HEALTH AND WELL-BEING OF PORTUGUESE YOUTH: CONTRIBUTION OF THE NATIONAL SCHOOL HEALTH PROGRAM

Gregória Paixão von Amann, Public Health Doctor, MHs
Paula Leal, Nurse Specialist, MHs, Nursing PhD Std., Researcher

SESSION 6. Preventive care for vulnerable children and adolescents
Contents

• Background
• Aims of the School Health Program
• Methods
• Results
• Conclusions
Background

- Portugal has a long history of school health…
- Recently (2015) a new update of the National Program was approved
- The guidelines are based on the salutogenic paradigm as a positive perspective of health…
- The Program focus is the empowerment of youth to increase their health literacy, and make responsible decisions that promote and protect their health.
Aims

- The new School Health Program (SHP) operationalizes health promotion in schools in a partnership with Education System through five pillars:
Methods

• The SHP adopt a **Whole School Approach:**
  • based on **School Action Planner**.*

• **Roles and Tasks** are established in a working group:
  • Fixed with Education and Health Sectors.

• **Priorities, Objectives, interventions and evaluation method** are established according target group

* Adopted from the Schools for Health in Europe
The new School Health Program (SHP), in the scholar year 2015/2016, covered:

<table>
<thead>
<tr>
<th></th>
<th>Covered</th>
<th>Placed</th>
<th>2015/16</th>
<th>2014/15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students</td>
<td>968601</td>
<td>1220714</td>
<td>79%</td>
<td>73%</td>
</tr>
<tr>
<td>Educators / Teachers</td>
<td>50171</td>
<td>75188</td>
<td>67%</td>
<td>46%</td>
</tr>
<tr>
<td>School Assistants</td>
<td>18658</td>
<td>29641</td>
<td>63%</td>
<td>NA</td>
</tr>
</tbody>
</table>
Results from capacity building

Aiming to provide healthy lifestyles for pupils
Lifestyles

- **3797 students** from secondary schools (42% boys and 58% girls)

Rating their lifestyle

- Good or Very Good – 39%
- Poor – 7%

[Image of Health Literacy Europe website]
Health Behaviors

- **Eat breakfast daily**
  - Frequently: 72%
  - No or never: 7%

- **Eat vegetables and fruits daily**
  - Frequently: 25%
  - No or never: 26%

- **Reads the labels of the food they consume**
  - Frequently: 21%
  - No or never: 45%

- **Physical Activity**
  - Frequently: 27%
  - No or never: 9%
Unhealthy Behaviors

- **Tabaco**
  - Frequently: 13%
  - No or never: 80%

- **Alcohol**
  - Frequently: 66%
  - No or never: 29%

- **Illicit drugs**
  - Frequently: 11%
  - No or never: 68%

- **Performance consumptions**
  - Frequently: 7%
  - No or never: 68%
Results from Environment and Health

School projects Environment and Health
- Implemented in 30% of the all schools

School projects Road Safety and sustainable mobility
- Implemented in 60% of the all schools

Evaluation of environmental risk factors
- School design
- School policy on air quality
- Sanitation and hygiene problems
- Smoking
- The use of various modes of transportation to school

Pupils’ exposures

Aiming to provide healthy environment for pupils
## Results from Health Conditions

<table>
<thead>
<tr>
<th></th>
<th>Kindergarten</th>
<th>Elementary School</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tooth brushing</strong></td>
<td>48.211</td>
<td>51.875</td>
</tr>
<tr>
<td><strong>Vaccination</strong></td>
<td>MMR (measles, mumps and rubella) at 7 years</td>
<td>35.960</td>
</tr>
<tr>
<td><strong>Support to handicapped children</strong></td>
<td>1120</td>
<td>6375</td>
</tr>
</tbody>
</table>
Results from Quality and Innovation

- **Research and Monitoring**
  - Health literacy (using HLS.EU questionnaire)
  - Youth lifestyles

- **New technologies in the prevention of**
  - Cyberbullying
  - Cyberbully
  - Phishing
  - Sexting
  - Online Games
  - Grooming

- **Studies on**
  - Global Asthma Network (GAN)
  - Prevalence of hypertension in children
Results from Training and Research

Training
• 71% of school health professionals

Research
• 81 projects ongoing in the school year 2015/2016
Conclusions

- **School Health Teams did a great investment in health determinants, such as:**
  - Healthy Food, Physical Activity and Sexual Education.

- **The health literacy level of students, especially on health determinants increased.**

- **The new School Health Program, based on socio-emotional learning Projects is the most cost-effective investment that a country can make in health promotion and wellbeing.**

- **Partnership with Education System is crucial**
The main challenge

Rebuild the practice of our own paradigms of health

Nothing is as contagious as the example!
Thank you!

gregoriacpva@gmail.com  |  pleal1967@gmail.com
References


