Translating evidence into practice: school health promotion approach
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contents

• Setting the scene
• What works: the evidence
• The need of networks
• Health is core business
• From evidence to action
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„VARPELIO“ GRUPĖS VAIKAI
amžius 5-7 metai,
Vadovė Rasa Tupalskytė
Vilniaus lopšelis-darželis „Gėlynas“, Vilnius, Lietuva
School are a setting

• Setting school easy to reach
• Target group 4 – 18 year
• Focus on education
• Health has long tradition
• HP link with student care
A health promoting school:

• Pays attention in a **structured and systematic** way to the health and well-being of pupils and of school-staff as part of the school plan
Whole school approach:

• Healthy school policies
• Physical school environment
• Social school environment
• Health skills and action competencies
• Community links
• Health services
Healthy School Model

- Safe and healthy school climate
- Psychological and social support and guidance
- Care system
- Food policy
- Physical activity/sport
- Health education
- Workplace health promotion
- Participation of parents and community
Kazakhstan
Kokshetau

School city

School
Swimming pool
Library
Art school
Music school
Dining room
Dancing hall
Sport school
Scientific basis

• Hundreds of studies, papers, evaluation reports, meta-analyses, reviews
  1. Research literature on school health
  2. Factors that constitute successful learning and teaching
  3. Factors that make schools effective in education, health and social outcomes
Evidence suggests that

• HPS improve educational and health outcomes
• Multifaceted approaches more successful
• Factors affecting learning mostly by social-emotional factors (interactions, culture, climate, relationships)
• Whole school approach facilitates learning
Impact of whole school

- The way the school is managed
- The experiences students have in taking responsibility for shaping change
- How teachers relate to and treat students
- How the school engages with its local community (including parents)

leads to...

better learning outcomes, increases emotional well-being, reduces health risk behaviour
What we know what works

- Link curriculum with wider initiatives in school

then

- Relationship between good health, educational achievement and school completion
Topics versus whole school

- Smoking
- Alcohol
- Hygiene
- Eating
- Physical activity
- Mental health

- Safety
- Sexual health and relationships
- Violence prevention
- Anti bullying
- ....
Interventions on health topics effective when..

- Complex
- Multi factorial
- Long duration
- More than just lessons
Topics versus whole school

• Topics interact
• Risk of focus on individual
• Risk of focus on knowledge
• Burden on school curriculum
Evidence for:

• Healthy pupils learn better
• Healthy teachers work better

• Implementing programmes through health promoting school approach leads to healthier behaviour
Challenges

• Projects of short duration
• Need of ownership of all stakeholders
• Outcomes in medium or long term
• Evaluation complex
• Funding easier for public health topics
• Education speaks own language
• Partnership health and education sector key!
Advantages health promoting school

- Better learning achievements
- Better health outcomes
- Better care for pupils
- Better school atmosphere
- Higher job satisfaction
- Better image of school
HEPS: Healthy eating and physical activity in schools
EU funded project
Overweight growing problem in Europe

Fig. 4. Percentages of overweight children aged 7–11 years in 22 countries of the European Region

© IOTF 2004. IOTF - Cole et al. definition of overweight.
Aim:
National policy on healthy eating and physical activity for schools in each EU member state (n = 27) by 2011
HEPS…

- Innovative, based on latest research
- Uses health promoting schools approach
- www.hepseurope.eu
HEPS tools

• Guidelines
• Advocacy guide
• School for tools
• Inventory tool
• Teacher training manual
• Research on implementation
SHE
Schools for Health in Europe

Need for network

Acting for better schools, leading to better lives
NIGZ as WHO collaborating centre for school health promotion

Acting for better schools, leading to better lives
We all care about our children; they are the future of Europe.
Every child in Europe has the right to education, health and security.
Every child should have the opportunity to be educated in a health promoting school.
SHE advisory board
- European Commission
- Council of Europe
- WHO
Members:

• SHE national coordinators

• SHE research group
SHE core values

- Equity
- Sustainability
- Inclusion
- Empowerment
- Democracy
SHE pillars

• Whole school approach
• Participation
• School quality
• Evidence
• Schools and communities
What do young people want?

• Management, teachers and pupils together
• Green school environment
• Cooperating with pupils from other countries
• Practical learning activities about health
• Discussing with scientists and politicians

Source: Vilnius resolution 2009
From evidence into action
Core business of school

• Educating for independent citizens
• Supporting pupils with acquiring knowledge and skills
• Providing extra care for pupils
Key question

How can Health Promoting Schools support the primary process in a school?
Impact for professionals

1. New set of skills and competencies
2. Focus on client, not on message
3. More process, less content
4. Listen more, talk less
5. SHP is responsibility of school
6. Schools as complex systems
7. Good communication
Future directions health promoting schools

• Linking health and sustainable development
• Early school leaving
• Early childhood education and care
• Child rights and preventing child abuse
• Mental health promotion
conclusions

- HPS supports primary process in schools
- Leads to school improvement
- Topics need to be more in balance
- More research across health and education sectors
- Professional development