

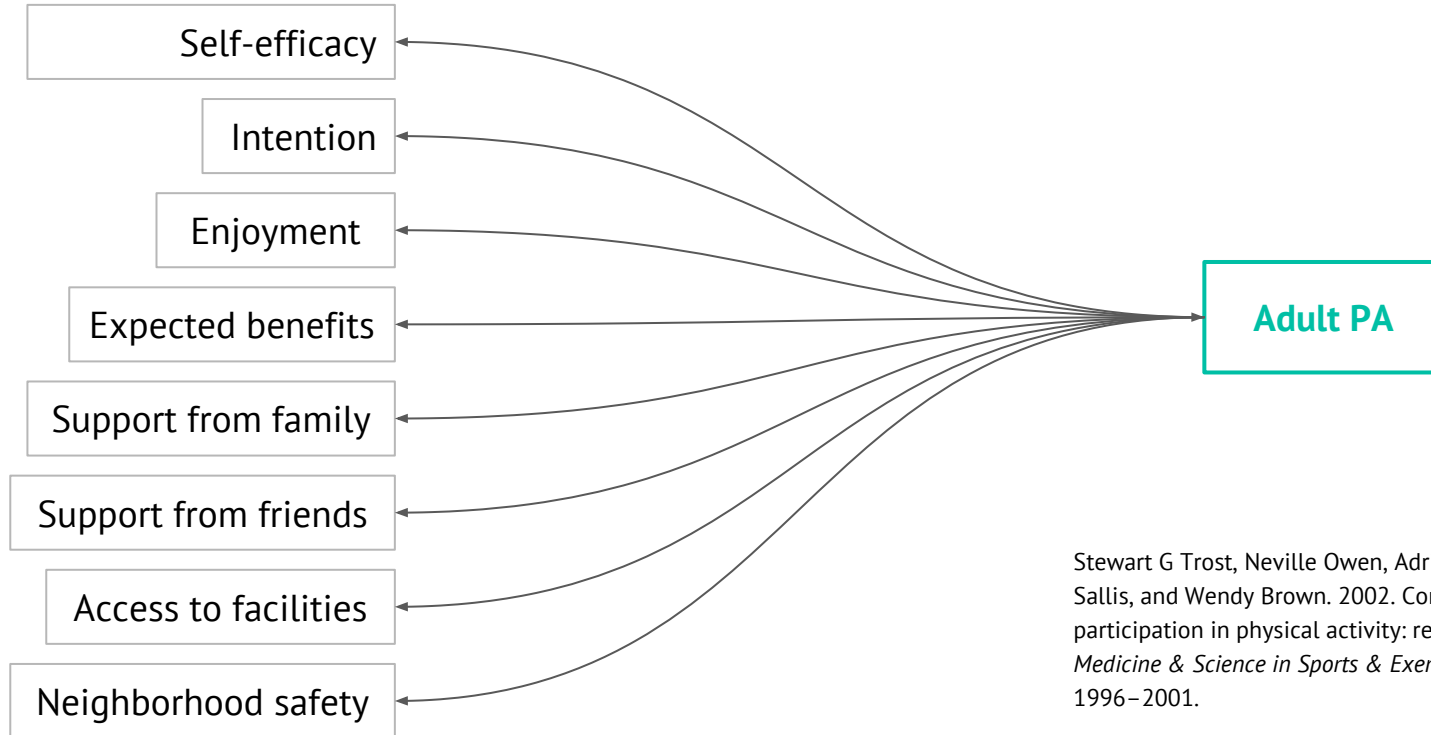
Storytelling for Health Promotion

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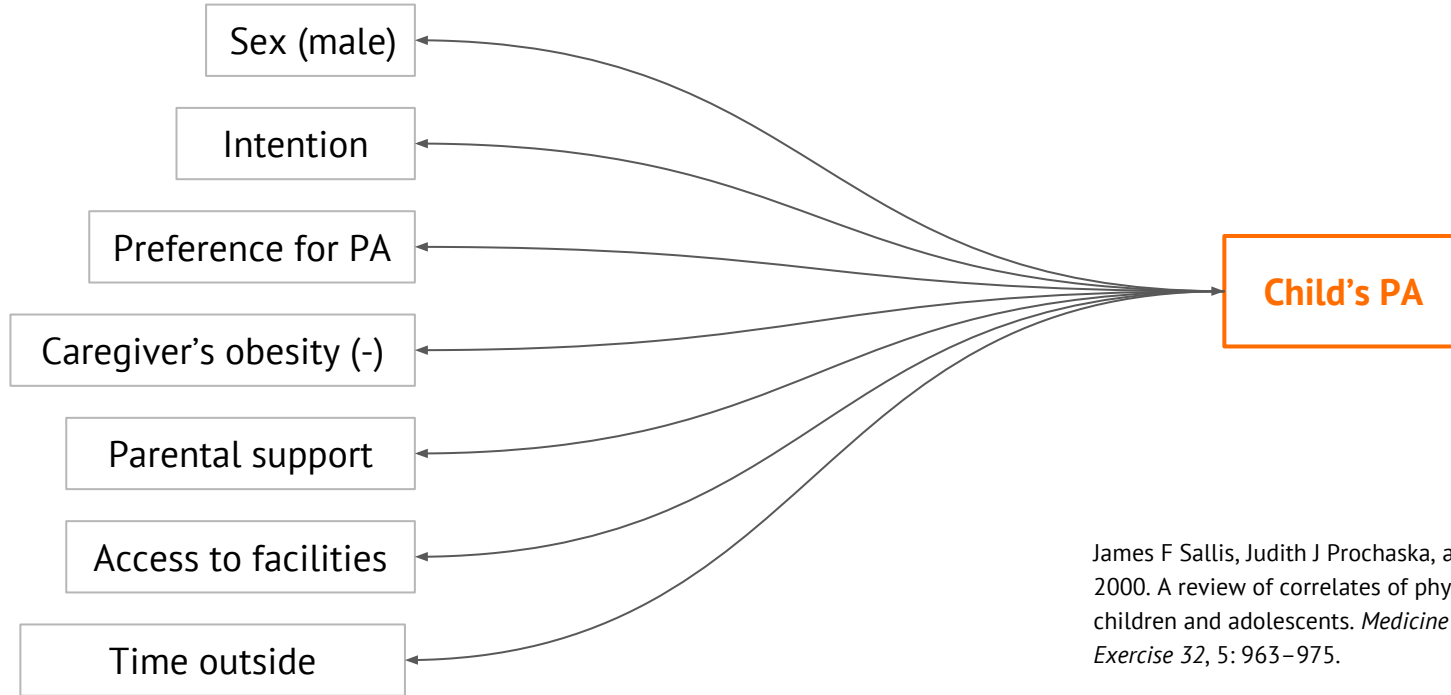
Review of Physical Activity Correlates

Adult's Physical Activity Correlates



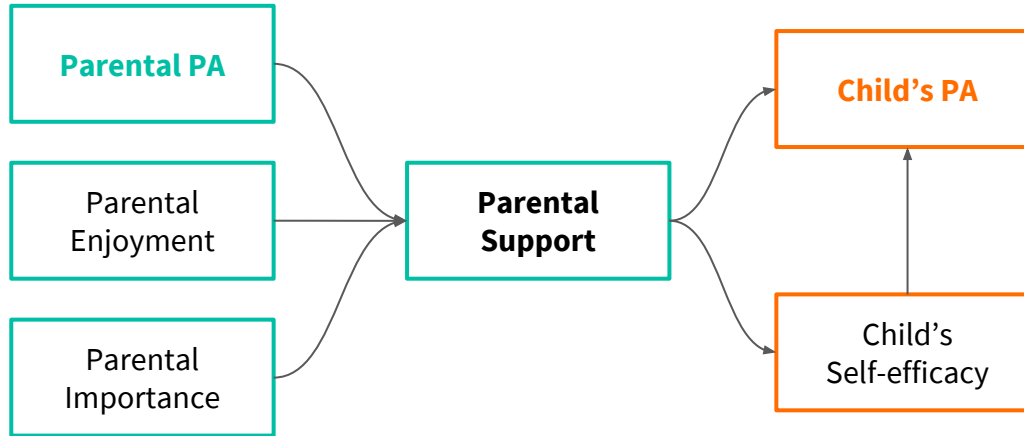
Stewart G Trost, Neville Owen, Adrian E Bauman, James F Sallis, and Wendy Brown. 2002. Correlates of adults' participation in physical activity: review and update. *Medicine & Science in Sports & Exercise* 34, 12: 1996–2001.

Children's Physical Activity Correlates



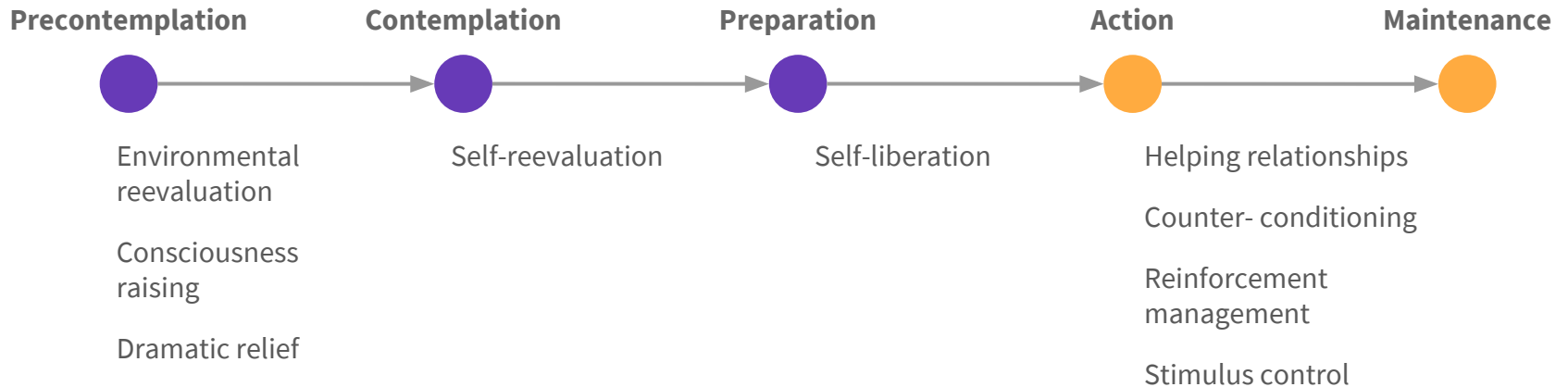
James F Sallis, Judith J Prochaska, and Wendell C Taylor. 2000. A review of correlates of physical activity of children and adolescents. *Medicine & Science in Sports & Exercise* 32, 5: 963–975.

Model for Parental Support



Stewart G Trost, James F Sallis, Russell R Pate, Patty S Freedson, Wendell C Taylor, and Marsha Dowda. 2003. Evaluating a model of parental influence on youth physical activity. *American Journal of Preventive Medicine* 25, 4: 277–282.

Transtheoretical Model's Processes of Change



Prochaska, J and Velicer, W. 1997. The Transtheoretical Model of Health Behavior Change. *American Journal of Health Promotion* 12.

Processes of Change in Physical Activity

	Precontemplation	Contemplation	Preparation
Consciousness-raising , get the facts	large	small	medium
Dramatic relief , pay attention to feelings	medium	-	medium
Environmental reevaluation , notice your effect on others	medium	-	medium
Social liberation , notice public support	medium	small	medium
Self-reevaluation , create a new self-image	large	-	medium
Self-liberation , make a commitment	large	medium	medium
Helping relationships , get support	medium	small	medium
Counter-conditioning , use substitutes	medium	medium	medium

Story's Structure & Content

Cobby's story structure

**Cobby want's to play his favorite game
in a new neighborhood but no one plays it**

Cobby learned a
local game that he's
not good at

Act 1

Act 2

Act 3

Reflection

Cobby asked for
help from his
neighbors to be
able to play the
game

Act 1

Act 2

Act 3

Reflection

Cobby taught his
friends to play his
game, and they
plan future games

Act 1

Act 2

Act 3

Reflection

Cobby realized that
he wants to be
happy and healthy
regardless of the
game

Act 1

Act 2

Act 3

Reflection

Story Structure

Premise

Chapter 1

Act 1

Act 2

Act 3

Reflection

Chapter 2

Act 1

Act 2

Act 3

Reflection

Chapter 3

Act 1

Act 2

Act 3

Reflection

Chapter 4

Act 1

Act 2

Act 3

Reflection

Workshop

Before we start

1. Form small groups (3 people per group)
2. Every group should have a partnering group

Step 1, Story Ideas

Individual story ideas (5 mins)

- Each write 2-3 story ideas on the **red cards**
- 1-2 sentences
- Story can be about anything.
Doesn't have to be related to health

Between Groups Feedback (15 mins)

- Everyone tell 2 story ideas to another group
- Partner group suggest one story that a group should go with
- Give ideas how to make the story better

No judgement. No right or wrong

Step 2, Chapter Ideas

Group write chapter ideas (15 mins)

- Break one story idea into 4 chapters, write each chapter on the **blue cards**. 1-2 sentences
- Make the story about children and physical activity
- Every chapter should carry one theme related to a PA construct or a process of change

Dramatic reading (5 mins)

- Tell your 4 chapter story as dramatic/humorous as possible four chapters to the class
- Then tell the correlates or processes that you use for each chapter

No judgement. No right or wrong

Step 3, Write the story

Group story development (15 mins)

- Write the 3 acts of each chapter
Each chapter has a setup, problem, and solution.
- Write a reflection question and a reflection conclusion
- Reflections should be related to the chapter and address a specific aspect of physical activity (e.g., self-efficacy, parental support, informational support, addressing environmental barrier)

Presentation (20 mins)

- Two narrators from each team will tell your story to the class.
 - One narrator tells the story
 - One narrator asks the reflection question and tells the reflection conclusion