



# The healthy generation

LifeLab: educating young people for lifelong health



# Me, My Health & My Children's Health

- LifeLab developed as a **collaboration** by
  - ❖ University of Southampton (Education and Medicine)
  - ❖ NIHR Nutrition BRC
  - ❖ Maths & Science Learning Centre South East
  - ❖ MRC Lifecourse Epidemiology Unit
- Located at Southampton General Hospital, comprising of a **classroom**, **seminar area** and a **laboratory** for hands-on experiments.
- There is the potential for **~5000 student visits per year**
- Programmes are tailored for students of **all abilities**, initially focusing on 11-14 year olds.

# Educational intervention based on research evidence:



- **Education:**

Pupils need to understand the science behind health issues to make informed judgements about their health

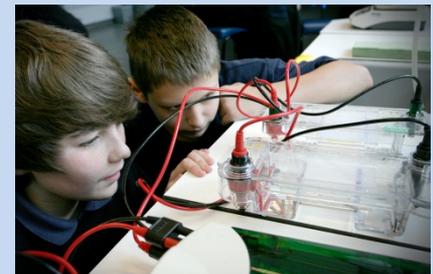


- **Medical:**

A healthy lifestyle in early life

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Better health in later life and for future generations



## LifeLab aims to provide school students with opportunities to:

- Learn how they can improve their health and the health of their future children through increased health & science literacy.
- Become enthusiastic about science, and consider further study and careers in scientific disciplines.





### THORNDEN SCHOOL

Visual Learning Environment

**DELU IT!**

We found out that, in comparison to the 'Eat well choose your classes' diet to look very good. As we had our food group to investigate when the Eat well choose your classes diet to look very good. As we had our food group to investigate when the Eat well choose your classes diet to look very good.

**CONCLUSION**

After looking back at our results we discovered that the diet seems to really change the way we think and the way we feel. We think that the diet is a good one to try and we think that it is a good one to try and we think that it is a good one to try.

### Comparing Heart Rates

Cantell Kelly, Toni, Carlyne, Lucy and Paloma  
Zak Cantell School Adam

**Introduction**

In this experiment we will be finding out how different speeds affect different people's heart rate. This experiment will have 4 testing on 4 different people with 4 different diets. The tests will be on resting, jogging, running and skipping. Each test will be recorded 3 times to then find the end average of heart beats per minute.

**Results**

A graph to show the average heart rates of different people when doing different exercises

Exercise	Person 1	Person 2	Person 3	Person 4
Resting	120	130	140	150
Jogging	140	150	160	170
Running	160	170	180	190
Skipping	180	190	200	210

**Conclusion**

The graph shows that as the speed of each activity increases so does the heart rate. This is because you need more blood to carry the oxygen. Even better if we included a food diary so we can record our health of each participant in the experiment. Also with each person we will have some extra notes on their diet.

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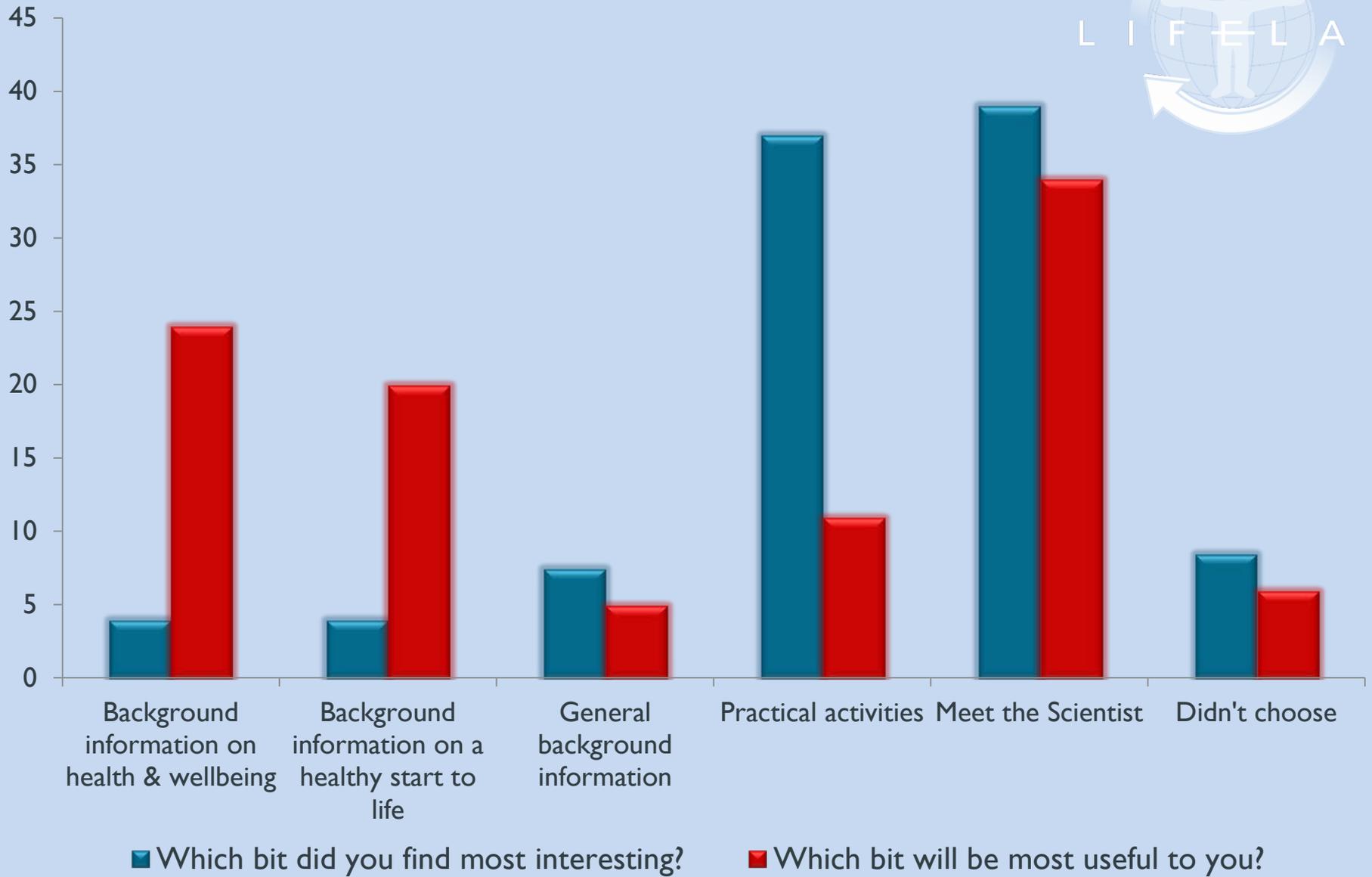
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# Meet the Scientist

- Short session in the middle of the day
- Students meet with 2 scientists
  - Small groups (7/8 students)
  - 15mins with each scientist
  - Informal discussion





# Did meeting the scientist change your mind about what scientists are like and/or what they do?

60% said 'Yes'

Because I thought it was quite boring but really there is a lot of excitement behind it! For example testing something that no one else in the world has done or is doing.

Their work was really inspiring and it made me think there is lots of different jobs scientist do and how they are all so different.

Most of people think that scientist is posh or even "geek", but they are not, they are normal people just like us.

I thought they didn't have a big impact in the modern society but the main reason that today's society is more modern is because of science.

They're actually not really nerdy.

That not all scientist are older than 30

# Did you find what the scientists had to say interesting?



87% said 'Yes'

Because they made me change my mind about what I want to be when I am older.

How their research will affect the real world e.g. Finding the cure for breast cancer and how asthma is caused.

I have never heard of stem cells before and now I am amazed by the work people are doing to help others across the world, real life changing research...

I took an interest to what the woman was saying about cancer and I think I might want to do something to do with that because it gave you an insight of what you can actually do with science. The power you could have with science, like cancer is a big issue and she's actually researching a solution"



Following your visit to LifeLab today, would you consider a career in Science, Health or the NHS?

52% said 'Yes'

That we could ask questions.

Meet the scientist was awesome - it really inspired the kids and was the first contact that most of them have ever had with real science.



# Conclusions

- Meeting “real” scientists is hugely positive
- Meeting “real” scientists normalises science for them
  - Who are “real” scientists...
- Students enjoy discussing science (and having their opinions valued)
- Preparation for scientists and students



- Meet the Scientist training sessions (including STEM ambassador registration)
- All welcome to participate

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