

## Rundum gsund

Gender and culture sensitive health promotion for persons with adiposity

05/2018 – 03/2020

### **Initiator**

Institut für Frauen- und Männergesundheit: FEM/ FEM Süd/ MEN

### **Objectives**

„rundum gsund“ is a gender and culture sensitive health promotion programme targeting persons with adiposity. The programme encompasses nutrition, sport and psychosocial aspects of lifestyles. Already in 2004, the Institute for women's and men's health, has developed a specific programme for obese women, men and families from target groups that are difficult to reach out to. As the demand for low threshold and effective support measures for overweight people and people with adiposity has grown over the last years, the programme „rundum gsund“ is continued. It includes 14 gender and culture sensitive trainings (duration: 6 months and 2 months follow-up) for women and men in German and other languages, if needed. In addition, the meetings of the Vienna Forum Overweight and Adiposity are continued.

### **Implementation of the evaluation**

queraum is responsible for a systematic process-oriented evaluation, focussing on the results and effects of the project activities. To evaluate the effectiveness of the programme, a standardized questionnaire (AD-EVA) is used to find out about health behavior, eating behavior, quality of life and body image. Among those who have completed a training, a follow-up survey is conducted to find out about the sustainability of the programme activities. The participants of the Vienna Forum for Overweight and Adiposity are asked about their satisfaction, the usability and the networking possibilities of their joint meetings.

### **Your contact**

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