

Promoting young people's mental health through physical activity

16 November 2006



Young people and self-esteem

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This is the second of three seminars around the theme of young people and self-esteem and will focus on promoting young people's mental health through physical activity. The three seminars are supported by the Design for Living partnership, comprising Action Mental Health, the Youth Council for Northern Ireland and the Health Promotion Agency for Northern Ireland, and facilitated by key speakers with expertise in the field of mental health, self-esteem and young people.

The case for physical activity has largely been based on its benefits for physical health and fitness, and its effect on our risk of conditions such as heart disease, diabetes, some cancers and obesity. In addition, there is increasing evidence that physical activity and sport can have a positive effect on mental health and wellbeing.

Aim

This seminar will provide some insight into the links between physical activity and mental health, in particular the potential to positively influence mood, self-esteem, identity development, and behaviour patterns of young people. Guidance on the design of physical activity and sports programmes to enhance wellbeing in young people will be presented.

Potential participants

This event will be of interest to anyone from the community, voluntary or statutory sectors who works with children and young people in a range of settings. It will be of particular benefit to youth and community workers, social workers, teachers, health promotion workers, primary care workers and others in the allied health professions who have an interest in the promotion of positive mental health and physical activity.

Date and time

Thursday 16 November 2006, 9.30am to 1.00pm followed by lunch

Venue

Wellington Park Hotel, Belfast

Cost

£20

Facilitator

Ken Fox is Professor and Research Fellow at the Department of Exercise and Health Sciences, University of Bristol. The bulk of Ken's research looks at the psychology of exercise and the link between physical activity and mental health. He has written the book, *The physical self: from motivation to well-being*, and co-edited another entitled *Physical activity and psychological well-being*. He has published over 180 research and professional papers and is a qualified PE teacher and sports coach, with eight years teaching experience.

Ken has served on several national committees, including the National Audit Office Scientific Advisory Panel, who produced the Obesity Report, and the Executive Committee of the Association for the Study of Obesity. He was scientific editor of the Chief Medical Officer's recent report on physical activity and health in England, and has acted as a special adviser to the Government's Health Select Committee Enquiry and Foresight panel on Obesity. He is also a scientific governor and trustee of the British Nutrition Foundation.

Booking

Booking forms are also available to download or submit online at: www.healthpromotionagency.org.uk

Closing date for applications

1 November 2006



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