



PD DR. FREIA DE BOCK

VITA MEDIZIN

Arbeits- und Forschungsschwerpunkte

- Evidence-based Child Public Health
- Child Health Services Research
- Participatory Approaches to Health Promotion

Hochschulabschluss/-schlüsse

- Staatsexamen Medizin (2005, Uni Heidelberg)
- Promotion (2005, Uni Heidelberg, summa cum laude)
- Habilitation (2014, Uni Heidelberg)

KONTAKT

Leiterin des Querschnittsbereichs
„Frühe Prävention und Gesund-
heitsförderung“

Leader of Research Program „Early
Prevention and Health Promotion“

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PROMOTION

Effects of alpha2-Receptor
Activation on synaptic
Plasticity in the Mouse
Amygdala (*Max-Planck-Institut für
Psychiatrie in München*)

HIGHLIGHTS

As pediatrician and public health
scientist, my research tries to
bridge the gap between clinical
pediatrics and public health.
The research program focuses on
improving the intersectoral
interface between the health
system and other support
systems in the field of health
promotion and care for vulner-
able children and their families.

HABILITATIONSVORHABEN PROMOTING HEALTHY PHYSICAL ACTIVITY AND NUTRITION IN PRESCHOOL CHILDREN

In this habilitation thesis, the public health value of promoting physical activity and healthy diet in preschool settings is investigated. The core research of this habilitation project are two cluster-randomized controlled trials in 52 preschools with over 1000 children in Baden-Württemberg to evaluate the effects of 1) a nutritional and 2) a participatory parent-focused physical activity intervention in preschools. The habilitation project comprises of altogether 10 publications. These publications sequentially report on the methodology established for the trials (e.g. measurement of outcome measures), on the health determinants identified for future intervention development (e.g. gender-specific approaches), and finally on the effects attained by the interventions in the respective preschools.

A precondition for successful intervention research is the detailed knowledge on how to measure the potential effects of interventions, which determinants to target and how to implement the intervention strategies in the respective context. All these important issues are covered by this habilitation project.

Specifically, this habilitation project covers:

- A. The development and validation of strategies and instruments to measure physical activity and nutrition in young children
- B. The investigation into the individual- and context-level determinants of these health behaviors in children
- C. The development, implementation and evaluation of physical activity and nutritional interventions with participatory approach in German preschools.

PUBLIKATIONEN

- 17 x peer-review Publikationen
- 7 x Publikation ohne peer-review
- 17 x Vorträge
- 12 x Poster

Auswahl

Sonntag D, Shehzad A, De Bock F. Estimating the Lifetime Indirect Cost of Childhood Overweight and Obesity: a Markov Modelling Study. *Obesity*, 2015 Nov;18(7):A734. Epub 2015 Oct 20.

Dörr C, Bock C, Fischer JE, De Bock F. Preschools' Friendliness Toward Physical Activity - Item Battery and Two Scores Developed by Mixed Methods. *Am J Prev Med*, 2014 Jun;46(6):593-604.

De Bock F, Genser B, Raat H, Fischer JE, Renz-Polster H. Participatory intervention increases physical activity and reduces sedentary behaviour in preschool children: cluster-randomized controlled trial. *Am J Prev Med*, 2013 Jul;45(1):64-74.

PREISE UND AUSZEICHNUNGEN

2016	Poster Award Deutsche Gesellschaft für Sozialpädiatrie und Jugendmedizin
2015	Secundo Loco Application to W3/W2-Professur „Public Health“, Charité Berlin
2012	Secundo Loco Application to W2-Professur „Pädiatrische Epidemiologie“, Universität Mainz
2011/2012	Travel grants by DGSMP, DAAD

INTERNATIONALE STATIONEN

2012	Master of Public Health, Erasmus University Rotterdam, Niederlande
2009	Program in Clinical Effectiveness, Harvard School of Public Health, Harvard University, Boston, MA, USA

ZUSÄTZLICHE FORSCHUNGINTERESSEN

How can health and life skills be best promoted in early childhood? What about children who have had a hard time right from the beginning, e.g. if born preterm? In my research program, we work on innovative concepts to foster health and life skills in children from their prenatal existence to six years of age. To further develop early prevention with focus on vulnerable and socially disadvantaged groups, we base our concepts on evidence that important requirements to lead a healthy lifestyle and make healthy decisions later on in life are a) self-regulation skills b) the early development of a sense of coherence and purpose, and c) satisfactory social participation. We work in an interdisciplinary team that combines expertise in developmental, social pediatrics as well as public health and epidemiology.

MITGLIEDSCHAFTEN

- wissenschaftliche Fachgesellschaft der Kinder- und Jugendmedizin (DGKJ): Vorsitz AG Pädiatrische Epidemiologie
- Deutsche Gesellschaft für Epidemiologie (DGEpi): Vorsitz AG Pädiatrische Epidemiologie
- International Society of Behavioral Nutrition and Physical Activity (ISBNPA)
- The European Public Health Association, (EUPHA)
- Deutschen Gesellschaft für Sozialmedizin und Prävention (DGSMP): Vorstandsmitglied, Vorsitz AG Kinder- und Jugendgesundheit

ZUSATZQUALIFIKATIONEN

- Fachärztin für Kinderheilkunde
- familiensystemischer Intensivkurs
- Baden-Württemberg Zertifikat für Hochschuldidaktik in der Medizin

