Kids in Action
Collaborating with youth to improve their lifestyle

Manou Anselma MSc
PhD Candidate | Projectmanager Kids in Action | Postdoc researcher LIKE

Amsterdam UMC | Location VUmc | Amsterdam Public Health Research Institute | Public and Occupational Health | Child Health and Care
Overweight and obesity in children

Amsterdam 2015-2016 – 10-year olds

GGD Amsterdam
BMJ Open

Kids in Action: the protocol of a Youth Participatory Action Research project to promote physical activity and dietary behaviour

Manou Anselma, Teatske Altenburg, Mai Chinapaw
It's not that diabetes, heart disease and obesity runs in your family. It's that no one runs in your family.
Phase 1: Creating partnerships
April '16

Phase 2: Formation of Action Teams
September '16

Phase 3: Intervention development
January '17

Phase 4: Implementation and evaluation of interventions
September '17

Phase 5: Gradual transfer of responsibilities
September '18
September '19

Anselma et al., 2018
Novel research

1. [Image of a girl with a magnifying glass]

2. [Image of a book titled "Planning Health Promotion Programs: An Intervention Mapping Approach"]

3. [Images of medical icons: a test tube, a pill, a magnifying glass, and a syringe]
Article

Determinants of Child Health Behaviors in a Disadvantaged Area from a Community Perspective: A Participatory Needs Assessment

Manou Anselma *, Mai Jeanette Maidy Chinapaw and Teatske Maria Altenburg
YPAR + Intervention Mapping

(2)
From the real experts
YPAR + controlled trial
(3)

Anselma et al., 2019
I CAN

INSPIRE