



Health and Education- Partnerships in Practice

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Health Promoting Schools

Emerges from a global movement that recognizes 2 key ideas

- Healthy children learn better
- Schools can directly influence the health of children

Global Perspective

“Health is directly linked to educational achievement, quality of life and economic productivity

School health programs can:

- simultaneously reduce common health problems
- increase the efficiency of the education system
- advance public health, education and social and economic development in each nation.”

World Health Organization (1998): Helping schools Become Health Promoting Schools, WHO Fact Sheet 92

Health and Learning are Linked

- Evidence shows that health and education are interdependent
- Both are affected by a child's social and environmental world

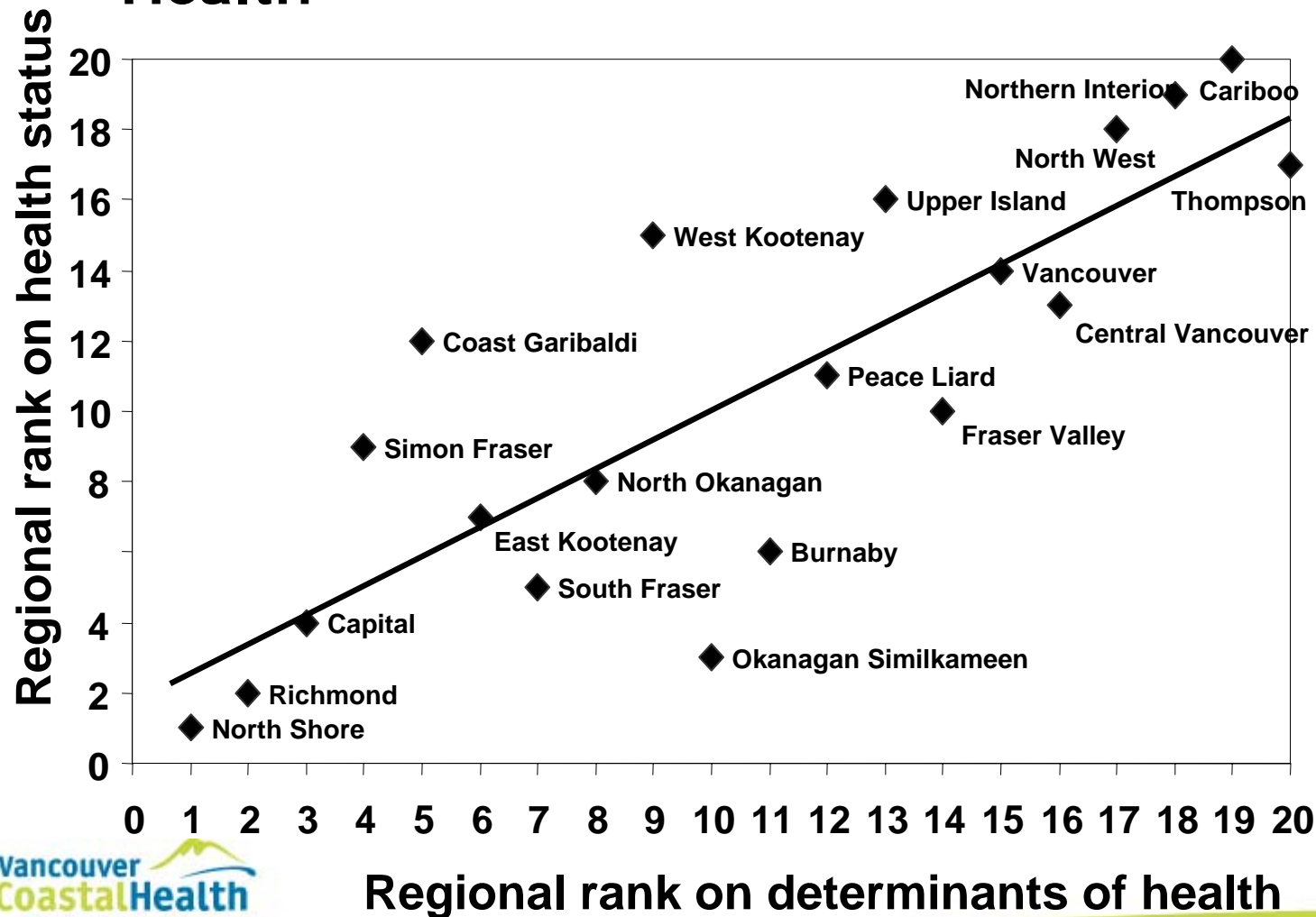
Determinants of Health

Healthy Schools



The Challenges We Face

Relationship between Health Status & Determinants of Health



A+ Health = A+ Learning

Students who are healthy, feel wanted, supported and engaged:

- More ready to learn
- Perform better academically
- Absent less often from school
- Less likely to develop chronic disease

A+ Health = A+ Learning

- Function better behaviorally and emotionally
- Less anxious, depressed and hyperactive
- Better able to make positive health, social and emotional choices as adults



What does the Evidence tell us?

Evidence Says...

Children and youth struggle with several issues related to achieving optimal health:

Inadequate Nutrient Intake

a majority of children and youth do not consume nutritional or balanced diets

Evidence Says...

Decline in Breakfast Consumption

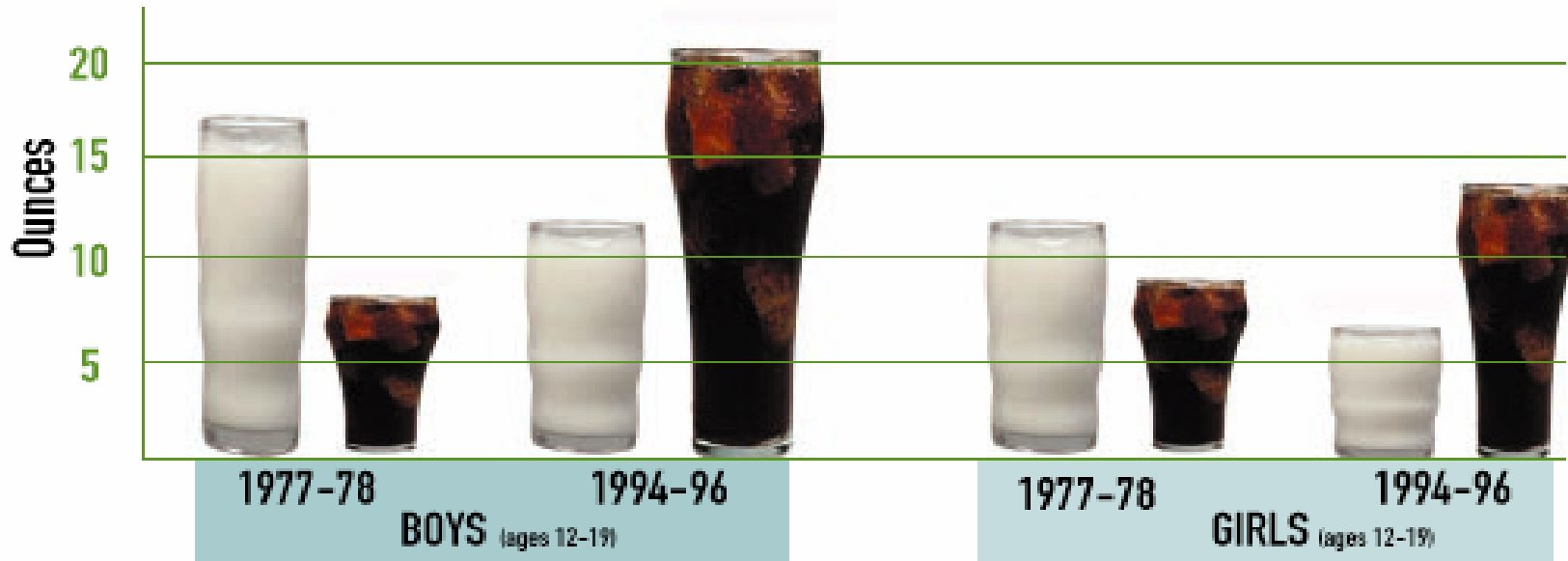
children in B.C. under 12 years tend to eat breakfast, but this declines as they move into adolescence

Increased reliance on fast foods/restaurants



Evidence Says...

**Increased daily consumption of soft drinks
and lower consumption of milk products**

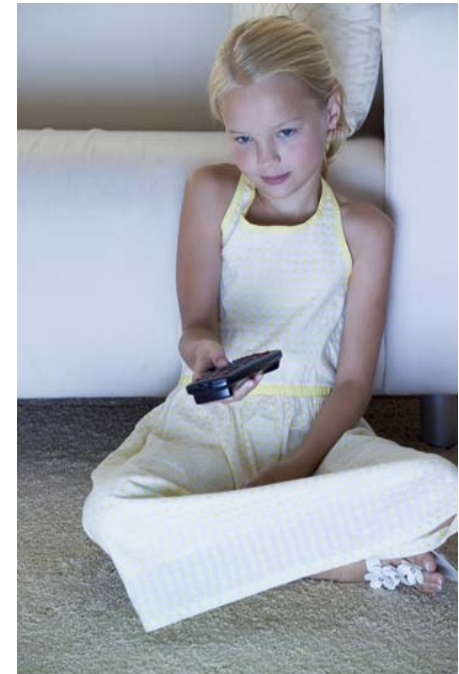


Adapted from: Liquid Candy – How soft drinks are harming Americans' Health, 1998

Evidence Says...

Inactivity

Two-thirds of Canadian children and youth aged 5-17 are not active enough to promote optimal growth and development



Canadian Fitness and Lifestyle Research Institute Physical Activity Monitor

Evidence Says...

Obesity Outcome

Increased probability of obese children becoming obese adults

Higher risk of Chronic diseases



Evidence Says...

Mental Health

Lack of emotional and social support leads to:

- Depressive symptoms
- Regular smoking and alcohol use
- Poor academic performance

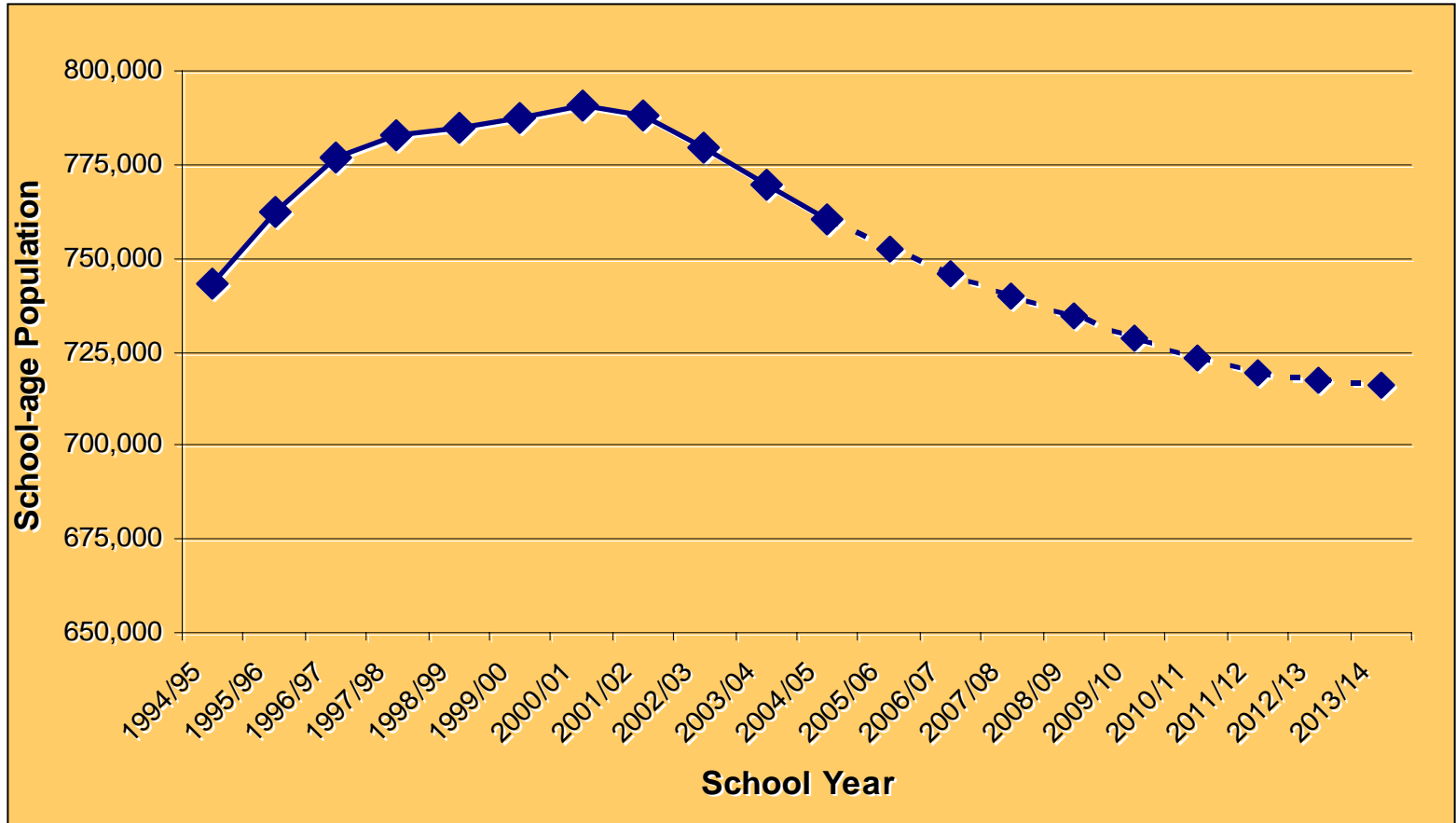


The Time to Act is Now

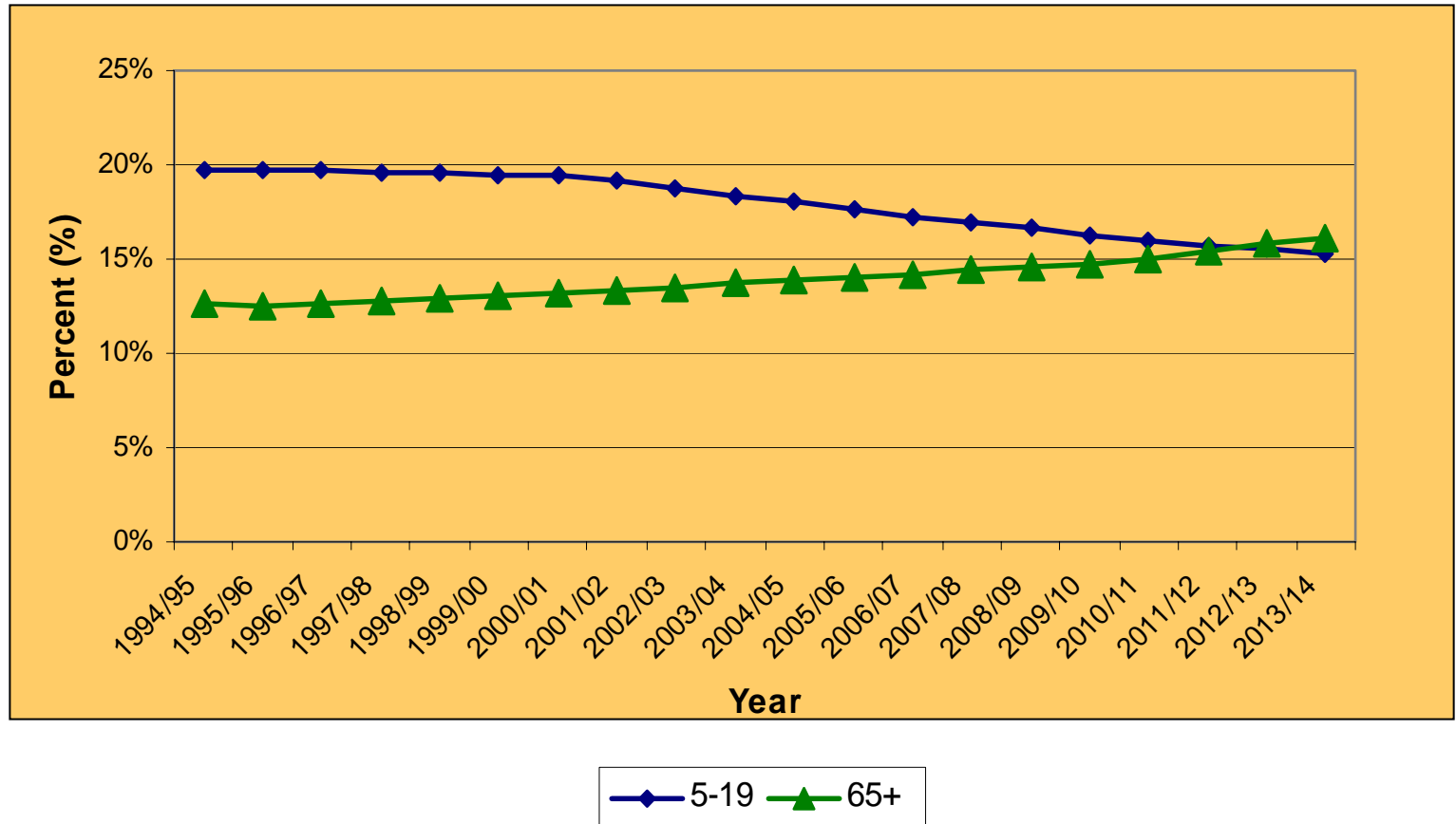
“Children growing up in North America today are at risk of being the first generation in modern memory that will have a shorter life expectancy than their parents.”

Dr. David Katz, Canadian Cardiovascular Congress, 2003.

Lost Opportunities



Youth and Seniors in BC



Schools can Directly Influence Health

- If schools and society are to function well, the factors that interfere with student learning and success must be addressed

HOWEVER

- Schools **cannot** address children's serious health and social problems on their own...

An Easy Target for Every Lobby Group of Enthusiasts:



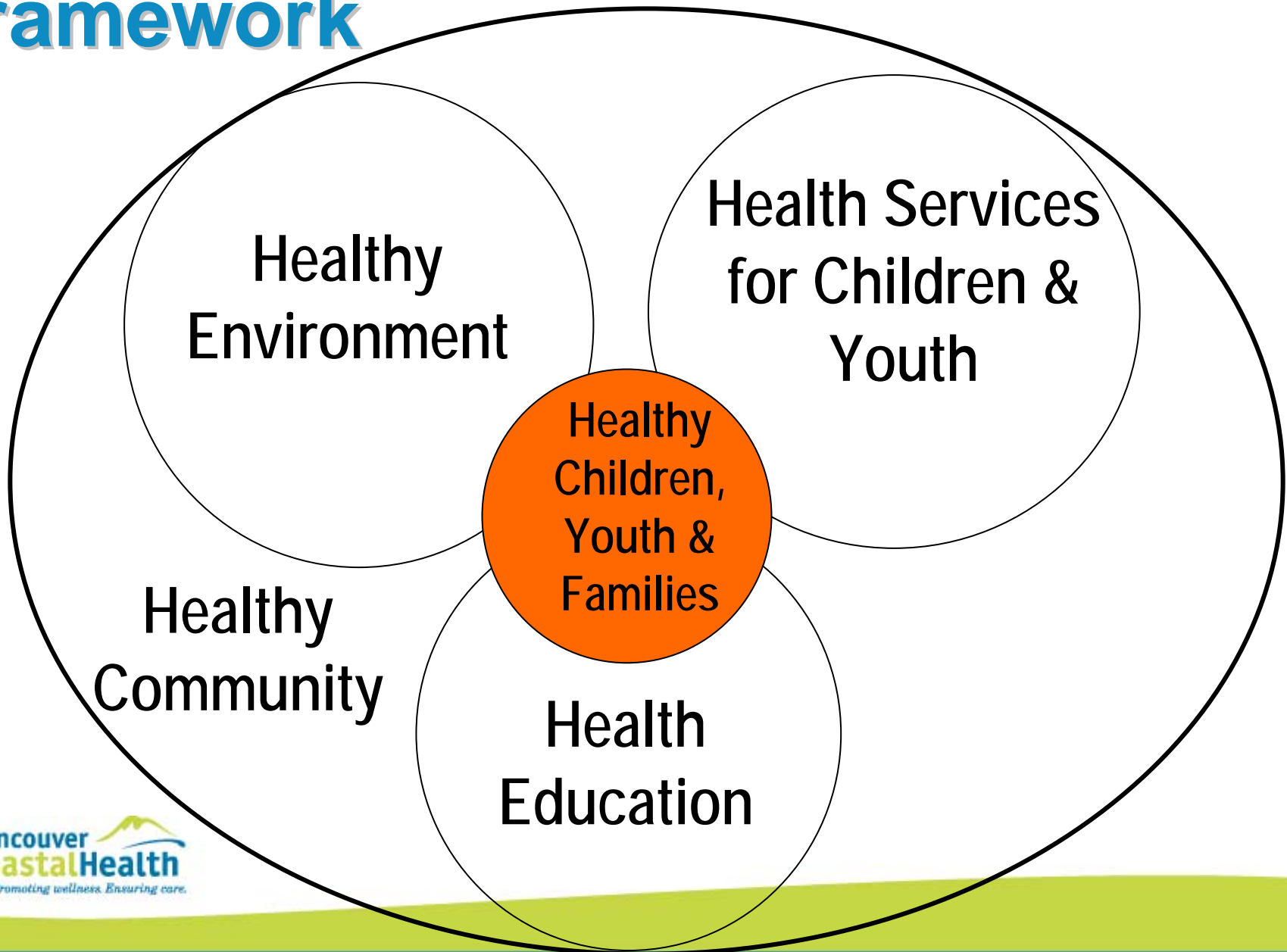
Initiatives that Support Health

- Bill 10 – Tobacco Control Act
- ActionSchools BC!
- Food and Beverage Guidelines
- Daily Physical Activity
- Anaphylaxis Framework
- Health and Career Education
- McCreary Survey



Working in Partnership

Comprehensive School Health Framework



Comprehensive School Health

“...a broad spectrum of programs, policies, activities and services that intersect to provide students with a range of cognitive, affective and skill development opportunities that contribute to overall health...and educational outcomes of children and youth.”

Canadian Consensus Statement. rev. 2007

Factors for Success

When approaching schools:

- Do your homework
- Develop personal relationships and contacts through face to face
- Take a whole school approach
- Be respectful of the school's mandate and their knowledge of health – build on links

Factors for Success

- Ask schools what *their* needs are
- Work with a range of school staff
- Be enthusiastic about working together
- Clarify language
- Celebrate successes

Factors for Success

- Recognizes strategies and activities vary between each school and community
- Actions coordinated between all parties involved
- Process not a Program

Factors for Success

What do schools/teachers need:

- Resources
- Professional development
 - In and beyond classroom teaching as it requires teachers to be proactive in a number of areas

The Opportunity

- Coming together is a beginning,
- Keeping together is progress,
- Working together is success

Henry Ford

Thank You!

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