To Community Based Interventions For Healthy Living – a three case comparison

Mikkelsen BE, Aagaard-Hansen J, Bloch P, Jensen BB, Reinbach HC, Buch-Andersen T, Lawaetz Winkler L, Toft U5 & Glümer, C. The SoL program – a community-based, multi-level health promotion intervention to improve dietary habits and physical activity among Danish families with young children. Part 2: Research design. Submitted for Preventive Medicine Reports

Mikkelsen, BE. Participation, creativity and co-creation – a synthesis of five iterations of methods for urban foodscape development. Proceedings from Creative Cities, Østersund, 2016

Wilken LR, Novotny R, Fialkowski MK, Boushey CJ, Nigg C, Paulino Y, et al. Children's Healthy Living (CHL) Program for Remote Underserved Minority Populations in the Pacific Region: Rationale and Design of a Community Randomized Trial to Prevent Early Childhood Obesity, BMC Public Health 2013, 944