

Health Promotion in Schools

The Schools for Health in Europa (SHE) network

↳ Kevin Dadaczynski

↳ EUPHA 2020 | SHE Academy

↳ 04 November 2020

Hochschule Fulda
University of Applied Sciences





“A Health Promoting Schools reflects a holistic approach that moves beyond individual behaviour change by also aiming at organisational change through strengthening the physical and social environment, including interpersonal relationships, school management, policy structures and teaching and learning conditions.” (Dadaczynski et al., 2020)

Whole School approach

- Healthy school policies
- School physical environment
- School social environment
- Individual health skills
- Community links
- Health services

Health Promoting School

Whole School Approach



Cochrane
Library

Cochrane Database of Systematic Reviews

The WHO Health Promoting School framework for improving the health and well-being of students and their academic achievement (Review)

Langford R, Bonell CP, Jones HE, Poulou T, Murphy SM, Waters E, Komro KA, Gibbs LF, Magnus D, Campbell R

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The WHO Health Promoting School framework for improving the health and well-being of students and their academic achievement.
Cochrane Database of Systematic Reviews 2014, Issue 4. Art. No.: CD008958.
DOI: 10.1002/14651858.CD008958.pub2.

www.cochranelibrary.com

The WHO Health Promoting School framework for improving the health and well-being of students and their academic achievement (Review)
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WILEY

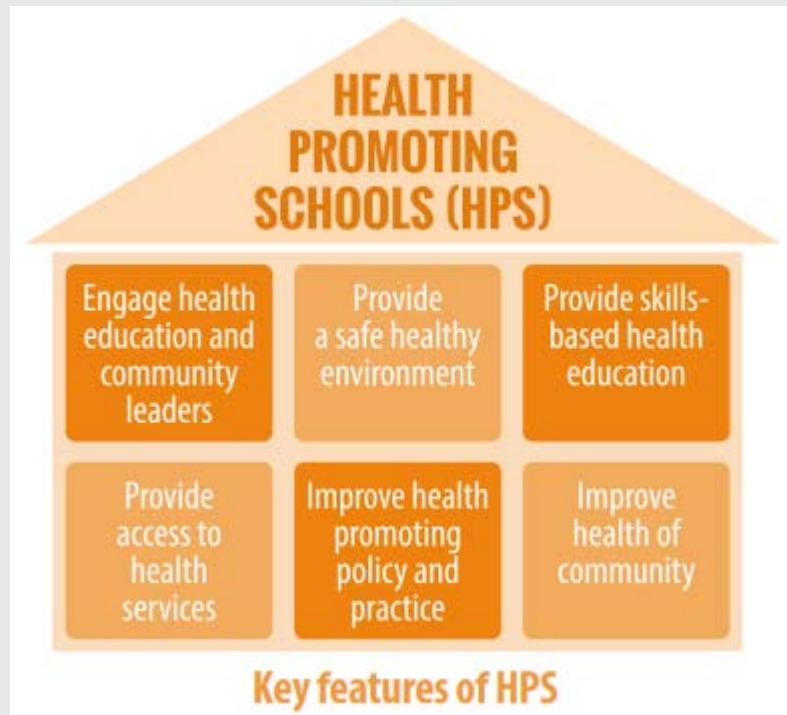
School curriculum: Health education topics are promoted through the formal school curriculum

Ethos/Environment: Health and well-being of students are promoted through the ‘hidden’ or ‘informal’ curriculum, which encompasses the values and attitudes promoted within the school and the physical environment and setting of the school.

Families/communities: Schools seek to engage with families, outside agencies and the wider community in recognition of the importance of these other spheres of influence on children’s health.

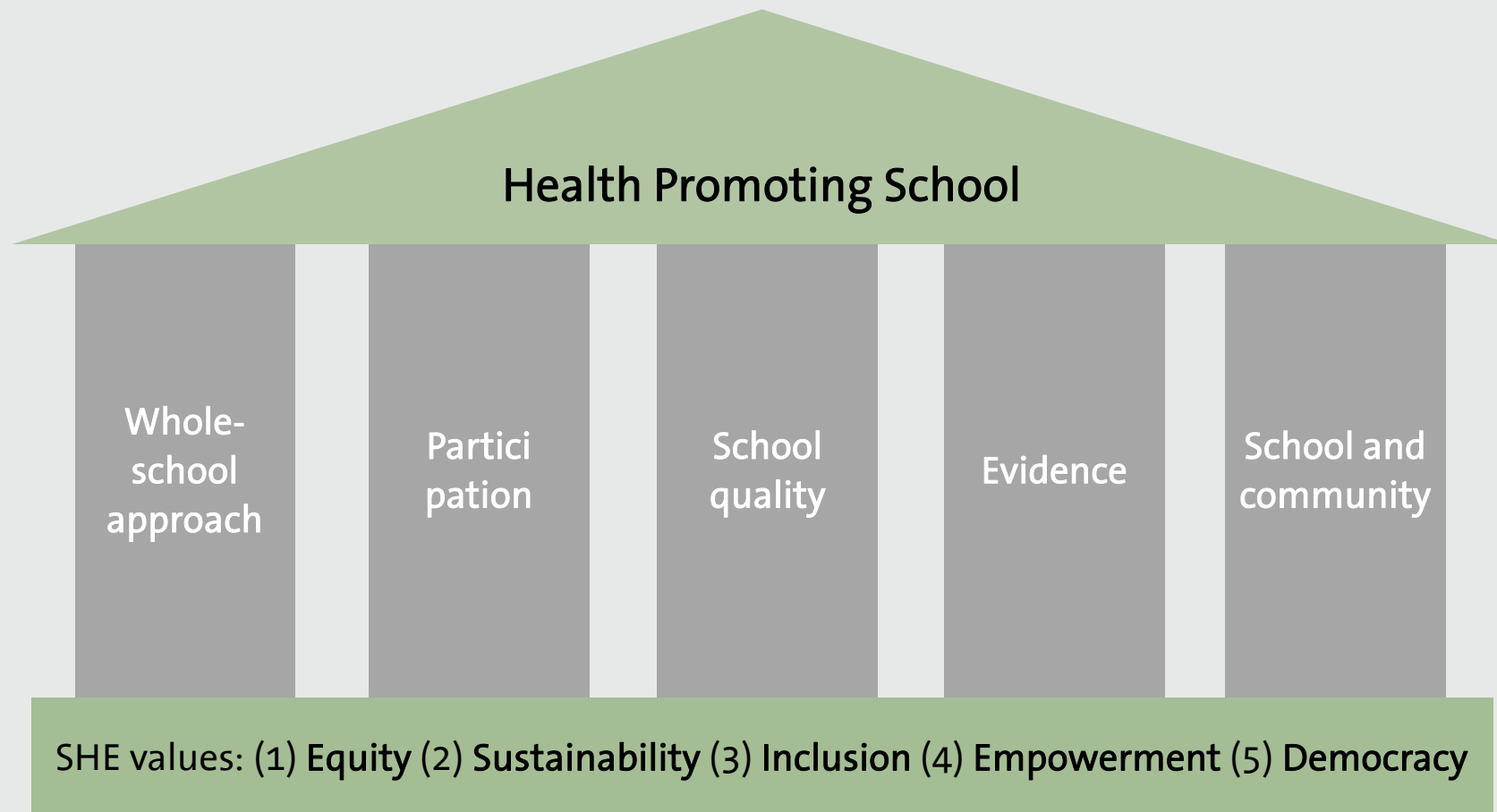
Health Promoting School

Whole School Approach



“A health promoting school (HPS) is a school that constantly seeks to strengthen its capacity to promote healthy living, learning and working conditions (WHO). It aims to provide a multifaceted response to the health needs of students.”

Nutbeam, 1998; WHO, 2017



Qualification of health through education

Education



Health

Health



Education

Qualification of education through health

Paulus, 2010; Suhrcke & de Paz Nieves, 2011



S · H · E

Schools for Health in Europe

- European network exists since 1992 and started as a WHO supported European network for HPS (with 7 countries).
- From 2017, SHE is an independent NGO with its own legal entity, hosted by University College South Denmark, co-funded by EU and supported by WHO EURO
- 41 member countries in Europe and Central Asia with school authorities and educational and health practitioners

National/regional coordinators

See the countries below and click on a country to see its national coordinator:

- | | | |
|------------------------------|---|--------------------------------------|
| ▶ Armenia | ▶ Iceland | ▶ North Macedonia |
| ▶ Austria | ▶ Ireland | ▶ Norway |
| ▶ Azerbaijan | ▶ Israel | ▶ Poland |
| ▶ Belarus | ▶ Italy, Friuli Venezia Giulia region | ▶ Portugal |
| ▶ Belgium | ▶ Italy, Lombardy region | ▶ Russian Federation |
| ▶ Bulgaria | ▶ Kazakhstan | ▶ Scotland (UK) |
| ▶ Croatia | ▶ Kosovo | ▶ Slovenia |
| ▶ Denmark | ▶ Kyrgyzstan | ▶ Spain |
| ▶ Estonia | ▶ Latvia | ▶ Sweden |
| ▶ Finland | ▶ Lithuania | ▶ Switzerland |
| ▶ France | ▶ Luxembourg | ▶ Tajikistan |
| ▶ Germany | ▶ Malta | ▶ Uzbekistan |
| ▶ Greece | ▶ Moldova | ▶ Wales (UK) |
| ▶ Hungary | ▶ Netherlands | |



The SHE research group (RG) is a consortium of researchers and research institutions from countries in the WHO European region, who are part of the Schools for Health in Europe (SHE) Network Foundation.

- **Aims:**
 - Facilitating and coordinating research and contribute to conceptual development as well as research-based evidence for the schools for health approach across Europe
 - Research capacity building, stimulating research, and consultancy for the SHE members, in collaboration with the SHE board



SCHOOLS FOR HEALTH IN EUROPE RESEARCH GROUP

Position paper

What is the SHE Research Group?

The SHE research group (RG) is a consortium of researchers and research institutions from countries in the WHO European region, who are part of the Schools for Health in Europe (SHE) Network Foundation.

The SHE RG consists of scholars with expertise, capacities, and interest in further developing, researching and evaluating relevant issues and approaches on school health promotion and health education within the European context.

What is the main aim of the SHE Research Group?

The main aim of the SHE RG is to support the development of school health promotion and health education in the WHO European region by instigating, facilitating, coordinating, upscaling and initiating theoretical and empirical research.

What are the objectives of the RG?

The objectives are:

(1) to facilitate and coordinate research development in the field of school health promotion and health education, contributing to conceptual development and research-based evidence for the development of the health-promoting school approach, and

(2) to contribute to research capacity building and provide consultancy for the SHE members in collaboration with the SHE Secretariat.

How is SHE RG organized?

The research group is coordinated and facilitated by a chair, co-chair and steering group. Working teams are created based on interest and/or need.

The steering group

The steering group coordinates and facilitates the work of the research group, in collaboration with the SHE Secretariat and the SHE Board. The steering group consists of seven RG members, including the chair and the co-chair. The members are invited by the chairs based on research experience (both juniors/seniors) and geographical location (north, south, west, east of the WHO European region). The steering group is nominated for three years. To ensure optimal communication and cooperation, the steering group cannot be replaced simultaneously. Regular

SHE research group / Position paper
January 2020



Members of the Research Group

Find our members in SHE Research Group by country:

- > Austria
- > Brasil
- > Croatia
- > Denmark
- > Estonia
- > Finland
- > France
- > Germany
- > Greece
- > Hungary
- > Ireland
- > Italy
- > Lebanon
- > Lithuania
- > Nigeria
- > North Macedonia
- > Norway
- > Poland
- > Portugal
- > Romania
- > Russian Federation
- > Slovakia
- > Spain
- > Sweden
- > The Netherlands
- > United Kingdom



Dr. Marjorita Sormunen (Chair)

Senior lecturer, Ph.D., Adjunct professor (health promotion, especially with school context) at the institute of Public Health and Clinical Nutrition University of Eastern Finland



Dr. Kevin Dadaczynski (Co-Chair)

Full professor for health communication and health information at the Faculty of Nursing and Health Science at Fulda University of Applied Sciences



What does the SHE RG offer:

- SHE research Group meeting once a year
- Webinars (planned)
- Working groups (e.g. implementation, methods, mental health)
- Support scientific publications





To become a full member of the research group, applicants should fulfill the following criteria:

- At least a **Master's degree** in health promotion, health education or disease prevention
- At least **three scientific publications** (journal article, book chapter) concerning school health promotion and health education
- Participation in at least one **research or development project on school health promotion** and health education within the last three years

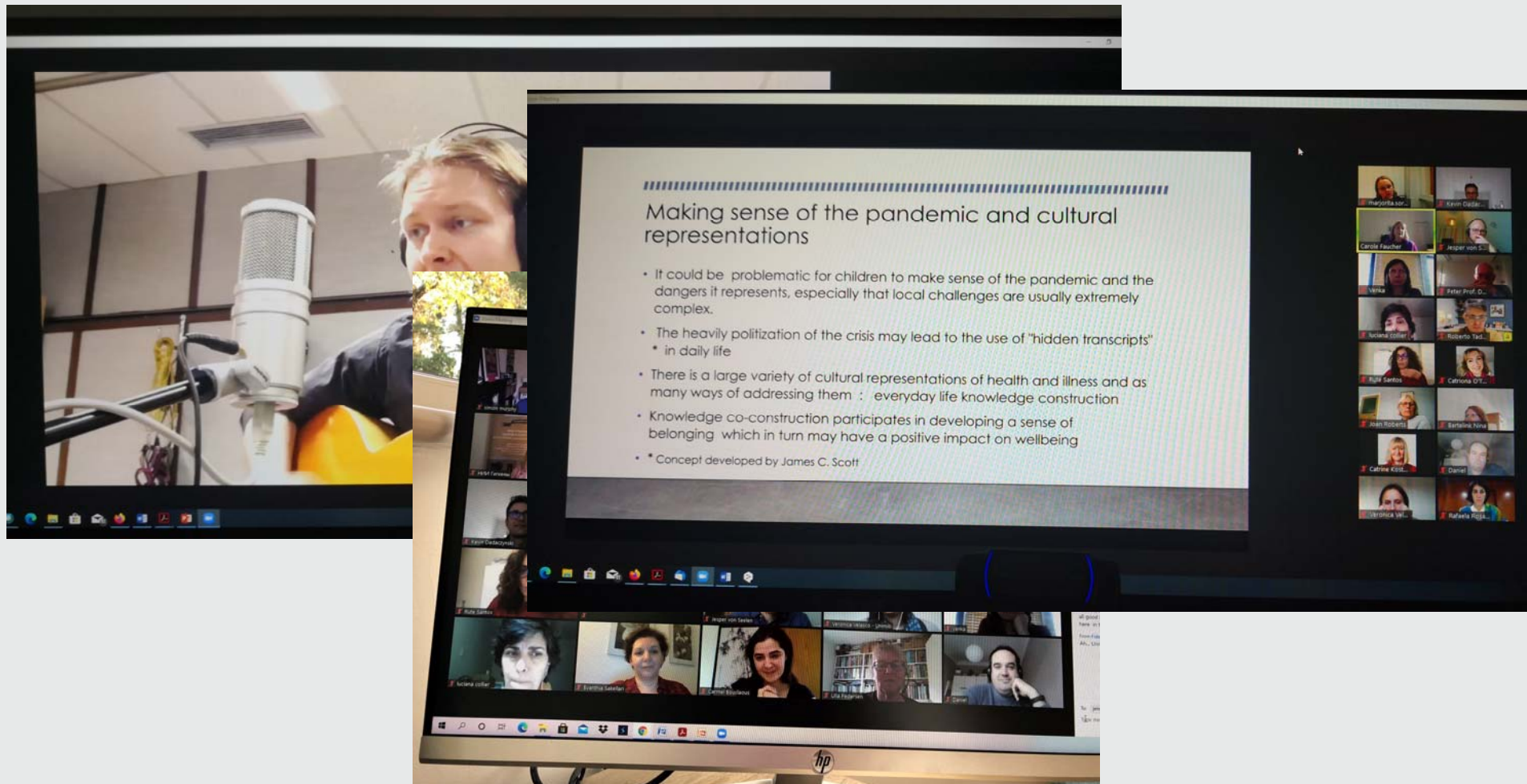
If you do not fulfill these criteria,
please apply for the
junior membership

Engage

Play an active role

Share relevant information

Act as advocates for research in SHE





1997

Thessaloniki, Greece

The Health Promoting School – and investment in education, health and democracy

2002

Egmond aan Zee, Netherlands

Egmond agenda: A new tool to help establish and develop health promotion in schools

2009

Vilnius, Lithuania

Vilnius resolution: Better schools through health

2013

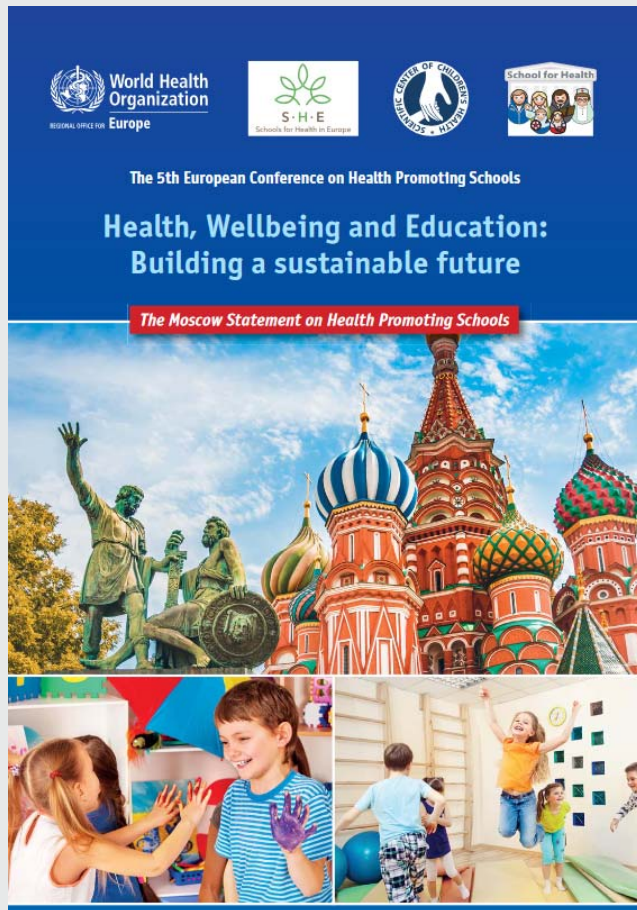
Odense, Denmark

Odense statement: Equity, education and health

2019

Moscow, Russia

Moscow statement: Health, wellbeing and education: building for sustainable future

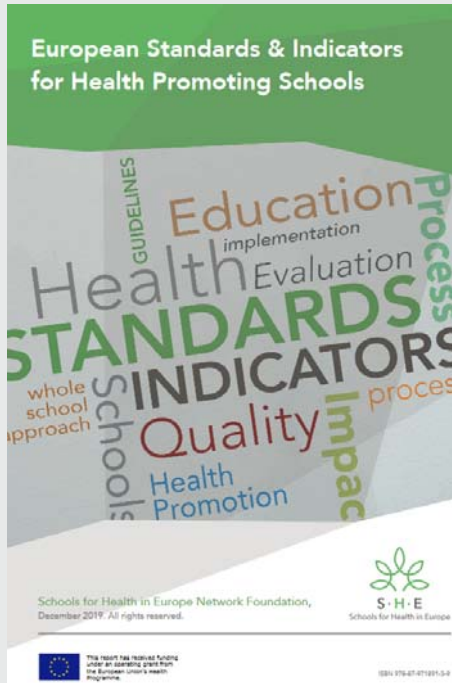


- Comprises 6 thematic categories with a total of 23 recommendations and calls for action
 - Values and pillars of the SHE network
 - Environment, climate & health
 - Noncommunicable diseases (NCDs)
 - HPS as part of the supersetting approach
 - Improve the evidence base of the HPS
 - Digital media and HPS

Dadaczynski et al., 2019

SHE Network

SHE Resources



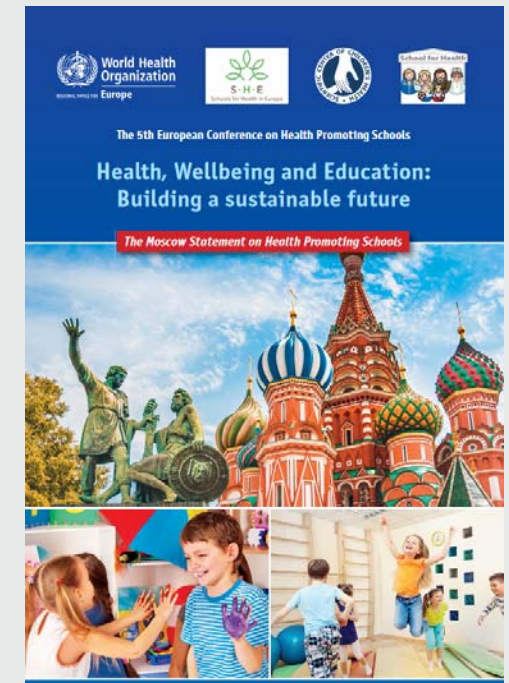
SHE indicators and quality standards



HPS-Materials for Teachers



State of the Art Factsheets



Conference Statements

Thank you!



More infos: www.schoolsforhealth.org

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