



Abstracts presented at the Norwegian Public Health conference, October 27-29, 2021, Trondheim, Norway

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The Norwegian Public Health Conference – a meeting place between researchers and practitioners 3

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social environment, well-being, dietary habits, and that school breakfast can reduce social differences between students.

Lessons: Even if most schools offer free school breakfast, only a few students participated regularly, but 70% ate breakfast three or more days per week. Student's report eating breakfast more often when it is free. However, as the student survey had a low response rate, more data is needed to make final conclusions. Still, some guidelines for the use of funds for free breakfast will be outlined.

Main messages: Few students attend the free school breakfast. Nevertheless, there is a clear perception among school staff and students that breakfast contributes to better concentration, food habits and well-being.

BI-3 Joy of Life kindergartens - intergenerational meetings and prevention of loneliness

Ingvild Finstad, Linda Fahle-Johansen

The foundation of Joy of Life for The Elderly.

Background: The public health report Meld.St.19 (2018/2019) and the quality reform for seniors Meld. St.15 (2017-2018) encourage more intergenerational meetings to prevent loneliness among children and elderly. Interaction between grandparents and grandchildren is regarded as beneficial to children's growth, development and affiliation, but demographical changes have led to fewer of these meetings. Joy of Life for The Elderly (JOLFTE) has through many years facilitated intergenerational meetings between children and elderly through the concept Joy of Life Kindergarten. JOLFTE recently finished a project focusing on further development of this concept.

Description of the project: The project ran for three years and was finished in spring 2021. The main goal was to further develop the concept, enabling more kindergartens to take part in intergenerational meetings. The project aimed to investigate which prerequisites were necessary to create successful intergenerational meetings, establish the importance of these meetings, and the kindergartens needs for follow-ups. To investigate this, mappings were done, digital tools were developed and platforms for sharing inspiration, information and experiences were created.

Results: During the project period, 233 new kindergartens were recruited, resulting in 475 registered today. The results showed that intergenerational meetings are just as important for the children as for the elderly. The kindergartens experience the meetings as important for social learning in interactions with the elderly. The following prerequisites for successful intergenerational

meetings were found: 1) A start-up meeting between kindergartens and health care facilities to plan meetings and clarify expectations, 2) regular meetings between the children and the elderly, 3) joint activity, rather than children entertaining the elderly, 4) practical challenges such as transportation and location do not necessarily prevent intergenerational meetings to take place. Regular follow-ups, visibility in social media, digital platforms and inspiration seems to be important factors to maintain the kindergartens' involvement.

Lessons: Intergenerational meetings seem to function best when activities are kept simple. A connection to a larger concept also seems to have a motivational effect in the process of creating new intergenerational meeting areas. Joy of Life Kindergartens is an uncomplicated, easy concept that creates engagement and positivity among participants. Several kindergartens have reported that they had enrolled in this concept at earlier stage if known about it. The project showed that many wants to participate in intergenerational meetings if invited.

Main messages: Intergenerational meetings can contribute to the prevention of loneliness by giving the participants a feeling of affiliation, and a sensation of being seen as well as being significant to others.

BI-4 The need for a more systematic approach to promoting mental wellbeing among children in schools in Norway

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Issue: Viken, the largest county in Norway, is partner in the BOOST project "Building social and emotional learning (SEL) skills to BOOST mental health resilience in children and young people in Europe", a research and innovation project funded by the European Commission's H2020 framework program under grant agreement No 755175. The project aims to create a holistic population-based approach to promote mental well-being in primary school children in Spain, Poland and Norway.

An essential part of the project is to ensure uptake of the results from the project. To this end, collaboration between researchers and policymakers is crucial, and methods developed are anchored in the project's exploitation plan. One of the main tasks is to translate research into practice. Viken County is the policy-maker partner in the BOOST project, leading the work package (WP) responsible for uptake. One deliverable in this WP is to develop policy briefs, making research findings relevant for policy and practice. The policy brief "The need for a more systematic approach to promoting mental wellbeing among children in schools" was published in April 2021 in Norway. The policy brief