



Village Collective implemented the OL@OR@ app as part of a 10-week programme for Rainbow Youth.

This initiative integrated the app with a leadership programme for Pasifika Rainbow young people; focusing on emotional wellbeing, physical activity, and nutrition, featuring weekly online check-ins and fortnightly face-to-face meetings.

With 12 diverse participants averaging 17 years old, the programme aimed to support healthier lifestyles through goal setting, app usage, and interactive workshops.



“I think it gave the motivation to really go for a healthier life, I’d always had that as a goal, but I never really pushed myself to it. I think this programme really helped me to have that motivation to actually go and do it.”

The most significant positive changes were in self-rated health and vigorous physical activity.

- ↑ Self-rated health showed a significant improvement ($p=.015$) with a large effect size ($d=.82$). The mean increased from 56.00 to 74.00, indicating participants felt healthier after the program.
- ↑ There was also significant increase in days with 15 minutes of vigorous activity ($p=.018$) with a large effect size ($d=.84$).

Village Collective's implementation of the OL@OR@ app within their Rainbow Youth programme demonstrated the potential of integrating technology with targeted support for diverse youth groups.

The program improved participants' health focus and built community support, despite some app challenges. In future implementations enhancing app usability and maintaining support could further improve this youth health approach.