

A	h	0	111	H	R	Δ1	nt
	U	v	u	L.	ப	CI	uu

- Background:
 - MSc Food Sci + Tech
 - PhD Organisational sociology
- Professor: Nutrition & Public Food
- Mail: bemi@dcm.aau.dk
- Personal web site:

http://personprofil.aau.dk/119690?lang=en

- Linked in: http://dk.linkedin.com/pub/bent-egberg-mikkelsen/7/713/13b
- ResearchGate:

http://www.researchgate.net/profile/Bent Mikkelsen

C1210 Work group 4:

- Higher education
- Vocational schools

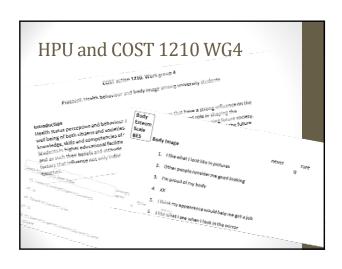
	http://www.capfoods.aau.dk/k school-university/eurohpu/	
	EUROHPU - EUROPEAN HEALTH PROMOT	ING UNIVERSITIES
	TAROUGH HEALTH PROMOTING UNIVERSITIES Alfeath Promoting University appress to orate a learning innoverset and organisational orbiter that enhances the leath, well-being and outstandably of the community and enables people to achieve the full potential. This is the vision of the European network for Health Promoting Universities. The network consists of researchers, ocycle and administrations from European universities and aims a stronglytening the risk university cash piley in the health of the orbitization and the society are less a sustainable development.	Project start 2011
0	The healthy settings approach is not just about delivering interventions in a range of cortexts – if adopts a whole system perspective and is concerned to make the actual places and social systems in which people spend their time supportive to health.	BENT EGBERG MIKKELSEN

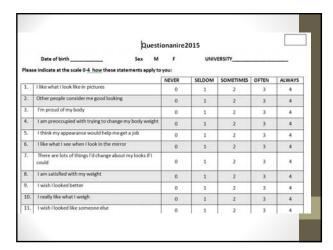
COST action	1210.	Wor	k grou	0 4
-------------	-------	-----	--------	-----

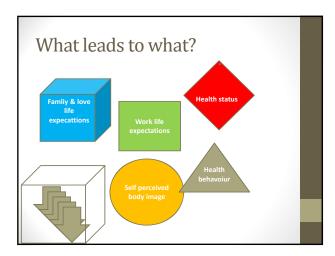
Protocol: Health behaviour and body image among university students

Introduction

Health status perception and behaviour are important factors that have a strong influence on the well being of both citizens and societies. Universities play an important role in shaping the knowledge, skills and competencies of the future generation and hence in shaping future society. Students in higher educational facilities can be expected to be the decision makers of the future and as such their beliefs and attitudes as well as behaviour in relation to health are important factors that influence not only individuals but can be expected to have an impact on future societies.







Why are eduational settings interesting?

- Health Promoting University
- The lifelong learning perspective
- Universities as "sampling units"
- Schools as health promoting and "protected places"

BMI+ as proxy for body disfigurement?

	of Death from Any													
Country	Causes						n of Iron	ality Accord	ing to Case	e of Death				Studies have shown that
		All Cases	All Cancer- Billand Causes	Street (arcer)	Long Concer		Independent Plant Distant		Norm	All Other Dismon	Royald Returned Causerd	Senting March Carrent	Carrent Amendife to Medical Intersection	population groups with a short
Men														education and low SES have
Total	3475	1271	313		100	333	210	94	149	3.47	181	213	10	
laeden	2188	621	90		37	104	129	30	19	179	10	10	36	lower prospects in terms of
torap benegt	1119	100	149		95	454	367	79	.76	300	13	100	40	
Initial Straitm (Straight)	Ties .	862	100		100	401	1317	- 10		134	23	- 00	No.	health and life expectancy9.
and Warrel			100		140		101					141	100	
telgram	3110	701	374		1.79	199	79	19	14	140	20	101	29	 These data help to explain
tel period	3475	1911	280		176	401	101	16	11	140	11.7	290	61	
Tarica .	1141	1044	100		73	193	13	12	100	240	194	304	28	how smaller education-related
haly (Nariv)	1170	662	190		107	140	10	- 12	13	140	- 0	1377	-	
Ipan (Mated)	1316	130	190		- 5	14	-	- 10	-	100	77	1/9	14	inequalities in the rate of
ipen (Seaple Invest)	5100	194	162		29	14	-4		10	139	46	167	24	
Sports	2992	2439	369		124	421	0	219	in	492	224	167	10	death from any cause in
Hargary	2110	1160	966		240	1001	462	343	212	675	420	508	66	
Conh Republic	3664	21/39	476		247	825	472	258	138	499	146	364	29	southern European
Nand	1904	1165	589		340	750	285	239	187	607	145	408	15	
Infrares	2536	2234	345		195	AG7	305	338	843	677	304	101	.165	populations and larger
Success total	2625	1149	100		100	451	100	269	147	618	141	101	(AL)	
Toronto.	JARIS	1111	100		100	. 451	250	140	147	445	141	200	177	inequalities in the eastern and
Torised	1811	401	49	-4	116	367	146	172	25	161	81	28	- 67	
leater	679	161	.75	-4	10	172	304	**		538	10	14	19	Baltic regions arise9.
Romaly	811	528	HER	-14	- 64	239	140	62	- 5	Sen	16.	79	10	
Semak	X30	531	jebs	-11	(1)	INE	760	42	119	230		70	27	
Shifted Elegation (England and States)	671	40.7	310	-33	.39	276	354	76	. 9	96		101	764	
Indoor	761	627	167	-60	710	126	10.	.11	1.00	167		28	.10	
Interiord :	EN.	337	33	-1	10	154	.74	- 46	- 5	138	10	- 21	12	
Tierie	.174	F75 :	30	.11		136	119	46	.04	167	10	1.7	82	
haly (Sarre)	751	197	10	-15	-4	94	34	34	-9	94		-4	:10	
Spain (Sarodona)	- 349	234		-12	-04	101	16	34	3	136		-14	12	
(pair (Madral)	145	125	-13	-25	-17	96	20	- 29	-1	94	-	-0.7	- 1	Exploring the health trap - social inequality, health
dress (passing company)	411	#25	-11	-17	-10	191	17	107	29	190	- 1	-04	D	and career tracks among students in disadvantaged
Tengen	1000	240	100	iar	- 10	111	202	206	11	756	10	-	16	
Costif Republic	200	726	bee	10	11	224	362	114	18	260	13	310	10	educational settings. Bent Egberg Mikkelsen and
Poland	140	190	330		10	314	112	142	29	215	. 28	28	32	Annette Quinto Romani
Uhoria	1068	1000	310	1	, 1	1316	297	142	178	251	87	39	.00	Department of Clinical Medicine, Aalborg University
Totorea	1115	851		-1		491	379	187	109	263	181	18.		
	719	410	99	-4	18	351	136	95	30	1.69	16	.76	37	Aalbora, Denmark Department of sociology and

Mortality has been shown to be reduced with 43% compared to men with the lowest education level 11.

These risk reduction estimates were stronger among men than women, but in both cases highly statistically significant 11.

**These risk reduction estimates were stronger among men than women, but in both cases highly statistically significant 11.

**These risk reduction estimates were stronger among men than women, but in both cases highly statistically significant 11.

**These risk reduction estimates were stronger among men than women, but in both cases highly statistically significant 11.

**These risk reduction estimates were stronger among men than women, but in both cases highly statistically significant 11.

**The stronger among men than women, but in both cases highly statistically significant 11.

**The stronger among men than women, but in both cases highly statistically significant 11.

**The stronger among men than women, but in both cases highly statistically significant 11.

**The stronger among men than women, but in both cases highly statistically significant 11.

**The stronger among men than women, but in both cases highly statistically significant 11.

**The stronger among men than women, but in both cases highly statistically significant 11.

**The stronger among men than women, but in both cases highly statistically significant 11.

**The stronger among men than women, but in both cases highly statistically significant 11.

**The stronger among men than women, but in both cases highly statistically significant 11.

**The stronger among men than women, but in both cases highly statistically significant 11.

**The stronger among men than women, but in both cases highly statistically significant 11.

**The stronger among men than women, but in both cases highly statistically significant 11.

**The stronger among men than women, but in both cases highly statistically significant 11.

**The stronger among men than women, but in both cases highly statistically significant 11.

**The stronger amon

•	Dietary behaviours have
	been shown to be
	associated with SES.
•	Males with low adult SES

- Males with low adult SES unlike females had a dietary pattern rich in meat, sauce, potato, fast food, sweets and rye bread.
- Adults with high SES were shown to have intakes more dominated by a green food pattern rich in fruits and vegetables.

and women ¹			.,	ly for men
		western food tern	Green foo	d pattern
	Women, n = 364	Men, n = 280	Women, n = 364	Men, n = 280
Adult SES		$\beta \pm SE$		
Crude ²				
Low SES	0 (ref)	0 (ref)	0 (ref)	0 (ref)
Medium	-0.11 ± 0.14	-0.55** ± 0.17	0.25 ± 0.16	-0.04 ± 0.18
High SES	-0.15 ± 0.10	-0.64*** ± 0.14	0.31** ± 0.12	0.52*** ± 0.14
Moderately a	adjusted ³			
Low SES	0 (ref)	0 (ref)	0 (ref)	0 (ref)
Medium SES	-0.02 ± 0.08	-0.01 ± 0.10	0.29* ± 0.14	0.18 ± 0.17
High SES	-0.11 ± 0.06	-0.21** ± 0.08	0.29** ± 0.11	0.67*** ± 0.14
Fully adjuste	rd ⁴			
Low SES	0 (ref)	0 (ref)	0 (ref)	0 (ref)
Medium SES	-0.02 ± 0.08	0.02 ± 0.10	0.28* ± 0.14	0.16 ± 0.17
High SES	-0.08 ± 0.06	-0.18* ± 0.08	0.25* ± 0.10	0.64*** ± 0.13

12. Hare-Bruun H, Togo P, Andersen LB, Heitmann BL. (2011) Adult food intake patterns are related to adult and childhood socioeconomic status. J Nutr 141(5):928.

Skewedness in gender

- In addition to the social <u>skewedness there is a gender dimension</u> since women generally eat more in accordance with the official dietary <u>guidelines</u> compared to men¹⁵.
- It is shown that men in general have less regular meals than women. Especially breakfast and lunch¹⁵.
- Men eat less dietary fibre than women, and they consume more fat and alcohol¹⁵.

15. Christensen LM, Kørup K, Trolle E, Fagt S. (2013). Meal habits for adults with short education. 2005-2008 [Måltidsvaner for voksne med kort uddannelse 2005-2008]. Søborg: DTU Fødevareinstituttet.

Students at vocational schools

- Being a student at a vocational school is a major predictor of multiple health risk behaviors¹⁶.
- There is a higher level of prevalence of overweight students in vocational programs than academic programs¹⁶.
- Studies have shown that students at vocational school have poor eating habits¹⁷.
- It is shown that students coming from families with lower SEP tend to have less healthy dietary habits¹⁷.

 Alricsson M. Landstad BJ. Romild U. Gunderson KT. (2008). Physical activity, health, BMI and body complaints in high school students. Minerva Pediatr 60(1):19-25.
 17. Bessens NAK, Auser Pianr, Maryens NAK, et al. (2012). Healthier food choices as a results of the revised healthy diet program. Int. 19-bin. 4th Thys Act 9 (2014). Studies have shown that smoking^{18,19} as well as inactivity among vocational school students are very common.
 Vocational schools are a suitable and essential setting to reach a high risk population concerning tobacco smoking or unhealthy alcohol consumption¹⁹.
 Among the total sample 61,2% were daily or less than daily current smokers.

Table 5 Multiple prediction model of risk factor "physical institute" (reference groups countined who	a decision without the conductor	Table 4 Molecular production model of this factor "industria emolecula" (informational product actional students without the risk factor)			
Vertelle	04 (35%-00)	Terland			
Senderi Resignet;		(proper Male (set)			
tenak	0.00 (0.00 0.00)**	Participal	8199 (0.76 (.14)		
Age: (III-III press (Inf.)		Age: 10-16 pers 2462			
37 SR years	5.34 (5.30).70(*	27-28 ptors	1.10 (0.00 1.00)		
28 dil years	6.84 (0.40 0.400)*	19:00 stery	\$ 20 (1.00) 80)		
Jil years of con-	1.04 (1.29-1.00)**	21 peeps or male:	1.82 (1.45.616)		
Disselland attacomer: None (ref.)		Encernne attentions fone (set)			
Strongery action	5.09 (0.00 5.76)	Securelary school	6.76 (0.40) (00)		
Esterolas seconiaris estrari	4,14 (6.60-4.66)	distanciad passanciarly school	6.60 (0.60 1.00)		
Services or high erhoot	5 24 (5 56 6 64)	Section of tight action	8.79 (6.40 1.40)		
(many the later of the (set)		(mm/granti beringmann) for (ref.)			
Dise parties burn autoria distillutional	3.63 (0.00 0.00)	(the parent bent purpose heroperans)	1.51().00().00		
Bott parents form extends Sentantiand	1.24 (0.40 (.40)	dust parents bert surante bertserland	\$100,000,000 4,000		
(Angeliova Test): Resort (1ef.)		Vesetoral feet Mature (ref.)			
Salitations, State	0.94 (0.60 1.46)	Sammers, heat	2.55 (1.20 9.50)		
Stayin, soons	1.84 (0.45-1.61)	Modelly, Spirits	E10 (1.00 A.00)		
Steps, et, 2000	1.07 (0.00, 0.00)	Swigs, art, print	1.16 (0.46) (6)		
Contraction and interne fitting	9.40 (0.19.0.94)*	Committee and reamy fitting	3:00 (0.30 1.00)		
Statistical engineering, Information Inchinategy	0.04 (0.40 0.00)	Statistical argumentos, informativos technologia	5.25 15.60 5.84		
Rebit and mechanics	1.00 (0.00-0.00)	Metal and resiliency	1-04 (0.00 1.00)		
Charmers, physica	9-91 (9-79-1-91)	Chemistry, physics	199 (0.00 4.10)		
Factorial and construction	9.79 (0.47).30)	Percent and construction	100 (140 170)		
ter	Language	bee	142750-430		
State in and adversariated	8.75 (8.86) 875	Statement and accommodure	100 (100 (100 (100 (100 (100 (100 (100		

Table 2 orting Health-Risk Behavi There is concern that students are subject to an accumulation of risk behaviours and multiple health risk 8.3 11.9 4.85 (0.028) behaviours have been reported 21, 22, 2.4 4.4 3.93 (0.048) 8.4 13.0 6.87 (0.009) The incidence of health risk behaviors of vocational school students in Chaozhou City is high. Table 2 is from Okinawa Japan.

Take home & reflect

"Any plan will do" (Weick)

- "Health" programs as a catalyst
- How to <u>balance political correctness</u> with participation
- How do we <u>bring employeers</u> into the loop
- How do we use "the social" and the "masculine"
- How do we <u>fit "health" into a daily life</u> perspective