

Hungary: Implementation and evaluation of school health promotion

Annamária Somhegyi M.D. Ph.D.
National coordinator, Hungary

21. June 2019, Reykjavík



Implementation process

- Holistic health promotion (HHP) in schools: several years long struggle for it from the side of public health actors
- Achieving the commitment of education leaders and the prime minister since 2010
- HHP is prescription by law for all educational institutes in Hungary since 2012

Why this way? – To reach all children!

(When prescription, all schools have to do HHP in some way – now we have to help them.)



Help, evaluate, improve

- Health literacy in the Hungarian adult population is low, so teachers are not able to do all their health promoting tasks alone, public health actors have to help them
- Several governmental helping projects since 2013



Help, evaluate, improve

- Existing evaluation of HHP in schools:
 - Healthy eating (e.g. COSI)
 - Daily physical education (NETFIT)
 - Using appropriate pedagogical methods and arts to enhance mental health of pupils (HBSC, ESPAD)
 - Developing health literacy – NO MEASURING TOOL in Hungary!



Help, evaluate, improve

- Right now: we started developing of practical methods and tools to measure health literacy of children
- Cooperation between medical universities, public health actors, and the Ministry for Human Capacities: Dep. for Health, Dep. for Education, Dep. for Sports, Dep. for Families and Youth



Help, evaluate, improve

- Complex follow up of schools in HHP:
 - Online questionnaire for principals since 2016
 - Planning of regular use is just starting now, with cooperation of the departments of the Ministry for Human Capacities
 - Online questionnaire for parents and pupils: health promotion criterias of daily physical education (what they experience)



Help, evaluate, improve

Improving the four (I – IV.) health promoting tasks in the everyday life of the school:

- I. Healthy eating: enhancing the awareness of children, parents and teachers
- II. Daily physical education and other PA: improving the methods of PE teachers and the awareness of pupils, parents



Help, evaluate, improve

III. Appropriate ped. methodology (and arts) to enhance mental health: teachers need to get motivated, we plan to give them more salary, when the mental well-being is measured and improved in a school (optional participation for schools in a pilot first)

IV. Improving health literacy and health competencies: teaching tools for teachers and health promotion nurses in schools + regular measurement of health literacy of pupils + a wide communication to the society



What worked and what is hard in Hungary:

- Very important role of public health actors
- Achieved commitment of educational leaders and of the prime minister
- **Prescription for all schools (without this no access to all children!)**
- Giga-ministry: Ministry for Human Capacities – all relevant departments working together
- Health department is looking for new possibilities to improve the HHP work of teachers
- **Hardest: to get teachers motivated for the needed methodological changes!!!**



Annamária Somhegyi M.D. Ph.D.
annamaria.somhegyi@bhc.hu

