



Európska únia
Európsky sociálny fond



Healthy classmates

**Better politic for
public health for
children and
youth**

Health of children and youth in Slovakia – Current problematic results and statistics

Girls:

+ 0,6-3,4 kg

Boys:

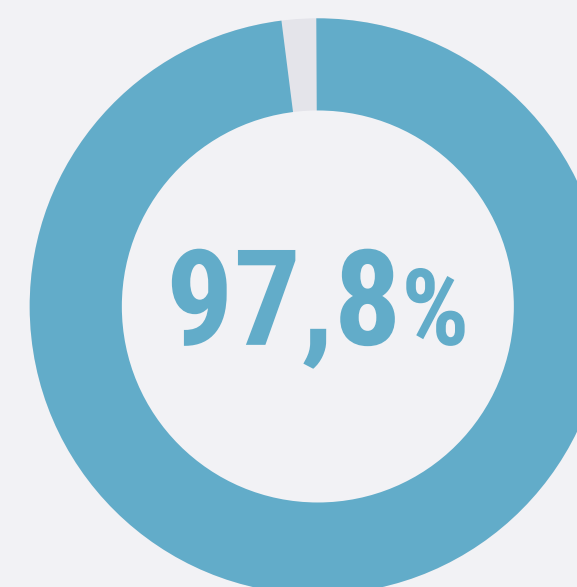
+ 1,6-5,0 kg

Increase in average
body weight in almost
all age group*

**1 215
treated**

**10 000
evidanted**

Number of diseases
of the respiratory
system**



Proportion of the
children who spend
time sedentary
activities daily:

More than **1hod.**
51min. watching TV
More than **1hod.**
10min. Behind the
computer***

* Nárast medzi rokmi 2001 a 2011; Celoštátny antropometrický prieskum ÚVZ SR: <http://www.uvzsr.sk/docs/info/hdm/Antropometria.pdf>
** Za rok 2016; Štatistika všeobecných ambulancií pre deti a dorast: <http://www.nczisk.sk/Documents/publikacie/2016/sp1707.pdf>
*** Monitoring pohybových aktivít detskej populácie SR: http://www.uvzsr.sk/docs/info/podpora/vlastny_material_NPPZ_2014.pdf

Childrens and youth public health policy– main problems and challenges of Slovakia

Absence of comprehensive programs focused on health literacy



Non-funkcion/ineffective prevention programs and action plans

Lack of systematic data collection about obesity prevention and its complications

Exclusion of health promotion activities in existing local government budget

Insufficient cooperation of the state with food producers, retailers and the catering sector to increase the quality of food



Insufficient legislative measures to promote physical activities and healthy eating



An increase the number of children and young people suffering from overweight and obesity

Insufficient interconnection of cross sectoral structures for coordination of activities



Solution – Project HEALTHY Classmates

Only in the healthy society can develop the healthy individual. One of the most important direction of modern public health care in the world is orientation to protect health of children and youth.

Exploiting the potential of the modern technology for developing physical activity, healthy eating and health literacy are one of the tasks of public health care and education in building a healthy lifestyle for youngest generation.



Project HEALTHY Classmates – Goals of the project



Improving prevention and management of child/youth disease

Preventive check-ups for children from 3 to 18 years of age are performed in a 2-year cycle. However, during the examination, the doctor may not have adequate information about the child's development, his habits and, in particular, warning signals may go unnoticed in the meantime. There is a lack of targeted strategies to improve children's health based on cooperation between schools and health care institutions.

Increasing the literacy of children/youth in the area health

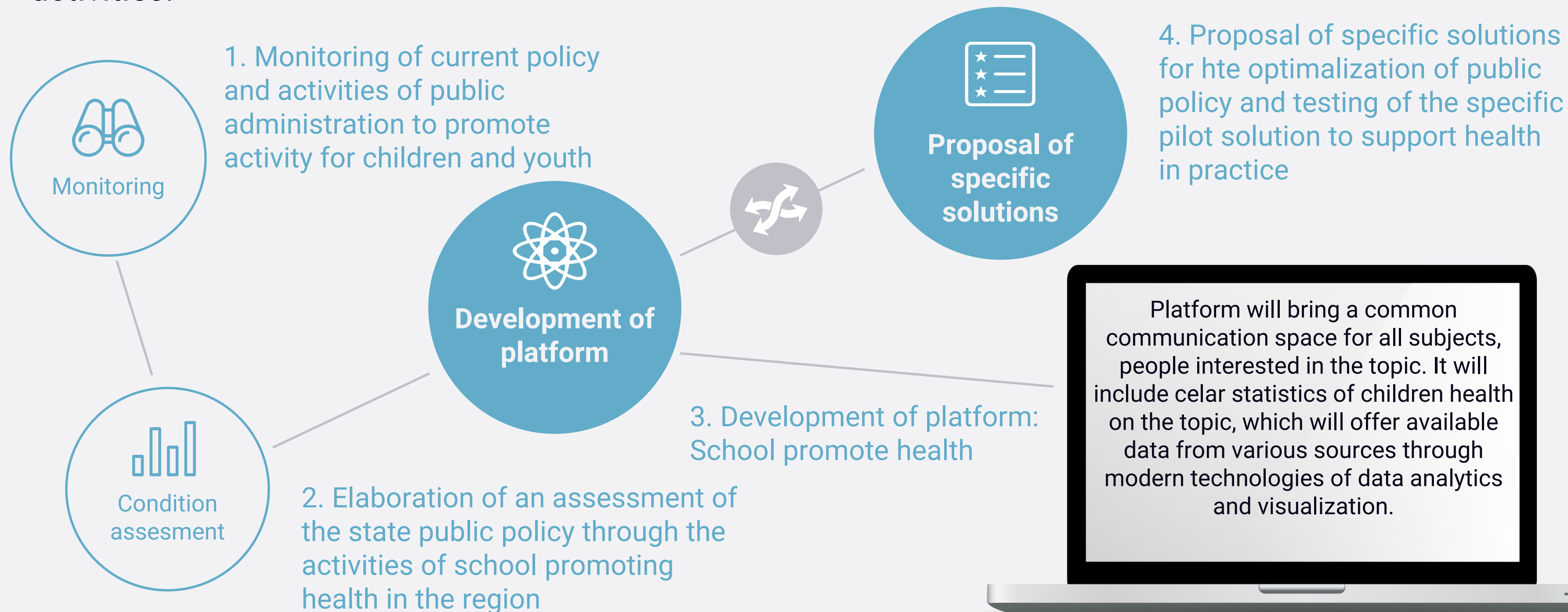
Children lack the skills to obtain and understand their health data and health information in order to learn to make appropriate decisions about their health later in life. They lack contact with real experience and with working with real data, their interpretation and subsequent verification.

Introduction of targeted and comprehensive school measures to promote the development of the healthy evidence-based lifestyle

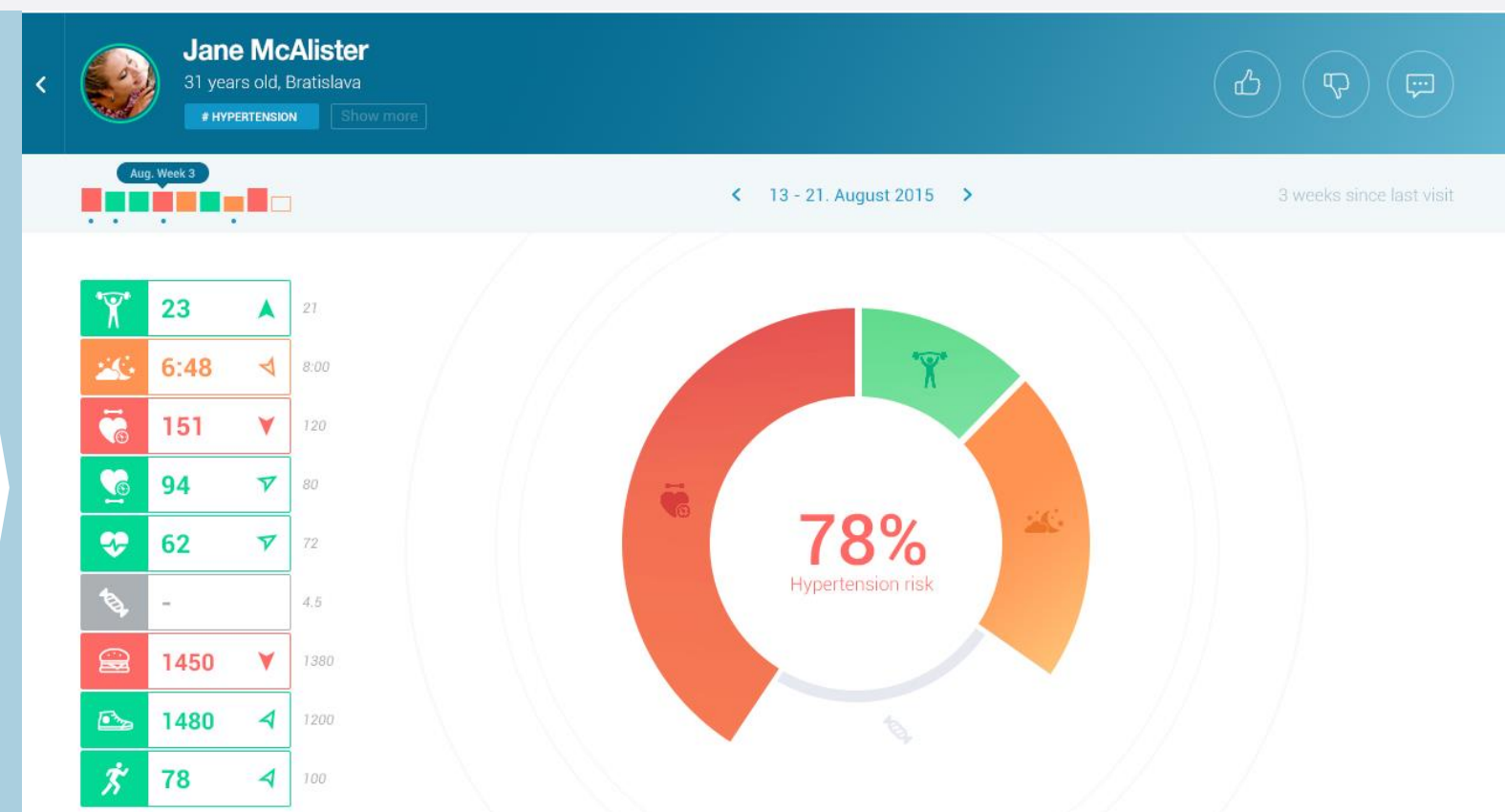
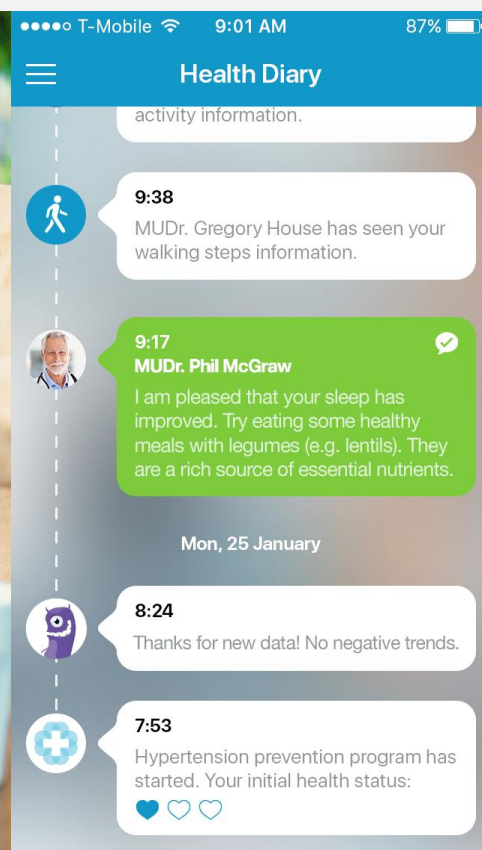
At present, schools do not create a self-awareness as a health-promoting school, there is a lack of closer cooperation between the school / teachers and pupils and parents on this topic, as well as targeted measures / campaigns by the school.

Solution development in practice– Cooperation with s RÚVZ BB and platform „School promote/supporting health “

Project is realize in cooperation with Regional public health office, who participate in the project activities:



Platform School promoting health



Classmates with help of parents, teachers and "wearables" collect data about their health and behavior

Classmates received personalised messages from program School promoting health

The date of classmates are protect through technology of information consent

Analytical tools for monitoring the risk of obesity, hypertension and pupils' health are available for doctors, health counselors and managers of the "School Promoting Health" program (RÚVZBB)



Added value for students and parents



Overview of eating at the school dining room

Thanks to the machine learning algorithm, parents will know how their children taste in the school canteen



Risks areas in life management

Thanks to the interactive visualization of data such as weight, fat ratio, sleep, pressure, heart rate, activity, diet (measured at school and through "wearables"), parents and children will see problem areas and opportunities to improve their condition.



More targeted help from health professionals

Through secure and easy data sharing, both the student and the parent have access to better prevention and help from health professionals.

Added value for healthcare professionals



Simply interpretation of patient data

The healthcare professional has interactive visualizations of patient data available effortlessly and without the need to install the application, thanks to which he can make a history more quickly and better and give more targeted prevention or treatment.



Better patient health care and prevention

Thanks to the platform, the doctor has the opportunity to monitor trends in the patient's lifestyle even between individual visits and rather to catch the beginning problem, and thus achieve better results in patients.



Patient motivation tool

The platform provides functionality for motivational and informative messages to patients, which can also be automated. The healthcare professional learns about how successful his patients are in improving their health.

Added value for school and managers of the program



Evaluation of the success of the health promotion program

The manager can view the histogram and history of the BMI index, activity (number of steps or hours), success rate of school lunch consumption (individual recipes) for the anonymized list of students that belong to it.



Motivation for classmates and school prestige

The manager can create a list of 10 percent of the most and least engaged students and address them with a common, motivating message



Support for more health literacy curricula

The platform supports teaching on healthy lifestyles, innovations in monitoring and evaluating health data and the security of private data.

Another steps— Proposal of a pilot program with the primary school



Results of an innovative solutions:



Proposed recommendations for streamlining, increasing the effectiveness of current public policy and activities of public institutions in the field of children's and youth health



Increased awareness of the interconnected aspects affecting the health of children and young people



Available data for discussion and design of effective and efficient policies and measures to promote the health of children and young people



The area of support for the health of children and youth (in schools) open to innovation thanks to testing the pilot solution of the platform in practice

- **Pilot program: look for opportunities so scale/transfer solutions to other primary schools in the Slovak Republic**

Contact details:

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Slovak civil association with an international reach made up of enthusiastic professionals - innovation experts, IT specialists and public administration experts - who support cities and regions in their efforts to provide more for less, improve their services in the digital age and thus improve the daily lives of their citizens

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