

# Healthy School

Implementation in Flanders

Tineke Vansteenkiste – Reykjavik – June 21, 2019

## Content

- Presentation of the Flemish institute for healthy living
- My selected topics:
  - Involvement of the ministry of education or health
  - Partners involved in the implementation
  - Implementation channels
  - Barriers and plans for the future
  - Monitoring

**Flemish institute for healthy living**  
Who are we?

## Flemish institute for healthy living

- centre of expertise
- Partner of the Flemish government
- Delivers strategies, advice, methods and training...
  - ... to health workers and professionals
- Main goal?
  - The Flemish population lives healthy/healthier

# Flemish institute for healthy living

## Themes

- Nutrition
- Physical activity
- Sedentary behaviour
- Mental health
- Tobacco
- Health and environment



Other health themes → other organisations

# Flemish institute for healthy living

## Settings

- Healthy School
- Healty municipalities
- Healthy workplaces
- Healthy healthcare institutions
- Healthy welfare institutions
- Leisure sector
- Families



# Flemish institute for healthy living

## Our work to the education sector

- Developing projects, methodologies, ....
  - Healthy school framework
  - Thematic methodologies
- Implementation
  - Website [www.gezondeschool.be](http://www.gezondeschool.be)
  - Newsletter Gezonde school
  - Facebook group
  - Formations (2019–2020: local information sessions healthy school)
- Health policy survey (indicator survey)

# Healthy School Framework (Flanders)

- ▶ Health matrix
- ▶ 7 step roadmap
- ▶ Spiderweb

GEZONDHEIDSMATRIX GEZONDE SCHOOL

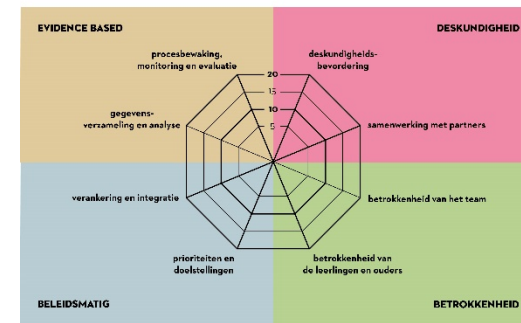
<small>VLAAMSE INSTITUUT</small> <b>GEZOND LEVEN</b>	LEERLING (+ FAMILIE OF RINGGROEPEN)	KLAS	SCHOOL (ALLE LEERLINGEN EN HUN LEEFOMGEVING BINNEN DE SCHOOL)	OMGEVING BUITEN DE SCHOOL <small>(bv. ouders, verenig. gemeente, buurten, media, enz. (zie ook: 'samenwerkingspartners'))</small>
EDUCATE				
OMGEVINGSINTERVENTIES				
AFSPRAKEN EN REGELS				
ZORG EN BEGELEIDING				

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SPINNENWEB MODEL





Ministry of Education and the Ministry of health

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## Ministry of education or health?

- Health in all policies
- We get funding from the department of health
- Good cooperation with department of education
- Starting points from both ministries

## Health objectives of the Flemish government

- **General objective:**

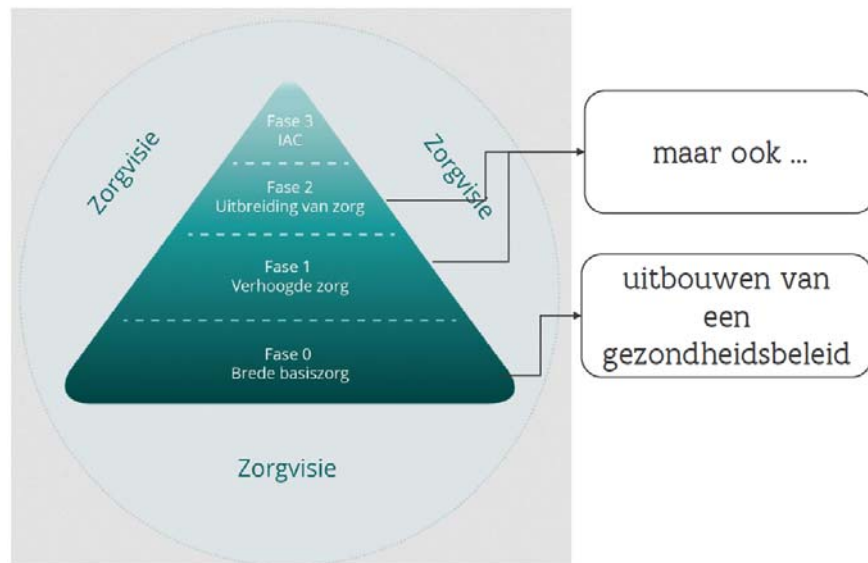
By 2025 Flemish people lives healthier in terms of healthy eating, sedentary behavior, exercise, tobacco and alcohol and drugs

- **Specific objective for education:**

By 2025 80% of the primary schools and 80% of the secondary schools maintain a preventive health policy that meets minimal quality criteria.

## Decree on student guidance (sept 1, 2018)

Health policy is part of pupil guidance policy

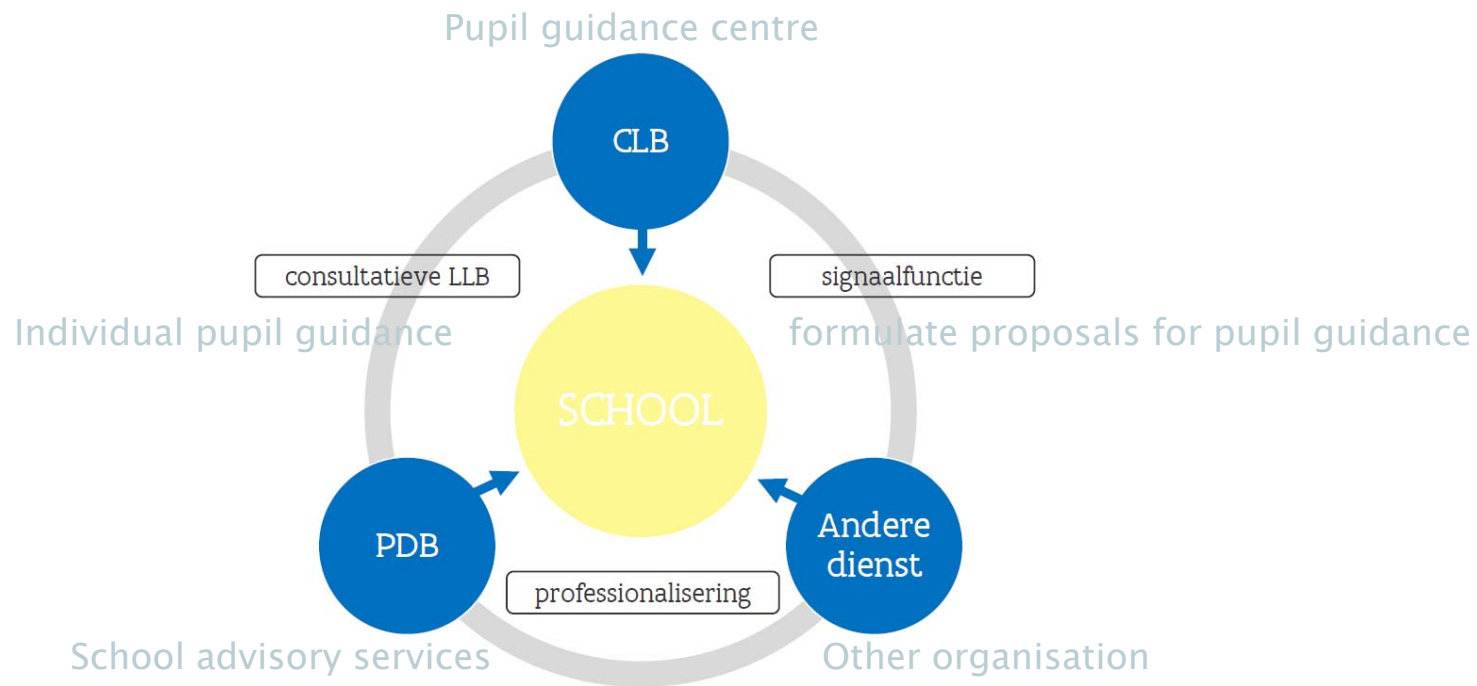


CONTINUUM OF CARE

PREVENTIVE HEALTH CARE	PSYCHOLOGICAL AND SOCIAL FUNCTIONING
LEARNING AND STUDYING	EDUCATIONAL CAREER

# Decree concerning pupil guidance

## Actors



## New learning outcomes (secondary schools – sept 1st 2019)

### 16 key competences

1. Competences of physical, mental and social health

5. Social relational competences

14. self-awareness, self-expression, self-direction

+ link with other competences possible

Difference with the past:

Learning outcomes to pursue → learning outcomes to reach

## Reference framework for the quality of education

- Framework used by the education inspectorate
- The framework
  - expectations regarding the quality of education
  - encourages schools to make their own (quality) policy
  - supports dialogue between the educational partners



## Partners involved in the implementation

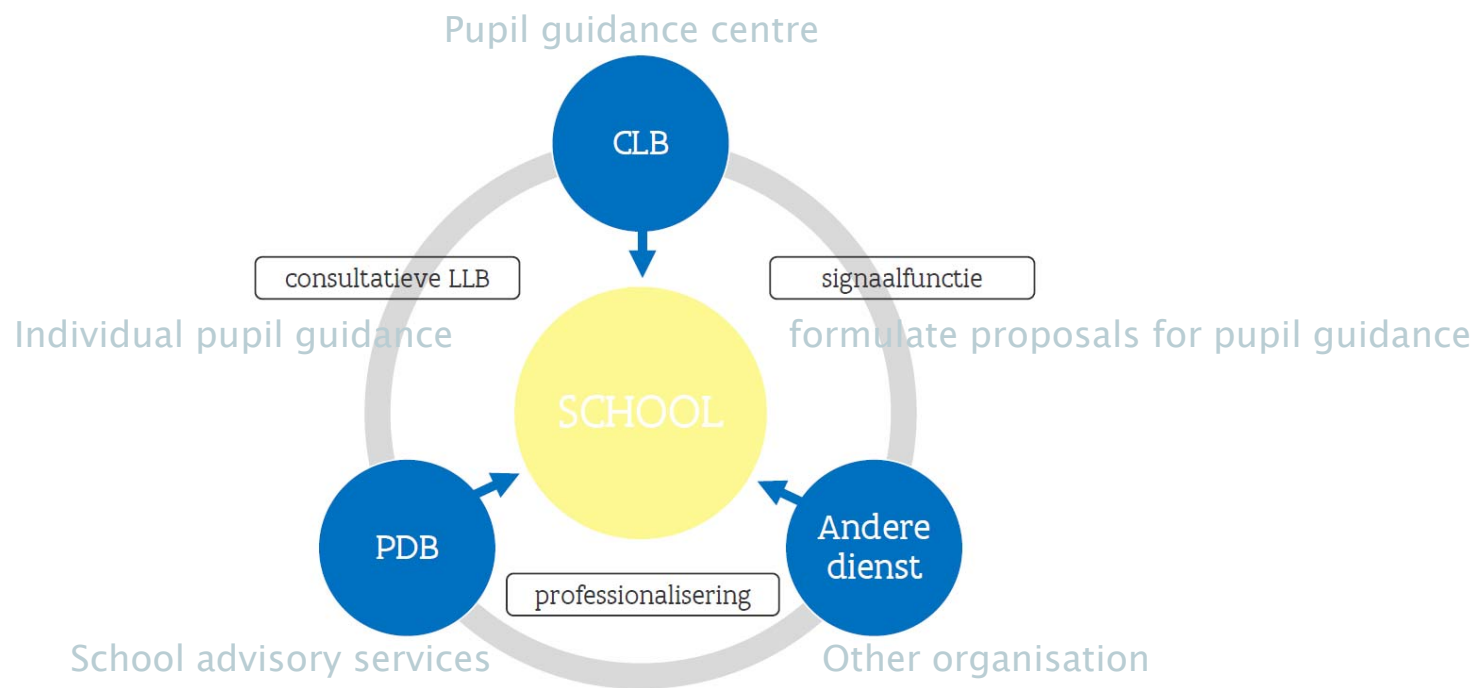


## Partners involved in the implementation

- Department of education
- Educational umbrella organisations (5)
- Pupil guidance centres
- School advisory services
- Student umbrella organisation
- Parent umbrella organisations

# Decree concerning pupil guidance

## Actors



MOEV

## Sport moves your school

Supports schools in the development of a movement policy



Funded by the ministry of education

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## Mental health centers

### Prevention workers

Supports schools in the development of an alcohol and drug policy



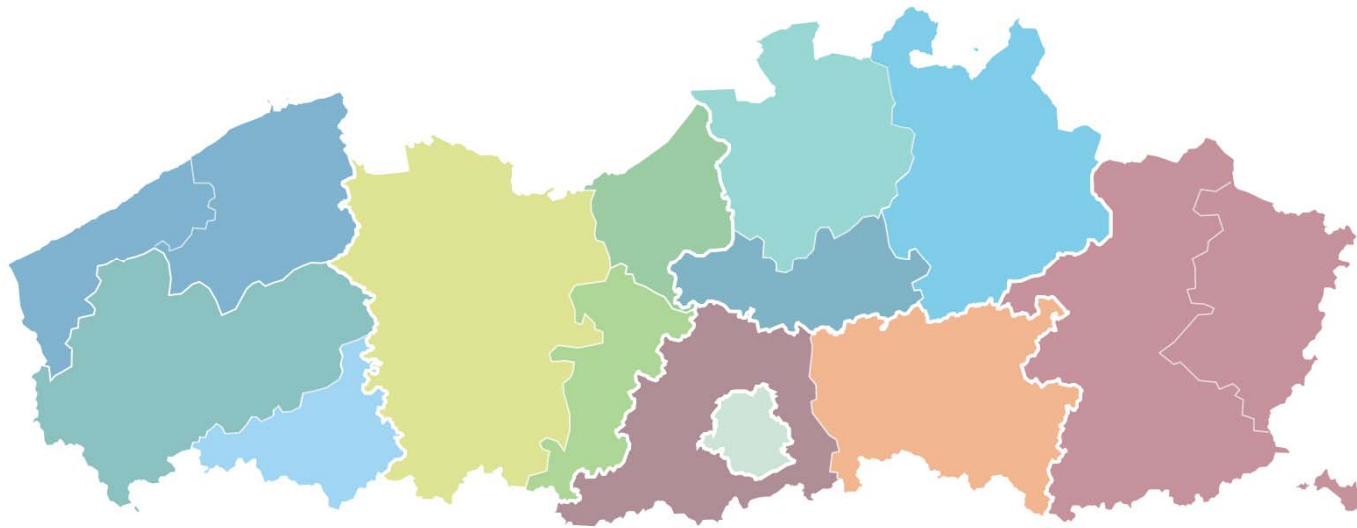
Funded by the ministry of health

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Logo

Local partners

Disseminates what we develop



Funded by the ministry of health

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# Barriers and plans for the future

## Barriers?

- The school advisory services
  - Don't receive additional resources
  - Don't have thematic expertise
  - Busy writing new curricula
- We don't have thematic supporters for all of the health themes

## Plans for the future?

- Proposal for a new supporting material
  - School advisory services = multiple-theme supporters
  - Create supporters for the other health themes
  - Good collaboration between the two services
- Online tool 'My healthy school'



# Implementation channels

## Implementation channels

### Educational and health partners

- Implementations channels Flemish institute for healthy living
- [Preventiemethodieken.be](http://Preventiemethodieken.be)
- School supporters
- Newsletters and social media of the ministry of education
- Newsletters of the educational umbrella organisations
- Newsletters of the students and parents umbrella organisations
- Newsletters of the pupil guidance centres
- Newsletters of the logo's
- [Klascement.be](http://Klascement.be)

# Monitoring

## Health policy survey (indicator survey)

### What is it?

- A survey to monitor (and evaluate) the health objectives
- Four-yearly survey, since 2003
- In co-operation with Flemish centre of expertise on alcohol and other drugs
- Not a measurement at individual level, but at organisational level (school)
- All primary and secondary schools in Flanders
- Influencing policy makers

# Health policy survey

## What is measured?

- Quality criteria for setting up a (general) preventive health policy
  - Organisational management
  - Building expertise
  - Working evidence based
  - Participation



# Health policy survey

## What is measured?

- 4 strategies for working on a health themes
  - education
  - Environmental interventions
  - Regulations and agreement
  - Care and guiding
  
- Different health themes
  - Healthy eating
  - Physical activity and sedentary behavior
  - Tobacco prevention
  - Alcohol and drug prevention
  - Mental health promotion

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EDUCATIE				
OMGEVINGSINTERVENTIES				
AFSPRAKEN EN REGELS				
ZORG EN BEGELEIDING				

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## Plans for the future

- Evaluation of the decree concerning pupil guidance
- Data from the new online tool healthy school

Do you have questions?

Contact me!

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