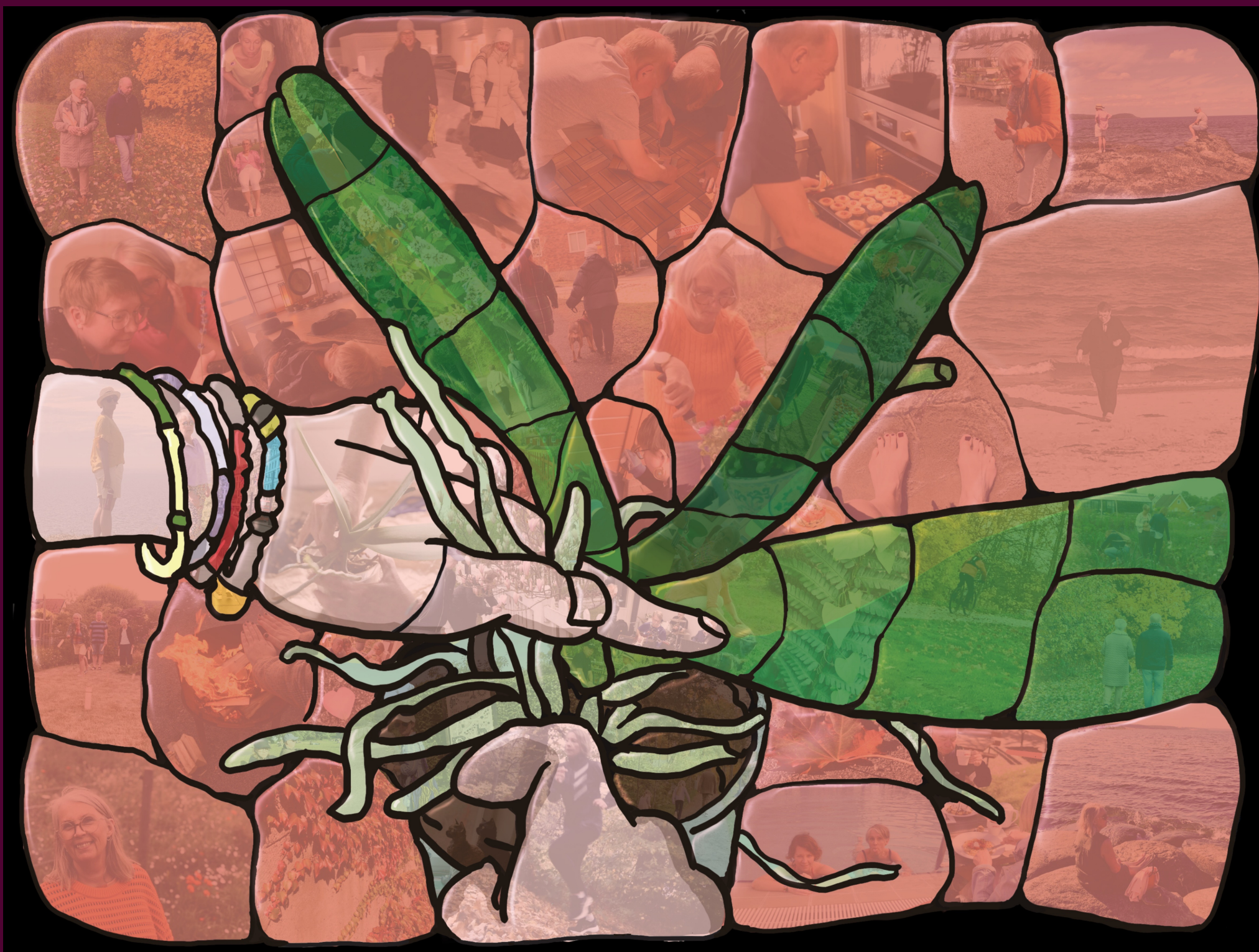


Make My Day

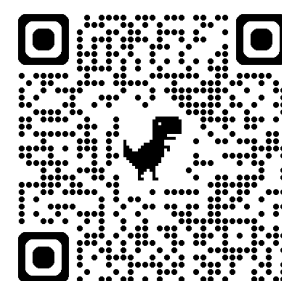
Stroke prevention through engaging occupations



To evaluate the effects of MMD in relation to
stroke risk and activity performance.



Cecilia Johnsson, PhD
Division of occupational Therapy
Karolinska Institutet



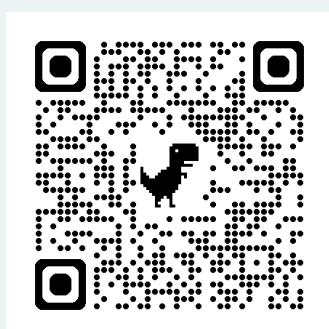
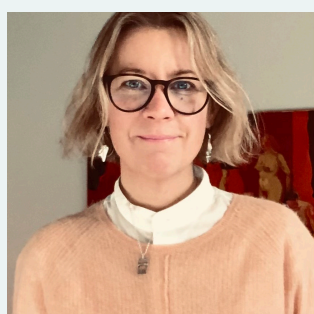
Results

- After participation in the MMD program the intervention group had a 61% reduction in odds for high stroke risk compared to the control group at 12 months
- Post intervention the intervention group participated in more health beneficial occupations compared to the controls
- At 12 months the intervention group participated in more engaging occupations and perceived a higher occupational balance compared to the controls
- Significant improvement in perceived occupational performance in both groups



@Anneliese Lilienthal

Week	Theme & Activity
1	Risk factors for stroke & Engaging Occupations Activity: Interview on Engaging Occupations
2	Physical activity Activity: Work-out session
3	Dietary habits Activity: Food lab
4	Balance in everyday life Activity: Relaxation exercise
5	Lifestyle habits and their meaning for me Activity: Walk-and-talk
6-9	Alone-time to try out your goals in your everyday life
10	Follow-up and the path going forward Activity: Quiz and follow-up questions



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Conclusions & Implications

MMD is a multifactorial occupation-focused prevention program which reduces stroke risk

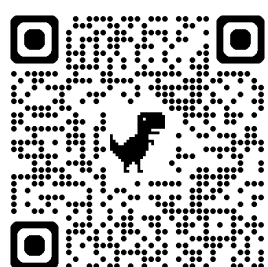
Engaging occupations facilitate healthy and sustainable occupational patterns and lifestyle habits, reducing stroke risk

The important and valuable contribution of incorporating voices of stakeholders

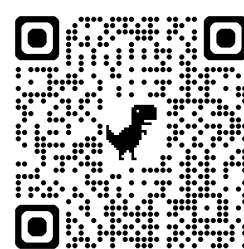
New ways of working preventively and health-promoting in primary healthcare with an occupational perspective



@Cecilia Johnsson



Learn more about
Cecilia Johnssons research



Learn more of the ENGAGE reserach
group

Cecilia Johnsson, PhD
Division of occupational Therapy
Karolinska Institutet



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