

## Keynote 4

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### **Co-creating active communities: Insights from participatory health research on actors, approaches, and agendas**

Multifold calls for ‘a participatory turn’ in sport and health sciences (cf. Minkler & Wallerstein 2008; Rütten et al., 2019; and as an overview Smith et al. 2022) have led to participation, co-production, or co-creation becoming buzzwords in the respective relevant research fields. It has long been acknowledged that co-creation contributes to diverse actors to their respective lifeworlds, provides relays for exchange, establishes two-way bridges, and creates mutual trust for change (Bergmann et al. 2010; De Leeuw et al., 2008; Greenhalgh, 2016). Yet, the concept is still to be fully developed and acted upon in physical activity promotion research and practice. In my talk, I will explore the continuum of co-creation to develop a heuristic of co-creating active communities: I will reflect upon diverging agendas when it comes to (co-)creating active communities. I will distinguish approaches into prerequisites, methods, and results. I will characterize actors - from people with lived experience to professionals, policymakers, and researchers - and their roles in co-creation of active communities. Drawing on my own and others’ studies, I will present insights from empirical research to highlight the socio-ecological perspective that co-creation can take. Such a perspective can help us understand and explain the environmental and structural factors that influence how active or inactive specific and diverse communities might be and what might be suitable co-creation approaches within those contexts. I will conclude with a critical discussion of conditions, challenges, and potential impacts of participatory approaches at the intersection of sport and health on which we might build in future transformative research toward active communities.