

Health promotion through the life span with an inter-generational perspective

– Like two peas in a pod

To gain knowledge about how to promote health through the life span an intergenerational perspective can be helpful. Another important aspect is to give different age groups in society a "voice".

Aim

To describe and understand health promoting situations and events experienced by schoolchildren and older persons.

Participants

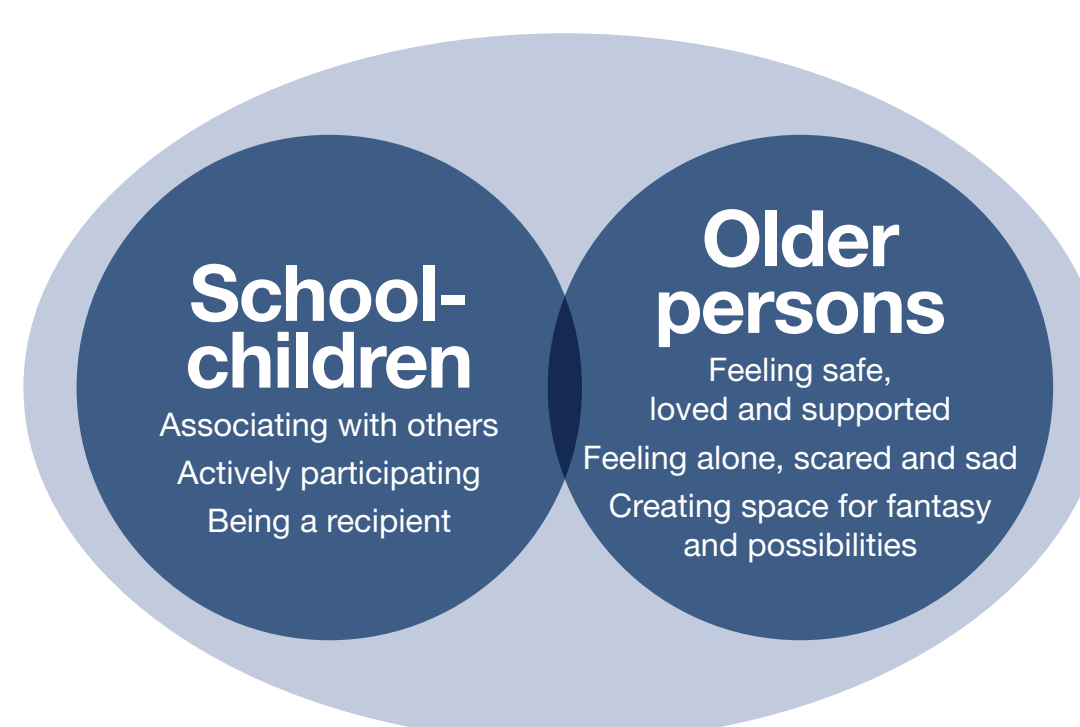
96 schoolchildren 10-12 years old and 13 older persons 65-93 years old from two different municipalities in Sweden.

Method

The schoolchildren wrote open letters and the older persons were interviewed. A phenomenological analysis was used.

Results

Both the schoolchildren's and the older persons' lived experiences included health and ill-health and relationships to others that helped or hindered health promotion. The comprehensive understanding of these two studies was "like two peas in a pod - more alike than different".



Conclusions

We argue that the we-relationship is the base for our existence as we are born into a social world and psycho synthesis of all ages can be achieved by keeping the best aspect of each age alive.



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