

***Udeskole as an ‘add-in’, holistic school-based health promotion strategy?  
– the TEACHOUT study***

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### **Abstract**

The TEACHOUT project is a quasi-experimental, cross-disciplinary study which evaluates the impacts of education outside the classroom (EOtC) on children’s PA, well-being, social relations, motivation, and learning. We present and discuss the study design, measurements and analytical strategies. Preliminary results on the health promoting potential of EOtC related to physical activity, social relations, learning outcomes, and motivation are expected to be available by autumn 2017.

In total, 16 schools with a total of 19 EOtC school classes and 19 non-EOtC parallel classes participated and data were collected over a school year. Using standardised questionnaires and tests, measures of the children’s social relations, motivation for school, well-being, and academic performance were collected at the beginning and at the end of the school year. Data on PA levels were collected over ten day periods during the school year using accelerometers. The amount and characteristics of the actual EOtC provided in both EOtC and non-EOtC classes were monitored day-to-day throughout the school year using an online teacher survey platform. The effects of EOtC was mainly analysed by comparing EOtC pupils to non-EOtC pupils on their scores of the outcome variables at the end of the school year adjusting for the baseline values.

EOtC is an example of an ‘add-in’ and holistic school-based health promotion strategy as it aims to promote both learning, PA, social relations, motivation, and well-being. The study represents a novel approach in the fields of educational and school health promotion research through its study design, cross-disciplinary and mixed methods approach, and holistic focus on the interdependent relations between learning, PA, social relations, well-being, and motivation. Presenting and discussing the project and study design is relevant because there is a growing need for developing, implementing and evaluating complex real-life school-based health promotion strategies that have a holistic and cross-disciplinary approach and objectives.

The TEACHOUT study will result in a comprehensive picture of school health promotion and children’s health and well-being which will broaden the understanding of the potential benefits of EOtC in school health promotion and primary education. These results can be used to inform and guide future policy and practice.

### **Key reference**

Nielsen, G., Mygind, E., Bølling, M., Otte, C.R., Schneller, M.B., Ejbye-Ernst, N., Schipperijn, J., & Bentsen, P. (2016). A quasi-experimental cross-disciplinary evaluation of the impacts of Education Outside the Classroom on pupils’ physical activity, well-being and learning: The TEACHOUT study protocol. *BMC Public Health*, 16, 1117.

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