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Health promoting school guidelines in LMICs and experience with implementing the guidelines

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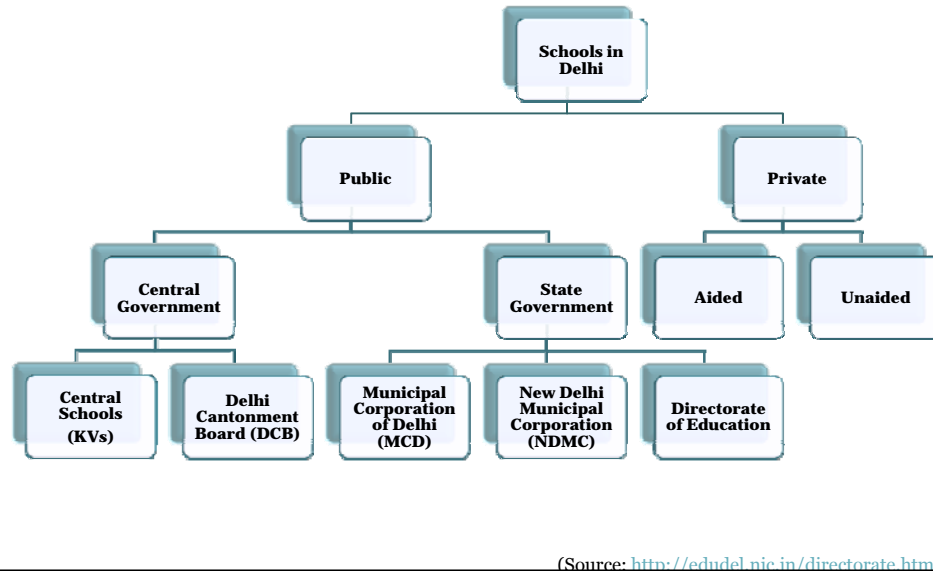
New Delhi, INDIA



School structure

- School structure in India is complex.
- The Education Department falls under the Ministry of Human Resource Development.
- Major classification
 - There exist schools which fall directly under the State Government (including its local bodies) or the Central Government.
 - The schools can either be private or public schools.
 - Schools are governed by either Central Board of Secondary Education (CBSE), State Board or Council for the Indian School Certificate Examinations (ICSE).

School structure



Schools are an ideal setting for health promotion

- Children spend about 6-8 hours of each working day at the school.
- School setting presents an opportunity to intervene at the right age so that the children inculcate healthy lifestyle habits such as nutritious diet, physical activity, avoidance of tobacco and alcohol as well as other essential behavioral skills.
- Presence of staff and teachers who are looked upon with great respect and as role models by the children.
- Presence of peers who are with the children all the time and have great influence on them.

Health disparities by school type

- Prevalence of overweight and obesity is higher among students attending the private schools as compared to those attending public schools.
(Marwaha et al., 2006; Ramchandran et al., 2002; Stigler et al., 2011)
- Prevalence of tobacco use is higher among students in public schools as compared to those in private schools.
(Mathur et al., 2008)
- Better facilities for physical activity (e.g. qualified instructors, equipment, participation in school sports teams, gyms) in addition to opportunities for provision of nutritious foods in canteens in private schools as compared to public schools.
- Better hygiene and school environment in most of the private schools as compared to public schools.

Social determinants of health

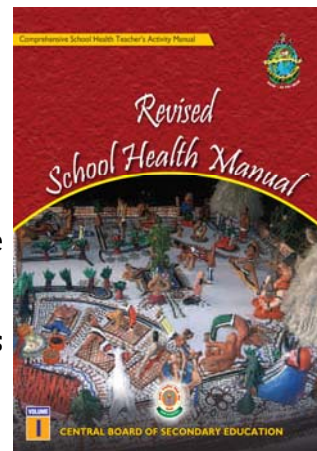
- Tobacco
 - Upstream determinants: production, marketing, distribution, economic gains.
 - Downstream determinants: low parent education and income, ability to resist peer pressure, awareness about harmful effects of tobacco, school performance, co-occurring social problems/psychological condition, advertising, parent and peer tobacco use etc.
- General health and nutrition
 - Children from poor households are at higher risk of exposure to inadequate water and sanitation, over-crowding, indoor pollution, unhygienic behavior by care-givers, increasing their risk of infections.
 - Micronutrient deficiencies, underweight, wasting and stunting are more common in the poor as compared to the rich
 - Over nutrition and related issues such as overweight and obesity and therefore chronic diseases during adulthood are more prevalent among the rich.

(WHO, 2010)

Health Promoting School Guidelines

Central Board of Secondary Education (CBSE) Comprehensive School Health Program

- Traditionally, school health is restricted to sporadic health check-ups and some instruction in the curriculum.
- Considering this a loss of opportunity, the CBSE developed the **Comprehensive School Health Policy** in 2006 and disseminated 4 volumes of Comprehensive School Health Manuals in 2007.
- Comprehensive School Health Policy views health holistically (physical, mental, emotional and psychosocial health) and utilizes all educational opportunities, for health promotion.



8 Components of the Comprehensive School Health Program

- A school environment that is safe
- A sequential Health Education Curriculum
- A sequential Physical Education Curriculum
- A Nutrition Services Program
- A School Health Services Program
- A Counseling, Psychological, and Social Services Program
- Integrated Family and Community Involvement activities
- A Staff Health Promotion Policy

Key Action Plan Comprehensive School Health Program

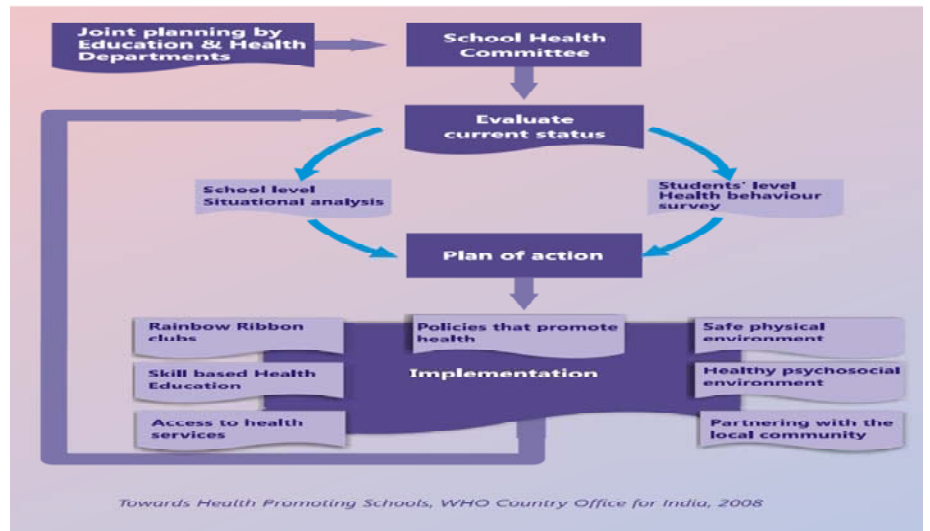
- Form action groups
 - School Health Club/Committee
- Review current situation for school health promotion
 - CBSE Checklist
 - Global School Health Survey
- Plan and implement school health policy
 - Health promotion manuals and activities
- Monitor and evaluate activities
- Share experiences with other stakeholders

Six themes included in Health Promotion Curriculum Comprehensive School Health Program

- Knowing your body
- Food and nutrition
- Personal and environmental hygiene
- Physical fitness
- Being responsible and safe
- Behavior and life skills

WHO Framework for Health Promoting Schools

Scheme for developing a Health Promoting School (HPS)



Key Action Steps

WHO Framework for Health Promoting Schools

1. Engaging health and education officials, teachers, students, parents and community leaders in efforts to promote health in schools.

- Establish School Health Clubs
- Conduct Situational Analysis

2. Providing a safe and healthy environment

- Physical Environment
- Psychosocial Environment

Key Action Steps

WHO Framework for Health Promoting Schools

3. Providing effective skill based health education and life skills

- Know your body
- Personal hygiene
- Environment
- Food and nutrition
- Physical fitness
- Being responsible and safe
- Behavior and life skills

Key Action Steps WHO Framework for Health Promoting Schools

4. Providing access to health services

- For students
- For staff

5. Implementing school policies and practices that support health

- Policies
- Rainbow ribbon clubs

6. Improve the health of the community

Guidelines for health promoting schools provided by Ministry of Health and Family Welfare and Public Health Foundation of India

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Health Through School Home >> Health Through School

Much of tomorrow's diseases can be prevented by fostering health in schools today

What to do in schools, at schools

Many of today's and tomorrow's leading causes of death, disease and disability can be significantly reduced by preventing behaviour that is initiated during youth, through health education, understanding and motivation; and fostered by social and political policies and conditions.

Encourage schools fostering health

What is a "school fostering health"?

A "school fostering health" is one that constantly strengthens its capacity as a healthy setting for living, learning and working.

A school fostering health:

- > Fosters health and learning with all the measures at its disposal.
- > Engages health and education officials, teachers, teachers' unions, students, parents, health providers and community leaders in efforts to make the school a healthy place.
- > Strives to provide a healthy environment, school health education, and school

Stay Active
Grow through Life

No Tobacco
Strength of Life

Eating Right
Vigour of Life

Message Board

How can I
conserve
water?

Register with Us
Health Munch

(source: www.healthy-india.org/school.asp)

Directorate of Education YUVA School Life Skills Program

YUVA School Lifeskills Programme (SLP)

[Introduction](#)
[Know More About Differently Abled](#)
[A Different Way of Life](#)
[My Friend Is Special](#)
[Let Everyone Live!](#)
[Commonwealth Games](#)
[Did You P.T.S. today?](#)
[If There Was A Bomb Threat!](#)
[I Admire You Because.....](#)



YUVA Help Line No. 1800116888

(Source: http://edudel.nic.in/yuvacontent/daily_yuva.htm)

• YUVA focuses on:

1. Self-awareness and empathy
2. Critical & creative thinking
3. Decision making and problem solving
4. Effective communication & interpersonal skills
5. Coping with emotions and stress

Adolescent Education Programme (AEP) Controversy

- A formal curriculum on reproductive and sexual health was devised jointly by the Education department and NACO (National AIDS Control Organization) in 2007.
- Consisted of training manuals for teachers.
- Conflict due to cultural issues.
- Illustrations and exercises were considered to be offensive.
- Information on STDs and contraception provoked anger among masses.
- The programme was immediately banned by 8 major states in India including Gujarat, Madhya Pradesh, Maharashtra, Karnataka, Rajasthan, Kerala, Chhatisgarh and Goa.

(Source: Motihar R, USAID)

New NCERT syllabus for health and physical education class I-X

- Developed on the premise that comprehensive school health programs resulted in weak and fragmented implementation of its components, resulting in lack of holistic approach.
- Hence, health and physical education would be dealt separately as a subject compulsory up to class X and then optional at plus two level.

New NCERT syllabus for health and physical education class I-X

- The subject includes a graded activity based curriculum and six broad themes:
 - We and our environment
 - Human body, physical fitness and health
 - Food and nutrition
 - Social health and relationships with others
 - Safety and security
 - Consumer health, vocational and leadership aspects

Review of school health promotion in 10 states of India

- Conducted by Dr. G Balasubramaniam, former director of CBSE.
- Observed that:
 - No priority for health promotion in actual practice
 - Insufficient commitment from education departments and health department is the main provider
 - Lack of trained personnel and counselors
 - Implementation of comprehensive school health programs is lacking
- Suggestions:
 - Joint planning and implementation of school health promotion by health and education departments
 - Clear delineation of roles and responsibilities between the departments and personnel
 - Training of personnel
 - Appropriate policy support.

Summary: Challenges in implementing health promoting school guidelines

- Too many players due to complex school structure and governance issues.
- Multiple guidelines for a common purpose.
- Failure of schools to implement comprehensive health promotion programs.
- Lack of extensive monitoring, evaluation and reporting by the governing bodies.

Summary: Challenges in implementing health promoting school guidelines

- Lack of basic and continuing training facilities for teachers, counselors, other staff and student leaders.
- Lack of time for and interest in health promotion among schools.
- Increasing academic pressure and commitments.
- Lack of collaborative efforts by education and health departments.
- Cultural issues

Thank You