

LEVLA ("level up")

- an initiative to engage schools
in cancer prevention



Declaration of interest

- No conflicting interest to declare

About the Regional cancer centre (RCC)

- There are six regional cancer centres working together with the healthcare regions, patient groups, organisations and researchers to create a more equal, high-quality cancer care.
- The work is focused around ten development areas that include the entire care chain; from prevention and early detection of cancer to rehabilitation, follow-up and palliative care.
- The assignment is based on the government's long-term focus on national work with cancer care.



Starting point

- 2.7 million cancer cases in Europe 2020, estimated to rise with over 24% by 2035 (Europe's Beating cancer Plan)
- At least 40% of cancer cases in Europe are preventable
- Important to address socioeconomic outcome inequalities
- We need to start early, inspiring and motivating children to healthy lifestyle habits.
- No one can do everything, but everyone can do something to **level up!**



Engaging the school community

Target groups

- School nurses
- PE teachers (Physical Education)
- Students aged 10-12 years

Process

- Feasibility study
- Workshop series developing ideas with PE teachers at Västerholm school
- Co-design and testing at Västerholm school
- Interviews with external teachers and school nurses



Online-course for school nurses

- Early detection of paediatric cancer
 - Supporting the child and its family and friends when a child gets cancer
 - Supporting children when a family member gets cancer
-
- HPV vaccine
 - Lifestyle habits to lower your cancer risk (as an adult)
 - Motivational interviewing (MI), a method for behavioural change



Feedback from participants

"Repetition and extra confirmation that my work with healthy lifestyle habits [with the students] can actually reduce the risk of cancer, it became so clear!"

-school nurse from southern Sweden

"Fantastic with an education aimed specifically at school nurses."

-school nurse in Stockholm, Sweden

"One of the best online courses I've taken"

-school nurse in northern Sweden

Online-course for PE teachers

- Introduction on why we must join forces to fight cancer
- Sedentary behaviour as a risk factor
- The diet's impact on health
- Behavioural design/Nudging
- Guideline/handbook for student material



Educational tool set for students 10-12 years

Sedentary behaviour – our new favourite waste of time

- Kahoot quiz with exercise breaks
- Educational film
- Discussion & reflection

Matlevlarna ('the food levelers')

- Kahoot quiz with exercise breaks
- Educational and inspirational films
- Discussion & reflection

Behavioral design/ Nudging

- Educational films/experiment
- Discussion & reflection
- Challenge/home work/experiment



Next step

- Final work with PE teachers and students at Västerholm
- Launch the Levla educational tool set to schools in the region (and hopefully expanding nationally)
- Follow-up by external public health experts
- Possibility to expand the risk factors to also include tobacco, alcohol and sun habits.



Take home messages

- School nurses are in a unique position to reach children to promote health and raise awareness, but this group needs improved knowledge on cancer prevention
- Collaboration between health care providers and the school community can be important strategies to reduce health inequalities.
- *Enjoy the summer! But please stay in the shade and use sunscreen ;-)*



THANK YOU!

Want to find out more about LEVLA?
jennie.jackson@regionstockholm.se



REGIONAL
CANCER CENTRE
STOCKHOLM GOTLAND