



*Sharing insights into
healthcare solutions*

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Countdown to the Summit!

We are counting down the weeks until the upcoming Healthy Urban Childhoods summit. Check out the Uppsala Health Summit website to stay updated on the programme as we get closer to the event.

[Uppsala Health Summit](#)

Growing Up Boulder's experience from involving kids in urban planning projects

Did you know that our society routinely makes decisions without consulting a quarter of the population? Children and young people, who are often the end-users of planned urban projects, are seldom consulted or involved in the actual planning process of local environments. What would it look like if they were involved, and would the outcome improve?

Mara Mintzer is an urban planner and the Director of Growing Up Boulder! in Boulder, Colorado, USA. In this interview, Mara shares how Growing Up Boulder involved local children in the redesign of the Civic Area, a public space in downtown Boulder.

"If the children do come up with all sorts of crazy wild ideas, take a step back, leave, finish that day, but then think about, "What are the underlying themes? What are those young people trying to tell me?" If there's a lot of sky diving in their pictures or parachuting, which we've had before, or jumping off the high dive, we know that's not going to be possible in a park, but what I hear them saying is they want some thrill-seeking or risk-taking activities."

[Read the interview](#)

Mara Mintzer



The Power of Risky Play

Research shows that risky play is associated with increased physical activity and the development of social behaviors in children. Still, many parents worry about the possibilities that their child will be seriously injured or abducted.

Dr Mariana Brussoni, a professor at the University of British Columbia and BC Children's Hospital, has spent years researching the benefits of play that have an element of risk. She has also studied parents concerns about risky play and outside

Dr Mariana Brussoni



play. We interviewed Dr. Brussoni to learn more about ultra-safe parenting and the online tool her team has developed that can help parents deal with their fears of their children playing outside.

[Read the interview](#)

Are you an ultra-safe parent? Test yourself at Outsideplay!

Do you want try Dr Brussoni's tool for parents? It is available online free of charge. Click on the link below.

[Outsideplay](#)



HEALTHY KIDS OF
Seinäjoki

**3rd International Healthy Kids of
Seinäjoki Conference**
31st March – 2nd April 2020 |
Seinäjoki, Finland

At Uppsala Health Summit we are inspired by the Finish town of Seinäjoki and the Health-in-All Policies approach they have taken to deal with childhood obesity. The International Healthy Kids of Seinäjoki Conference is organized by the municipality to connect professionals, experts, trainers, researchers and enterprises to provide an international platform for discussions around solutions on children's health and wellbeing.

This coming spring, its time for the third conference. The themes for the 2020 conference are: Healthy kids programmes and interventions, Evidence based practices in obesity prevention, and Youth empowerment and health.

Registration will open in September 2019.

[Healthy Kids of Seinäjoki 2020](#)

Interview with Dr Tim Gill

Check out the profile of Uppsala Health Summit speaker Dr Tim Gill in the blog *This City Life* Dr Gill shares, among other things, why it is important to plan cities for children and how car culture threatens their freedom and ability to play. (Note that you need to accept the Tumblr privacy policy to access website).





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