

# A cocreation method on healthy lifestyle for young people in higher education – key collaborative outcomes based on design thinking in three consecutive semesters

Sandrina B. Moreira<sup>1</sup>; Adrienn Varga-Tóth<sup>2</sup>

<sup>1</sup> ESCE and CICE, Instituto Politécnico de Setúbal; BRU-IUL, Instituto Universitário de Lisboa (ISCTE-IUL), Portugal (sandrina.moreira@esce.ips.pt);

<sup>2</sup> Hungarian University of Agriculture and Life Sciences, Institute for Food Science and Technology, Dept. of Livestock and Food Preservation Technology, Hungary (toth.adrienn@uni-mate.hu)

## 1) Introduction

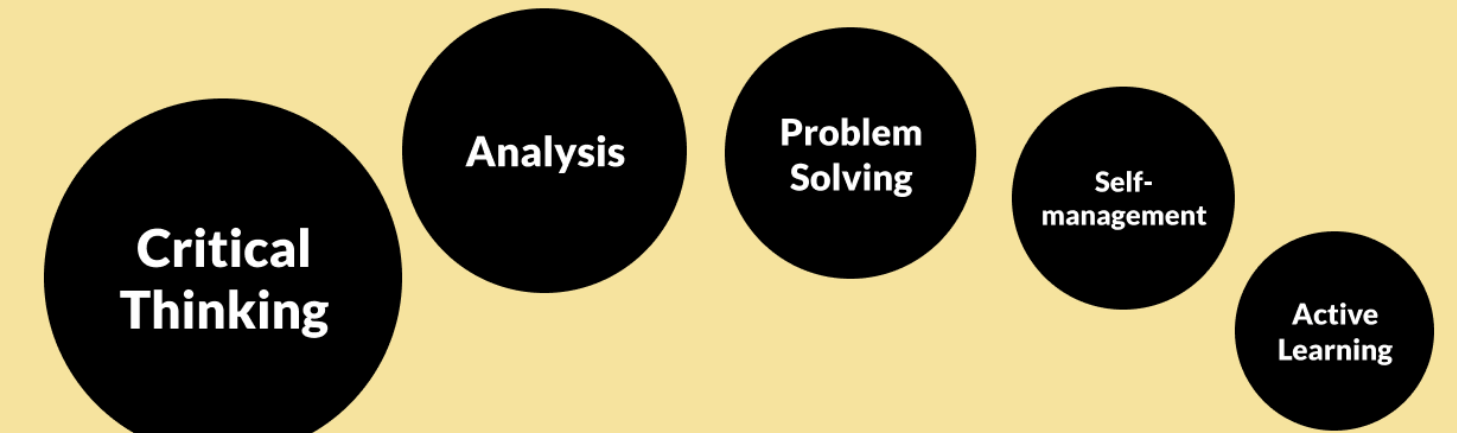
Living Labs (ILL) are an integrated concept of the European Universities Project E3UDRES2. The ILL on **Healthy Lifestyle for Youngsters (HLFY)** is an online course related to active ageing and well-being. There have been so far three rounds of ILL – in the **first and second semesters** of the **2021/2022** academic year and the **first semester** of the **2022/2023** academic year.



## 2) Objects

The expected goal for the learners (students) was the development of some **future skills** namely: communication and reflection; cooperation; self-efficacy; future and design; among others.

In this poster the co-creation of educational entrepreneurs, students and a stakeholder is presented and compared on the topic of healthy lifestyle for youngsters in three semesters.



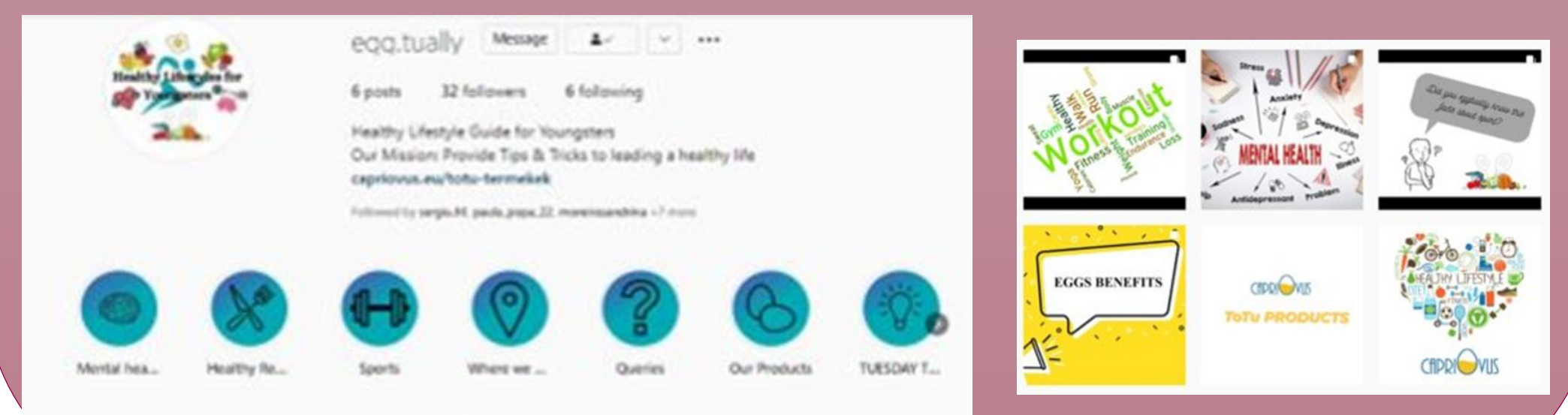
## 3) Methods

To achieve the research objective a high-level search on the design thinking methodology was first conducted in order to systematize the main issues to be addressed in the co-creation process through design thinking in every semester. Two complementary approaches were followed as a basis for the phases, step by step: the **Stanford Design Thinking Model** and the **Six Thinking Hats**. Due to the size of learners' team, learners were divided into two groups to increase the effectiveness of the collaboration.



## 4) Semester 1

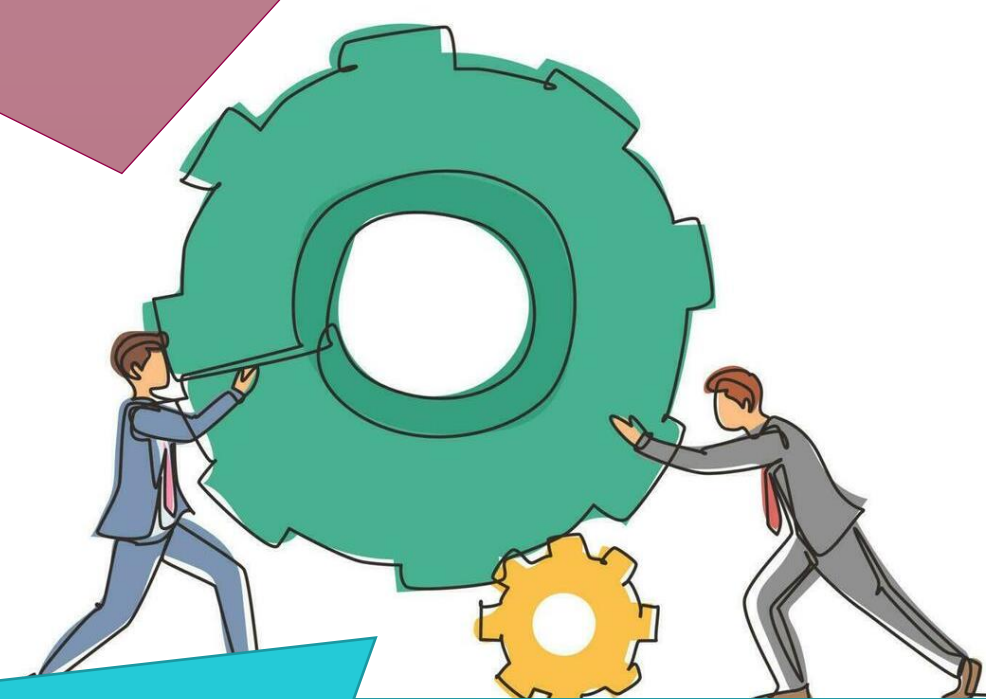
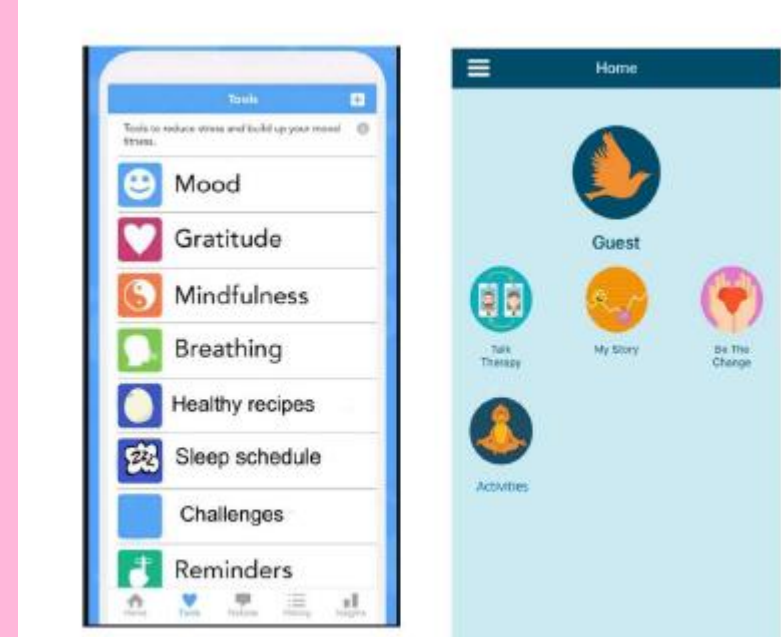
The ILL Team on HLFY in the 1st semester of the academic year 2021/2022 co-created a real-life solution. Both educational entrepreneurs learned the way of design thinking and were able to lead the group in its step by step. Moreover, every student was involved in every single activity from the very beginning. The **small group size (four students)** helped to find common interests and engage the students. They were especially engaged in creating and designing the final product, an **Instagram page** called **egg.tually** which is promoting healthy diet for youngsters.



## 5) Semester 2

The ILL Team on HLFY in the 2nd semester of the academic year 2021/2022 co-created two solutions for the real problems of learners in higher education.

The **two groups** came up with the idea of doing an **app**: the prototype for the mental health problem was an app that can help people to talk with professionals to get more information to talk about mental health and taboo subjects; the prototype for the nutrition problem was also an app with healthy recipes and meal plans.



## 6) Semester 3

13 students started the ILL and everybody finished it, so there was no dropout during the course.

Moreover, every student was involved in every single activity from the very beginning. The ILL team on HLFY in the first semester of the academic year 2022/2023 co-created two solutions to a problem:

1st group – **ebook about healthy eating**; 2nd group – **website about right nutrition and mental healthcare opportunities**.

