

Title

The Malvik Path

Short description

The Malvik Path, a recreational area by the sea side, was developed in a 4 year multi-sectorial innovation and research project named *Innovation in Public sector- From knowledge to action – from action to knowledge*. The project sought to develop, test and evaluate new methods and models for the systematic translation of knowledge to complex public health interventions. Development of The Malvik path is part of the local municipal development plan, aiming to increase physical activity, social interactions and participation among the total population, and preferably marginalized groups. The path is easily accessible, free of charge and universally designed.

Topic

Living-Moving

Characteristics (type, level)

Neighborhood, Local/Regional Intervention

Country/Countries of implementation

Norway

Aims and Objectives

The main aim of the practice was to develop recreational areas by the sea side for physical activity and social interactions that can reach new user groups preferably marginalized/low SES groups. Citizens, local politicians, local and regional government; public health leaders, leaders with organizational and policy responsibilities and/or experience, NGOs and individuals with special interest and competence, private sector and research institutions were involved in the planning, implementation and evaluation of the practice. The practice has increased the use of the area as an arena for physical and social activity. The practice in together with two other practices served as a basis for the development of a new working model for the implementation of knowledge based public health actions: the Trøndelag Model of Public Health Work.

Target Group

Total population, especially marginalized/low SES groups

Status

Implemented on a continuous basis, follow up plans.

Start and Completion dates

2012 - today

Lifestyle and Behavior Change

The path is connecting neighborhoods, it is going through the town center and school children uses it as their school way instead of using bus. The path is universally designed. Along the path there are several meeting places for activities such as fishing, picnicking, play and climbing.

Effects on:

Health and Wellbeing	The walking path increases physical and mental wellbeing and decreases air pollution (emission from cars and buses).
Vulnerable populations	Low SES and vulnerable are targeted in this intervention. The path is easily access able, free of charge and universally designed. The targeted groups have been involved in the planning process in order to take care of their needs and preferences.
Environment	Reduce CO2 emissions and saves energy (diesel, fuel for cars and buses).

Initiated and/or implemented by

The practice was initiated in cross sectional collaboration including the local community (citizens and municipality government), regional authorities, NGOs and research institutions.

Stakeholders and sectors involved

Citizens, local politicians, local and regional government; public health leaders, leaders with organizational and policy responsibilities and/or experience, NGOs and individuals with special interest and competence, private sector and research institutions.

Financial support

Regional research funding council, county authorities, municipalities, research institution, Norwegian Environment Agency.

Evidence-base

Adoption of evidence-based strategies has been recommended in order to achieve international and national objectives for improvements in population health. The implementation of this practice is based on research and experience based knowledge

collected by the municipality in collaboration with the NTNU Center for health promotion research for the last years.

Main activities

A 3km path along the seaside with plans for expansion.

Evaluation

A number of qualitative and quantitative evaluation studies are conducted. Taking advantage of a Search-conference methodology, Individual interviews, focus group discussions, questionnaires, counting device and photo voice, the decision-making process, planning-, implementation-, end evaluation process as well as frequency of use and user characteristics are evaluated.

Main results

Evaluation is still ongoing. So far there is an increased use of the area as an arena for physical and social activity. The school children use the path instead of private or public transport. The practice in together with two other practices served as a basis for the development of a new working model for the implementation of knowledge based public health actions: the Trøndelag Model of Public Health Work.

Key success factors and barriers

Cross-sectorial ownership and involvement has been a success factor. Legislations, contextual barriers related to cross-sectorial involvement and ownership, challenges related to process management and funding has been the most significant barriers.

INHERIT Perspective

This project has been chosen for inclusion because of it has potential to improve both physical and mental health through increasing physical activity levels and social interactions. It has potential to deliver a healthier local environment by decreased air pollution (emission from cars and buses), and thereby contribute to global environmental sustainability. The Malvik path comprises both 1) an intervention that makes qualitative and quantitative changes to the environmental state in areas of social disadvantage and 2) influencing community and individual exposure and experience trough increased access and social engagement. The practice has a clear emphasis on changing behavior.

More information

- <http://www.malvik.kommune.no/naa-starter-byggingen-av-malvikstien.5749423-345100.html>
- <https://www.eco-public.com//ParcPublic/?id=3782>
- www.rchpr.org
- Magnus, E., Knudtsen, M. S., Wist, G., Weiss, D., & Lillefjell, M. (2016). The search conference as a method in planning community health promotion actions. *Journal of public health research*, 5(2), 621.
- Lillefjell, M., Knudtsen, M.S., Wist, G., Ihlebæk C. (2013). From knowledge to action in public health management. Experiences from a Norwegian context. *Scandinavian Journal of Public Health*;41, 771-777.

Contact

- NTNU Center for Health Promotion Research, NO-7491 Trondheim Norway. Director, Professor Geir Arild Espnes: geir.arild.espnes@ntnu.no or professor Monica Lillefjell; monica.lillefjell@ntnu.no
- Tone Østvang, Malvik Municipality, email: tone.ostvang@malvik.kommune.no