



REPORT
FROM THE IMPLEMENTATION OF THE PILOT PROJECT
“A STUDY FOR HEALTH BEHAVIOR IN SCHOOL - AGED
CHILDREN - SCHOOLS FOR HEALTH IN EUROPE”
IN THE REPUBLIC OF MACEDONIA
(December 2018 - February 2019)

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OBJECTIVES OF THE PILOT PROJECT

The main goal was to evaluate the effectiveness of the national data of the HBSC study and SHE tools that should contribute in assessing of health and well-being in the schools.

1. **Specific objective:** To determine the relevance and usefulness of HBSC data in the assessment of the health and well-being in the school.

2. **Specific objective:** To assess the significance of the HBSC questionnaire, the SHE tools and the Evaluation List - Framework for monitoring health and well-being in terms of how they can monitor the successful or unsuccessful implementation of health principles in schools.

METHODOLOGY OF WORK

The pilot project started to be implemented on December 21, 2018 in the Republic of Macedonia, with **the first meeting of the project team** with the following agenda:

1. Presentation of the results of the HBSC study on the topics: Students who love the school, Alcohol, Violence, Social Media Addiction, Eating habits
2. Agreement on completing the school level questionnaire
3. Agreement on the activities to complete the SHE tools
4. Agreement for realization of activities with focus groups - teachers and students.

Two schools were selected in Skopje:

Primary School “Kuzman Josifovski Pitu” which was involved in the HPSN from 2000-2007



Primary School “Krume Kepeski”, which was not part of the HPSN



The tasks were as follows:

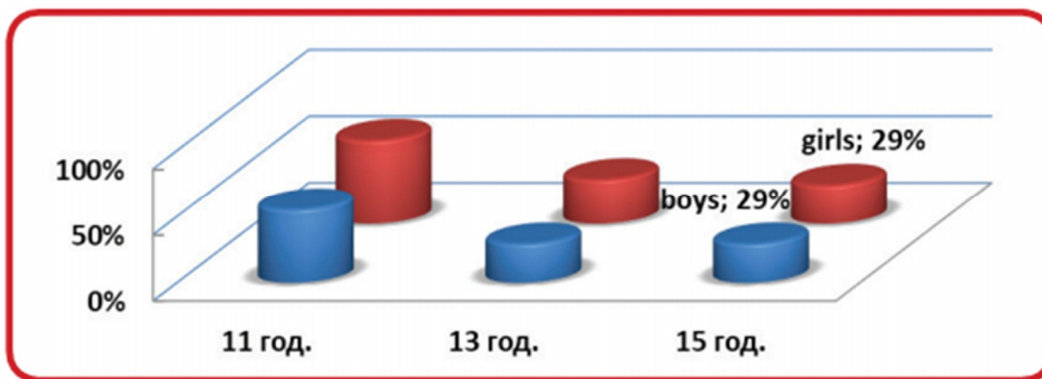
- Materials were translated into Macedonian
- Spreadsheets, graphics and analysis of the data were prepared according to the HBSC study from 2018 with selected topics: Alcohol, Violence, Students who love the school, Social media addiction, Eating habits.
- The schools were visited (contacted with the coordinators from the schools , information and directions for the activities in the schools were given, at the same time materials were distributed).

- The activities in the schools were conducted in the period from January 23 to January 30, 2019.
- The pilot project covered two classes with 13 year old students in each school, or 8th grade, a total of 45 students in one and 55 students in the other school.
- After each presentation of the HBSC data, a discussion on all five topics was developed. Also, the researchers shared the SHE Rapid Assessment Tool to the selected group of students and discussed the importance of the same.
- School coordinators responded to the School level questionnaire and the Rapid assessment tool.
- Two focus groups of 8 people were organized in each school. One focus group had 6 teachers, the school coordinator and the director, while the second focus group had 8 students, randomly selected from the classes where the activity was previously discussed. A discussion was developed and feedback from the focus group members.

RESULTS FROM THE IMPLEMENTED PILOT PROJECT IN THE SCHOOLS

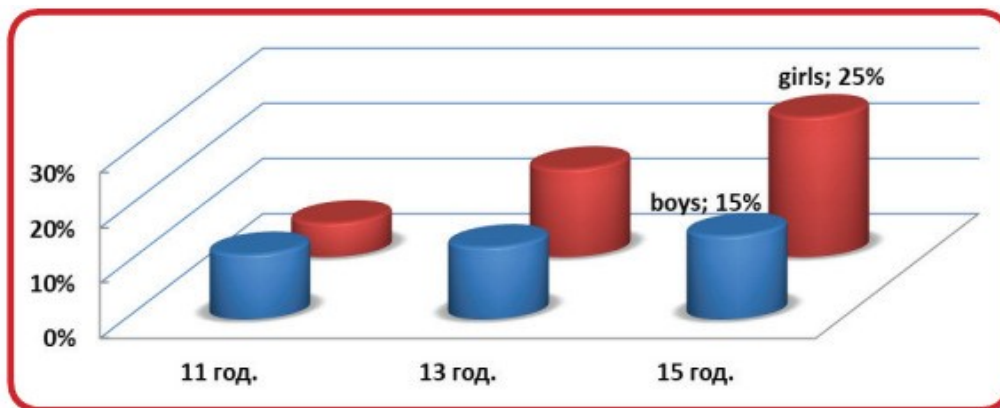
ANALYSIS OF SOME DATA FROM HEALTH BEHAVIOR IN SCHOOL-
AGED CHILDREN STUDY 2017/2018 IN THE REPUBLIC OF
MACEDONIA

Health topic: Students who love the school



The results of the schools do not differ much from the HBSC study conducted in 2018 year. Namely, the overall percentage of students who like the school is slightly lower and is 27%, compared to 31% of the study, and there is not much difference between girls and boys. Students want to go to school because of friendship, but not for learning. They are afraid of tests, they want more interactive teaching, learning through projects, using technology, visiting outdoors, in institutions (practical learning).

Health topic: Social media addiction



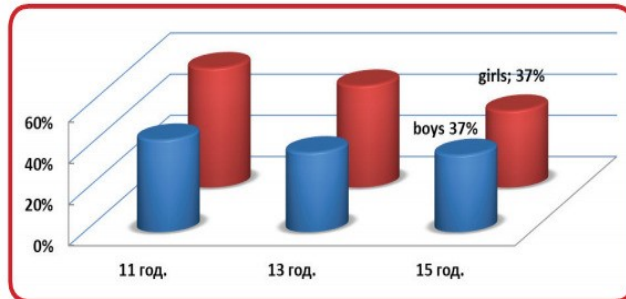
Students from both schools expressed distrust about the results of the conducted study 15%, and according to their statements about 70%, use daily social networks. All students unanimously said that the percentage of media addiction is not realistic, i.e. is much greater than 15%. They think that the average is 50% and something more, but some say a percentage of 80%.

According to students' statements, most responsible for so much are their parents who cannot allow long use of the phone, and they should be a good example for the children themselves (and not to sit all day with the mobile) " - a student statement.

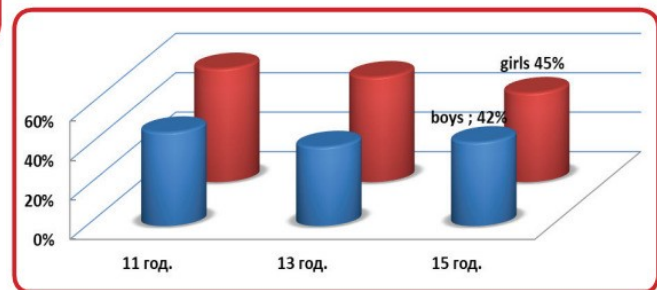
Health topic: Eating habits

All students said that the percentage of fruits and vegetables was higher than in the study. All students consume fruit every day and eat vegetables that is positive, but they also say they eat sweets every day and drink carbonated drinks, which is worrying.

- Students who consume fruit every day

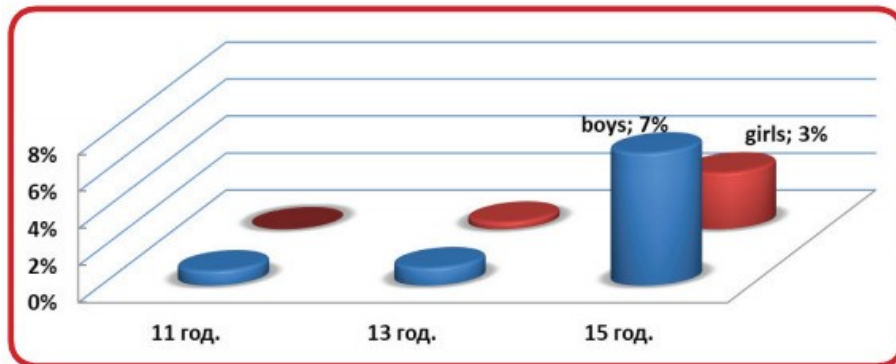


- Students consuming vegetables every day



Health Topic: Alcohol

- Students who were totally drunk more than once in the last 30 days

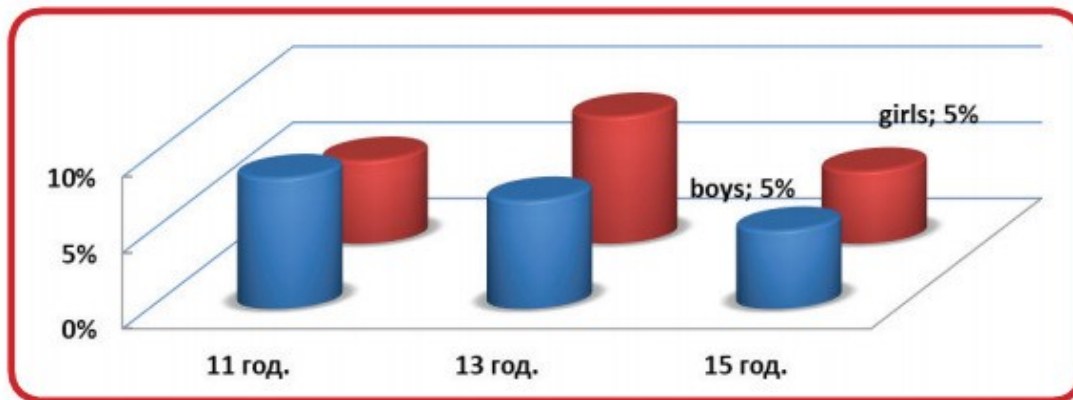


There is no occurrence of totally drunk students in the last 30 days. The results of the study according to them are real and represent 1% for students at the age of 13.

- Students who were drunk more than once in a life - There is no such occurrence in the school, but the results of the study find that they are real and they are around 3%.
- **Statement from a student: "Parents shall give their children to drink alcohol at home to reduce curiosity and if they already decide to drink to know what kind of alcohol they drink."**

Health topic: Violence

- Students who were mistreated more than 2 to 3 times in the last month



For this topic, students believe that the percentage of the conducted study is realistic and pointed out that in their school the violence prevailed with about 10%, but they said that there was no physical violence, but only verbal.

CONCLUSION OF THE CHECK OF THE HBSC DATA

- According to students' statements, HBSC data referring to students who love the school, the use of alcohol and violence is realistic;
- Data on social media addiction, consumption of fruits and vegetables, sweet and carbonated drinks are not real, and the percentage of students who use them are higher;
- Consider that all five topics are important and priority for further work.

VERIFICATION OF SHE TOOLS

Verification of the SHE Tools was made by the two selected student groups from the different schools.

Aim of this verification - to measure the health and wellbeing of the school community during the implementation of health promotional principles.

Data analysis of the SHE Tool for Rapid Assessment showed that students think that **areas of priority are orientation, health policy and the school physical environment.**

CONCLUSION

- **The projected goals and objectives of the project were fully realized, confirming the usefulness of the application of the HBSC data, SHE tools and the Evaluation Framework for assessment of health promotion in schools.**
- **It was concluded that the health topics are not sufficiently processed during the implementation of the curriculum, students and parents are not involved in the planning and preparation of health activities according to the needs of the school community.**
- **Students and teachers expressed readiness to apply the tools when assessing the current state of health promotion at the school.**
- **but also planning and applying the Healthy Healthcare concept to the basic principles of work that will provide higher quality of education, satisfaction of students and staff in the school, a sense of belonging and a sense of responsibility to the school and community.**

Thank you