

Projects Prof. Dr. Holger Hassel

- **Systematization of conceptual approaches for overweight and obesity prevention in children and young people (SkAP)**

Childhood overweight and obesity as well as related diseases are one of the most serious public health challenges of the 21st century. Since prevention of overweight and obesity needs high priority, there is a high number of interventions with multiple subjects, target groups and approaches for different settings in Germany. In order to provide a systematic overview SkAP aims at developing a catalogue of descriptive indicators, which can be used to analyze conceptual approaches of interventions on prevention of overweight and obesity in children.

The project contributes to the improvement of childhood overweight and obesity prevention by focusing on setting-specific approaches to health promotion and prevention. It provides an analytical method for systematization of conceptual approaches of interventions.
- **Active and healthy aging- Health Literacy to improve the quality of older people through social activity (GeWinn)**

The aim is to promote Health Literacy in particular social integration, generic self-management competence of people with chronic illness and media competence especially concerning of using mobile devices (e.g. Tablets) to search scientifically sound health information for people aged 60 years and above.
- **Quality development through physical activity (QueB)**

QueB focuses on the question, “Can implementation of an innovative “Quality Certification” process for child care centers that uses a participatory approach and addresses organizational development increase staff capabilities and optimize child care settings to increase physical activity levels of children and staff?”