Health promotion through the life span with an intergenerational perspective

— Like two peas in a pod

To gain knowledge about how to promote health through the life span an intergenerational perspective can be helpful. Another important aspect is to give different age groups in society a "voice".

Aim
To describe and understand health promoting situations and events experienced by schoolchildren and older persons.

Participants
96 schoolchildren 10-12 years old and 13 older persons 65-93 years old from two different municipalities in Sweden.

Method
The schoolchildren wrote open letters and the older persons were interviewed. A phenomenological analysis was used.

Results
Both the schoolchildren’s and the older persons’ lived experiences included health and ill-health and relationships to others that helped or hindered health promotion. The comprehensive understanding of these two studies was “like two peas in a pod - more alike than different”.

Conclusions
We argue that the we-relationship is the base for our existence as we are born into a social world and psycho synthesis of all ages can be achieved by keeping the best aspect of each age alive.