

Xplore Health

DISCOVER THE LATEST ON HEALTH RESEARCH

Xplore Health: Promoting health for and with students

Developed by:

IrsiCaixa

Institut de Recerca de la Sida



Obra Social "la Caixa"

With the collaboration of:

AMGEN

Originally funded by :



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IrsiCaixa

Institut de Recerca de la Sida



 **Obra Social "la Caixa"**

 **Generalitat de Catalunya
Departament de Salut**

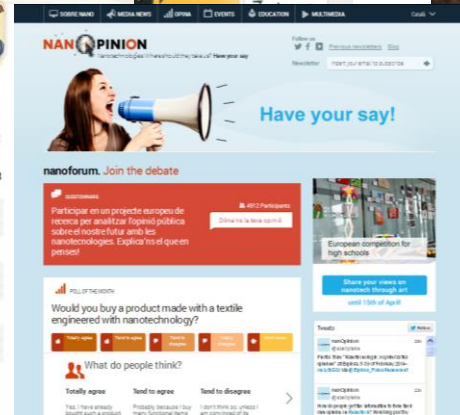
UDR-Bio: Unit of Public Engagement on Health Research

➔ Science Communication

➔ Educational programmes



➔ Public Engagement



- Responsible Research & Innovation (RRI)
- Community Advisory Board
- Community Based Participatory Research





Responsible Research & Innovation



**INNOVATIVE
TOOLS**

**TRANSFORMATIVE
TRAINING**

**WIDE
DISSEMINATION**



Open & Inclusive

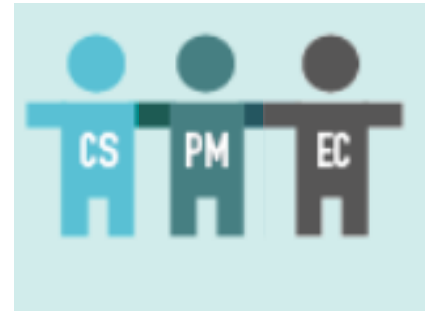
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more aligned with values and expectations of citizens

Relationship between science and society



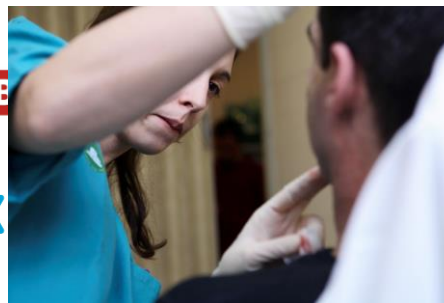
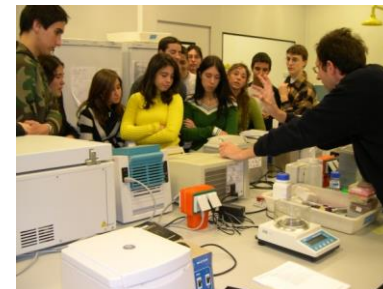
**SCIENCE AND INNOVATION
SYSTEM**



Outreach and info: focusing on understanding



SCIENCE AND INNOVATION SYSTEM



EL MUNDO



radio 5 rne

EL PAÍS



el Periódico

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Outreach and info: focusing on dialogue



**SCIENCE AND INNOVATION
SYSTEM**



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DEFICIT MODEL

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NEED FOR A TRANSFORMATIVE CHANGE



**SCIENCE AND INNOVATION
SYSTEM**



NEED FOR A TRANSFORMATIVE CHANGE of the R&I system



**SCIENCE AND INNOVATION
SYSTEM**

Responsible Research & Innovation



Science and Innovation system



Europe needs empowered citizens with the necessary knowledge and skills (scientific reasoning, critical thinking and engagement) to be able to participate in the R&I system!

How?



Xplore Health

DISCOVER THE LATEST ON HEALTH RESEARCH

AATTGCAGTT

Educational programme for health promotion



Aims:

Facilitate decision making based on scientific evidence

Bridge the gap between health research and education

Invite students to behave as responsible citizens

Empower students to participate in R&I

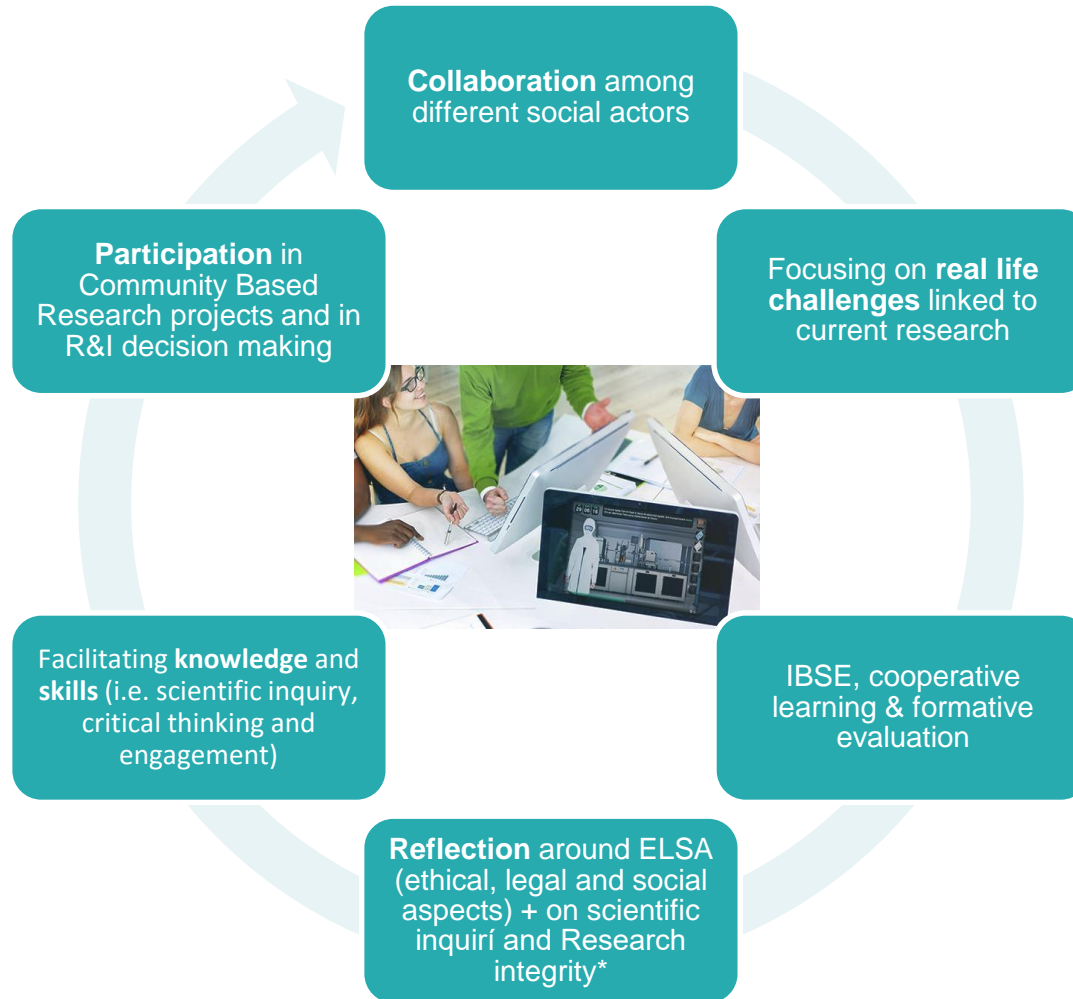
Inspire future researchers

IrsiCaixa
Institut de Recerca de la Sida

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How? By promoting innovation in STEM education:



Who we are



Institut de Recerca de la Sida



Developed by:

With the collaboration of:



Originally funded by :



Founding consortium:



Events organizers:

CosmoCaixa



CaixaForum



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8 Modules on different health topics

Each module includes:

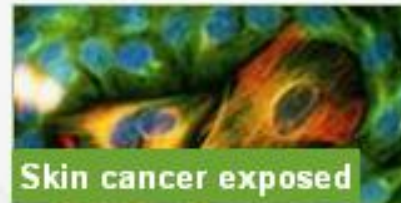
1. Multimedia tools
2. Tools for reflection
3. Protocols of experiments
4. Lesson plans

Multilingual portal

Catalan, Spanish, English, French, Polish

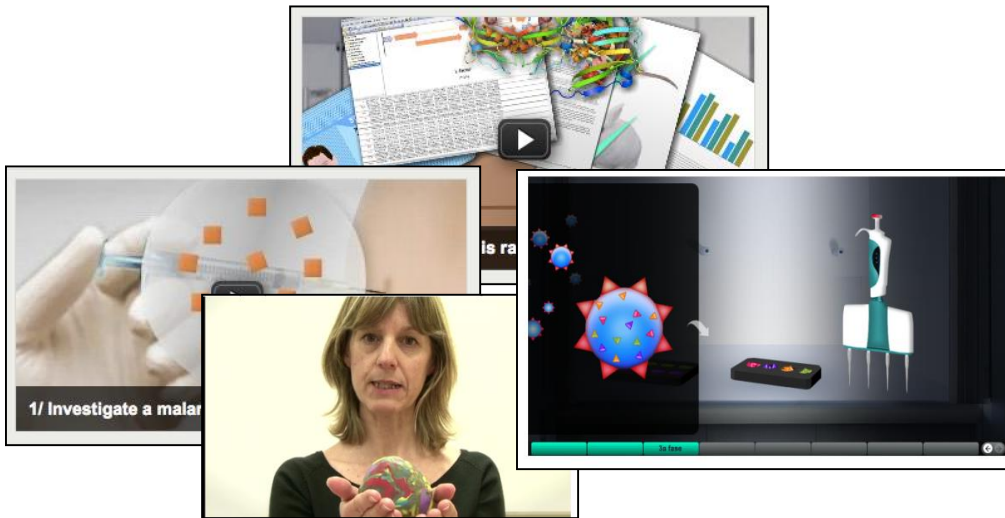
Aimed at secondary students

(15-18)



Resources in each thematic module:

Multimedia resources:
play, watch and experiment!



Hands on:
Experiments linked to current research



Reflect on ethical, legal and social aspects:
Decide and debate!



Lesson plans:
Real life challenges
+ IBSE
+ Collaboration with stakeholders
+ ELSA
+ Critical analysis
+ Action



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Clusters in different cities in Spain:

In museums and research centers :



+ 25.000
participants / year
through clusters

Each cluster offers:

- Workshops of experiments
- Training for teachers
- *Network of Pilot Schools*



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Extra aims for Xplore Health:

**Facilitate students to develop R&I with different actors
& aligned with their needs and expectations**

**Empower students to contribute to
bring solutions to societal challenges**

What is the **health issue** that students consider more necessary to work on?

What are the **needs** of students within this issue?

1,000 Students
choose topic &
co-develop the
collective needs
agenda

Healthy Minds

Promoting mental health for young people with young people



RRI: Community Based Participatory Research

(15 educational centres, 1.000 students)

Stakeholders

- 15 Educational centres (& families)
- CSOs
- Researchers (3 universities)
- Policy makers (final communication)

1,000 Students
choose topic &
co-develop the
research &
intervention

Annual projects: Topic for 2015-16

Stress and depression: can we help to improve our emotional well-being?

Intervention in schools for and with young people



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RRI: Community Based Participatory Research



Methods for deliberation:



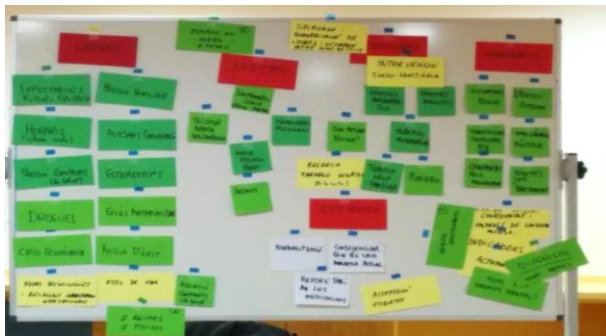
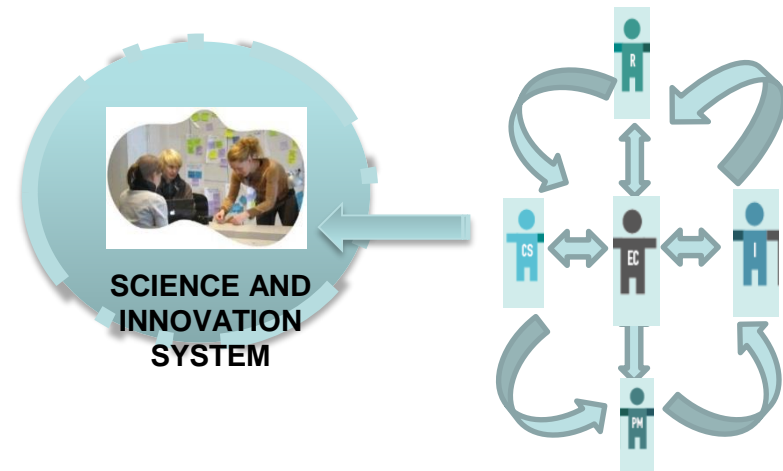
Projecte SanaMent: Taula de preguntes de recerca per d

Centre educatiu:

necessitats dels estudiants	Preguntes específiques	Indicadors	Fons de dad instruments
1. Necessitat de campanyes específiques amb autoconeixement, promoció d'hàbits saludables, i educació emocional. Fer prevenció del estrès i la depressió	Quines són les circumstàncies, situacions...que em fan sentir estrès, ansietat o sentiments de depressió?	1- Estrès, Depressió, circumstàncies i situacions que els provoquen.	Focus Group p informació qual grup. Qüestionari anc (sentit de coher recollir informar individual.
	Què tinc tendència a fer quan em sento estressat, ansietat...?	2- Hàbits o estratègies d'afrontament similars entre els estudiants.	Qüestionari d'h vida (Alfaro, Ac
	Podem superar les	3- Empatia, Autoconeixement	

Methods for collaborative deliberation

The process promotes participation during all phases of the R&I process with innovative methodologies that promote collaborative learning and the exchange of knowledge between the different actors.



Projecte [SanaMent](#): Taula de preguntes de recerca per dona

Centre educatiu:

Necessitats dels estudiants	Preguntes específiques	Indicadors	Fonts de dades + instruments necessaris
1. Necessitat de campanyes específiques amb autoconeixement, promoció d'hàbits saludables, i educació	Quines són les circumstàncies, situacions...que em fan sentir estressat, ansietat o sentiments de depressió?	1- Estrès, Depressió, circumstàncies i situacions que els provoquen.	Focus Group per recollir informació qualitativa del grup. Qüestionari anomenat per recollir informació a nivell individual.
	Què tinc tendència a fer quan em sento estressat?	2- Hàbits o estratègies d'afrontament	Qüestionari d'habilitat de vida (Alfaro, Acevedo)

Participants



15 Secondary schools & 500 students

4 Universities and Research centres



UNIVERSITAT DE
BARCELONA



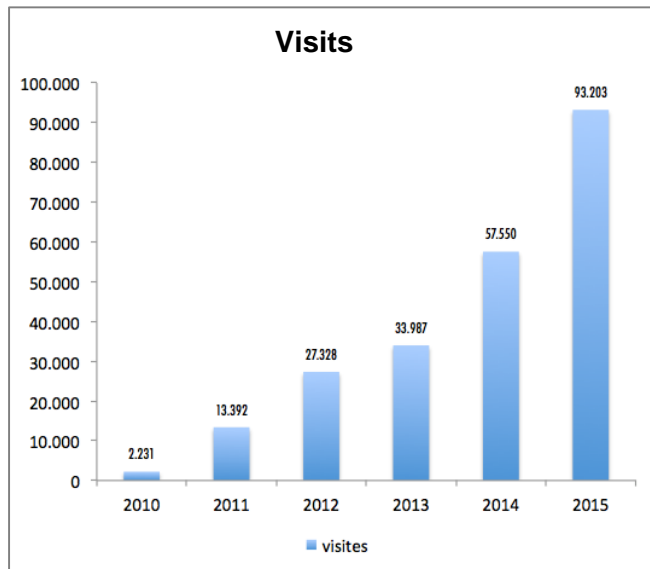
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Analytics

Website

Over **8.000** visits per month

93.000 visitors in 2015



+8600
Fans in Facebook

+ 2100
followers on
Twitter

