

Campus'n Community

Service Learning at Integrated Food Studies

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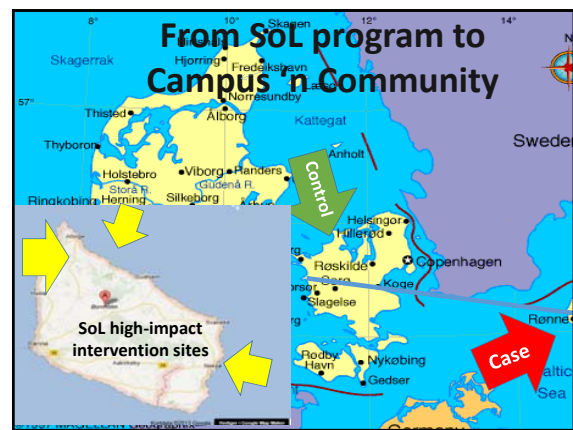
Abstract: The Campus' foodscapes study group at Ålborg University conducts research in healthy eating and sustainable food consumption in the form of a service learning program in schools, kindergartens, vegetable gardens, and community gardens in rural and urban settings. Research is conducted with parents and teachers for hours of evaluating the foodscapes in terms of health behavior and health status. In this workshop we draw on the process for the development and evaluation of the research program (Health & Local Community) in two Danish communities based on a food-based intervention and multi-component strategy. The food program is implemented in the three neighborhoods in each of the communities. The program works through an integrated approach where promotion of healthy eating and non-sedentary behavior is coordinated with promoting social and economic well-being. The program is a partnership between organizations: Municipality, Higher Education, media, school & kindergarten, vegetable gardens, and community gardens. The primary target population is families with children aged 0-5 years. Data on food intake, physical activity, and other health-related outcomes were measured baseline and follow-up. In addition we draw on the insights and experiences from the foodscapes study group's Campus'n Community program. The end user of the project is the educational and community garden attached to the local public school (Mikkelsen & Jørgensen, 2016). The project is part of the Campus'n community approach of the university and the civic university paradigm of Ålborg. The program functions as a case of experiential learning. Learning examples in which students from the Integrated Food Studies carry out assignments on food and urban spaces for the benefit of the local community are presented. Consequently, the project builds on the ideas of action research, service learning and knowledge-intensive applied development programs. The project contributes to service learning, civic university engagement and how insights from social marketing and health communication practices.

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Conceptual foundation Integrated Food Studies

- Service learning
- Civic University
- Scientific Social Responsibility
- Applied Knowledge Triangle
- Problem Based Learning



Status

- ### Learning insights
1. Sketch a protocol
 2. Identify stakeholders
 3. Assess their readiness
 4. Map what's already there
 5. Map needs & expectations
 6. Identify action opportunities
 7. Draw on the evidence base
 8. Create alliances
 9. Choose intervention components
 10. Re-engineer your protocol