

Katharina C. Wirnitzer, Dr. rer. nat.

katharina.wirnitzer@ph-tirol.ac.at

Study Coordinator, PI

science2.school and uni.science2.school

Department of Research and Development in Teacher Education University College of Teacher Education Tyrol, Innsbruck, AT

Department o Sport Science, LFU Innsbruck, AT





Daily Naturally - Simple Formula

Dating back to ancient times: food and PA, sports & exercise considered Medicine Consensus: both lifestyle factors <-> positive health effects -> Dual guidelines since 2002

Health is major future topic for education: UN SDGS; WHO Voluntary Global Target on NCDs; UNESCO Learning Objective "Cross-cutting key competencies"



Daily moderate PA, Sports & Exercise⁶

+ Plant-based Diets⁷



,Healthy eating - Active living'

= ,Super'-Medicine

©Shutterstock

Dual Approach shaping sustainable & lifelong Health!

- -> Effective, safe, easy & low-cost to sustainable health
- -> Perfect 4 Schools (State Educational Mandate, AT): Individual Health -> Public Health

Health (promotion) as an overarching educational goal

Primarily special task of school sports: Compulsory subject "Physical Educ." has "LEADING role"











Healthier lifestyles in childhood track into adulthood

Although: Health & Health Promotion is state mandate & highly relevant to Educatioal Settings

NO study on prevalence of vegetarian & vegan diets exists!

Aim

- Prevalence of omnivorous, vegetarian, vegan diet linked to PA levels at school
- ► Health behavior of pupils & students -> rolemodels/multipliers (future teache
- 3rd Mission: From data -> transfer of findings to health-orientated actions <->

Sample Size

- > 2,554 secondary schools with total 860,768 people: **771,525 pupils & 89,243 adults**
- > 102 universities & colleges with total 445,360 people: 376,050 students & 69,310 lecturers/acader

Design

- Quantitativ cross sectional (descriptive)
- > short standardized online questionnaire with (incl. control) questions about ...
 Part A the person; Part B sports & PA; Part C nutrition; Part D health & well-being; (S2HU: Pa
- > Participation: voluntary & anonymous (data: confidentiality, storage/analysis for scientific purpose
- > S2S: 2019 2022 (3 yrs, to be extended!)
- > S2HU: 2021 2024 (3 yrs)
- > Ethics Vote: S2S mandatory approvals), S2HU Certificate of good standing, 22/2021 (6.4.2021)

Basic Sample
N = 8,845 Pupils
1.146 % of total AT Pupils

n makers etc.)
erging adulthood

Sample (8. June 2021) n = 4,221 Students 1.146 % of total AT Students









www.oeh.ac.at





ND (2015, 2016), PCRM (2018), Wirnitzer (2018, 2020), AHS 1 & 2, GEICO etc.; uso et al. (2013a); ³Leitzmann (2018, S. 123), Wirnitzer (2018, 2019, 2020), Wirnitzer et al. (2021a+b)

Prevention first!

Closing the Circle: Transfer Science ↔ Public

Dual Approach to sustainable Health¹⁻³ as minimum recommendation



Health Promotion (School up to University/College) as education, teaching & research mandate

Action-oriented Health Literacy & Health Promotion by Sustainable Actions

Follow-up Studies

https://www.schoolsforhealth.org/about-us/research-group/news-and-events



Science 2 School, AT

Science 2 School, EU



Science 2 HS & Uni, EU





School & Student Health 4 Public/Global Health









Potential Calls

S2School

S2HS/Uni

EU member states European Level

JPI-HDHL

Horizon Europe (1.1.2021): Cluster 1, Destination 1

HORIZON-HLTH-2022-STAYHLTH-01-05-two-stage: Prevention of obesity throughout the life course HORIZON-HLTH-2022-DISEASE-07-03: NCDs risk reduction in adolescence and youth

Horizon Europe (1.1.2021): Cluster 6, Destination 1

HORIZON-CL6-2021-FARM2FORK-01-12: Filling knowledge gaps on the nutritional, safety, allergenicity and environmental assessment of alternative proteins and dietary shift
HORIZON-CL6-2021-FARM2FORK-01-15: Transition to healthy and sustainable dietary behaviour

Sparkling Science (1.1.2022): Research on/with pupils

Weave Joint Projects

EU4Health 2021–2027 (1.1.2022): a Vision for a healthier European Union

Verbesserung &Förderung der Gesundheit in der Union - Krankheitsprävention & Gesundheitsförderung

Int./Global Level Foundations

Weave Joint Projects, int. Partners Leonardi di Caprio Foundation Bill & Melinda Gates Foundation, etc.







Katharina C. Wirnitzer, Dr. rer. nat.

katharina.wirnitzer@ph-tirol.ac.at

Study Coordinator, PI

science2.school and uni.science2.school

Department of Research and Development in Teacher Education University College of Teacher Education Tyrol, Innsbruck, AT

Department o Sport Science, LFU Innsbruck, AT



