Daily physical education (DPE) as part of holistic school health promotion (HHP) in Hungary

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Synopsis

I. The story

II. DPE – to fulfil several health promotion criteria for all students

III. HHP – in all schools, for all students

IV. Modernisation of education in Hungary – better learning = better health
I. The Story

- Struggle for DPE since 1995 (Hungarian Spine Society)
- National Public Health Program 2001: „health enhancing DPA”
- Application for schools for some fund to organize DPA in 2001, 2003: strong evidence for Ed. Sector – schools can do it if finances are given
- From 2010: highest political commitment (prime minister)
- Ministry for Human Capacities: 8 sectors in one
- 2011 new act on education: mandatory prescription of DPE, with gradual implementation (from school-year 2012/13 to 2015/16)
- Holistic health promotion in all schools (HHP): mandatory prescription since 2012

Health sector’s role now:

helping and monitoring of effective implementation

National Center for Spinal Disorders, Budapest

www.ogk.hu
II. DPE

According to Section 27 of Act CXC of 2011 on National Public Education

• „(11) In day-time education, in classes teaching subject in cultural domains, schools shall organise daily physical education within five PE classes per week, of which no more than two curricular classes per week may be substituted by
  • a) education organisation forms and sports teaching specified in the PE provisions of the general curriculum,
  • b) sports activities pursued within school sports clubs,
  • c) organised training within a sports organisation, based on the request of students who are either certified members of a competitive sports club or have an amateur sports contract.”
• Based on the Act CXC of 2011 on National Public Education in the 2012/2013 school year gradual implementation has started and from the 2015/16 school year all students do have every day PE classes, which equals 5 times 45 mins PE a week.
Health Promoting Criteria for the Effective Implementation of Daily Physical Education (DPE)

- No vaste exemptions – **parents** to involve!
- Proper cardiovascular strain (no long waitings)
- Special posture correcting exercises to all children (HSS)
- Relaxation exercises
- Dancing – traditional and salon dances to prefer
- Sense of achievement, disciplined activity and joyful playing for all (also for obese, less developed, less skilled)
- Evaluation: motivating, encouraging
- Netfit: new method to assess physical fitness - motivating, encouraging, giving information to student and parent, online database (*developed by HSSF in cooperation with Cooper Institute*)
- Creative solutions for PE outside the gymnasium:
  - E.g: „Alternative plays”- methodological publication to all schools: 87 sport games for outside the gym
Huge project to enhance quality of DPE

Hungarian School Sport Federation (HSSP) 2013-2015:

HSSF produced seven very important methodological publications to help PE-teachers in using new methods according the health promoting criteria of daily physical education. All Hungarian schools (ca. 3800) were given these publications, and nearly 8,000 teachers took part in postgraduate courses to practice these new PE-methods.

HSSF in cooperation with the Cooper Institute (USA) created a new national measurement tool (NETFIT) for PE teachers to monitor physical fitness of schoolchildren from 10 to 18 years. Online input of data and online analysis of results was made on the website www.mdsz.hu. All Hungarian schools (more than 3800 schools) were given the devices for NETFIT. The use of this measurement tool is compulsory according to the Decree No. 20/2012 of the Ministry for Human Capacities.

- HSSF together with the sport sector (Ministry for Human Capacities) produced a strategy to further development of quality daily physical education.
Continuous cooperation of health, education and sport sector

Renewal of education’s ruling documents in 2011, 2012: to contain all health promoting criteria of DPE

Renewal of PE by Hungarian School Sport Federation (HSSF): according to health promoting criteria

Professional review: ceased in 1985! – but now reintroduced as monitoring and supervision
  – Postgraduate education for PE teachers
  – Improvement of graduate education for PE teachers

Government: building new gymnasiums and swimming pools, improving equipments
  + PE teacher’s creativity is needed for PE classes outside the gymnasium
III. HHP

In 2001, Healthy Nation Public Health Program and the Public Health Interministerial Board was launched with the Government Resolution No. 1066/2001 (VII.10.).

In 2003, corresponding to the Parliamentary decision No. 46/2003. (IV.16.), and to the Public Health Interministerial Board’s decisions the Ministry of Health in consensus with other competent departments (Ministry of Education, Ministry of Children, Youth and Sport, Ministry of Finance) made the plan of holistic health promotion in schools, which – mainly because of lacking political commitment from the side of education – was not implemented until 2010.

In 2010 the Program of Government, in 2011 the Act Nr. 190 on National Education, and in 2012 the Decree No. 20/2012 of the Minister for Education prescribed the institutionalized implementation of holistic school health promotion in Hungarian schools.

In 2015 three huge projects gave significant professional assistance and motivation to schools to further their daily work in health promotion.
Daily tasks of HHP

The main tasks for schools in their daily work for holistic health promotion - with participation of the whole school, of parents and the public environment:

I.) Healthy eating;

II.) Daily physical education fulfilling health promotion criteria;

III.) Appropriate pedagogic methods (including also the use of arts) to enhance mental health;

IV.) Improving health literacy and health competencies.
Healthy eating at school

Appropriate legislation for public catering (37/2014. Decree of the Ministry for Human Capacities)
Public Health Product Tax levied on products highly salted or sugared
Several helping actions from the health and the agricultural sector

Pedagogic task: children should know and like healthy eating

– Here public health has to help much:
  • School health: „first aid” for pedagogues (low level of health literacy is general in Hungary)
  • Establishment of Health Promoting Offices (HPO-s): encouraging change in health behaviour (dietician)
  • Support of general practitioners: psychologist, physiotherapist, dietician, public health assistant
Appropriate pedagogic methods and arts to enhance mental health

In Hungary still general: „frontal” education.
Children of now dislike this, they need newer methods, e.g:
  - cooperative learning
  - problem-centered learning

Daily singing in schools:
  - „method of Kodály”: better learning in shorter time, better mental health and social integration
  - painting, other forms of art: similar effects

This is the most important and most beatiful task of the pedagogues today!

Well known: better learning and better mental health are twins! (WHO Health 2020)
Improving health literacy and health competencies

In Hungary generally low health literacy
(very long not satisfactorily taught in schools)

Pedagogues need much help:
- School health
- HPO
- Public health departments at the county’s office

2 projects for pedagogues, for some health topics:
  – good examples, how to teach them interestingly

1 new project starting now: health topics interestingly for children (for their smart devices)
Monitoring of HHP

• Healthy eating: results of National Institute of Pharmacy and Nutrition, and results of HBSC 2010, 2015)
• DPE: a new national measuring tool “NETFIT” was developed to compulsory use by PE-teachers for 10-18 years old school-children (first in May 2014: 623.026 schoolchildren measured by 13.543 teachers; secondly in May 2015: 651 431 schoolchildren measured by 14.685 teachers).
• Mental health: measured as part of HBSC and ESPAD
  – Smoking, drinking, drogs, agression, low level of social and interpersonal skills
• Health literacy: no significant measurement in children till now.
Netfit in 2014 and in 2015

For more details see:

Main statements:
- Overweight and obese: 25,8 % - in 2015 worse than in 2014. (BMI and bioimpedance using OMRON BF511)
- Worst results in:
  - Progressive aerobic capacity endurance test (PACER-test) – in health zone only 61,8 %
  - Trunk lift test – in health zone only 51 %
- 2015: girls developed in PACER-test (10%), especially who already have taken part in DPE!

IV. Modernization of education in Hungary

Since 2016: Round table for Education
I participate on behalf of the State Secretary for Health Department:
- to push the process towards the better health of children
I see with much delight:
No pushing is needed – every participant knows today:
  better learning = better health
Huge projects of education serve this!
  - through promoting appropriate pedagogic methods

WHO Health 2020: the same is expected
Thank you for attention!
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