

Exercise: School Health

Work in groups of 2, 3 or 4

- List 10 leading causes of death (diseases) in Kenya
- For each, identify the risk factors and how school health can assist in reducing the risk factors

Example:

- Lung cancer can be reduced by preventing smoking which is a common behavior started during adolescence/youth

Session Objectives

By the end of this session, you should be able to:

1. Define school health, school health programmes, and school health education
2. Discuss the importance of school health education
3. Identify common school health problems
4. Discuss the objectives of a school health programme
5. Describe the components of school health programmes
6. Discuss the roles of key stakeholders in promoting health in schools

School Health

WHO Definition:

- **School health** is a state of complete physical, mental, social and spiritual wellbeing and not merely the absence of disease or infirmity among students, teachers and other school personnel.
- **School health programmes** provide need based comprehensive services to students to promote and protect their health, control diseases and maintain health. Made up of
 - all the strategies, activities, and services offered by, in, or in association with schools that are designed to promote students' physical, emotional, and social development

Why Care About School Children? (II)

- They come from a diverse socio-economic status and cultural background that affect their health and nutritional status
- Lower/weaker immune system that predisposes them to ill health
- Large population and overcrowding increases susceptibility to communicable diseases
- Negative peer influence is common in the age group

Why Care About School Children? (III)

- Can become change agents and cascade health messages back to peers, families and community
- Future generation whose current health determine future workforce for economic & industrial development (healthy & economically productive)
- Other habits that inform future lifestyles are learned/developed/formed at this age

School Health Problems (I)

- Malnutrition
- Infectious diseases
- Intestinal parasites
- Skin, eye and ear diseases
- Dental problems
- *Behavioural problems*

School Health Problems (II)

Behavioral problems:

- *Anti-social behaviors*: stealing, lying, gambling, destructiveness, sexual offences
- *Habit disorders*: nail biting, thumb sucking, bed wetting
- *Personality disorder*: temper tantrum, shyness, day dreaming and jealousy
- *Educational difficulties*: school fear, school failure

School Health Services

- Preventative Services
- Health Education & Promotion
- Management of acute & chronic conditions
- Emergency Care
- Referral

Objectives of School Health Programmes

- Promoting Health of school children
- Prevention and control of diseases and hazards
- Early diagnosis, treatment and follow-up of defects/conditions
- Provision of healthful and supportive environment
- Rehabilitation of children living with disability

Comprehensive School Health Programme (CSHP)

CSHP

- meets greater proportion of health and psychosocial needs of learners in and out of school.
- leads to efficient resource utilization resulting in greater impact.

Thematic Areas of CSHP (I)

- **Thematic areas include:**
 - Values and life skills;
 - Gender, Growth and Development;
 - Child Rights and Responsibilities;
 - Water, Sanitation and Hygiene;
 - Nutrition;

Thematic Areas of CSHP (II)

- **Thematic Areas continued:**
 - Disease prevention and control;
 - Special needs, disabilities and rehabilitation;
 - School infrastructure and environmental health safeguards;
 - Cross cutting issues.

Guiding Principles (I)

- **The following are required for proper implementation of the school health programme:**
 - Access to Health and Nutritional Services
 - Access to Water, Sanitation & Hygiene
 - Access to Education
 - Equality and Non-discrimination
 - Access to Information
 - Equity

EQUALITY VERSUS EQUITY



In the first image, it is assumed that everyone will benefit from the same supports. They are being treated equally.



In the second image, individuals are given different supports to make it possible for them to have equal access to the game. They are being treated equitably.



In the third image, all three can see the game without any supports or accommodations because the cause of the inequity was addressed. The systemic barrier has been removed.

Guiding Principles (II)

- **Continued.....:**
 - Privacy and Confidentiality
 - Safety in schools
 - Gender Responsiveness and Transformative Approaches
 - Partnerships
 - Accessibility to school physical facilities
 - Child Participation

Components of School Health Programmes (I)

1. Health promotive and protective services
2. Therapeutic services
3. Rehabilitative services
4. School health records (Record keeping)

Components of School Health Programmes (II)

1. Health promotive and protective services:

- Safe school environment
- Maintenance of personal hygiene
- Nutritional services
- Physical and recreational activities
- Promotion of mental health
- Health education
- Immunizations

Components of School Health Programmes (III)

2. Therapeutic services:

- Health assessment
- Treatment and follow-up
- First aid and emergency care
- Specialized healthcare services

3. Rehabilitative services:

- Care of those living with disability

4. School health records:

- Each child should have their own health records



Prevention of Communicable Diseases

- Important due to the large numbers in limited space, in close contact and sometimes overcrowded.
- Achieved through
 - immunizations
 - A record of all immunizations maintained in the health record
 - Diseases include tuberculosis, diphtheria, measles, tetanus, polio
 - Hygiene, both personal and environmental e.g.
 - Hand-washing
 - Food safety and hygiene education
 - Sanitation

School Environment

- **Value of Sanitary Environment:**
 - Basic preventive measure of communicable diseases
 - Contributes to health promotion
 - Provides feeling of comfort and enhances educational achievement

School Nutrition Services

- Includes integration of:
 - Nutrition Education
 - Nutritious and appealing meals
 - Food Safety and hygiene
- Supported by school health and nutrition *policies and guidelines*



Physical & Recreation Activities

- Promotes musculo-skeletal development
- Releases mental and physical stress
- Helps to achieve optimal health
- Promotes growth and development

First Aid & Emergency Care

- For students who become sick or injured on school premises
- Accidents leading to minor or serious injuries
- Teachers that are available on the spot should provide such care and/or *refer*

Mental Health

- School is the most strategic place for shaping a child's behavior and promoting mental health
- No distinction should be made between race, religion, community, SES (rich, poor), clever and dull students
- *Juvenile delinquency, maladjustment and drug addiction are becoming popular in schools*

Eye Health

- Early detection of visual impairment can be done in school when teachers notice difficulties
- Referral for treatment of eye infection or poor eye sight

School Health Education

- **School health education** refers to the learning experiences in health which take place in school
- It aims at imparting knowledge and positive attitudes or improving skills for optimal
 - Emotional health
 - Social health
 - Physical health
 - Mental health

Health Education for Children Living with Disability

- The ultimate goal is to support the family/school community and assist the child to:
 - attain maximum potential
 - lead as normal life as possible
 - become a productive and self-supporting member of the society

School Counseling & Social Services

- Deals with the cognitive, emotional, behavioral and social needs of students (mental health services)
- Services are extended to families, schools and the whole community. Such services may include:
 - Classroom instruction
 - individual and small group counseling
 - home visits
 - Consultation and referrals as needed to community agencies.

School Health Records

- Entails maintenance of a health record for each student with
 - Identifying data
 - Past health history
 - Immunizations
 - Results of physical exams, tests, screenings

Health Promotion in Schools

Promoting health in schools entails the following

- Adequate nutrition in terms of quantity and quality
- Sanitary school environment
- Meeting the needs for mental development
- Physical fitness and activities
- Social activities and recreation

Health Promoting Schools (I)

- A **Health Promoting School** can be characterized as a school continuously strengthening its capacity as a healthy setting for living, learning and working
- Engages *health* and *education* officials, teachers, students, parents and community leaders in efforts to promote health
- Provides a range of key school health education and promotion programmes and services

Health Promoting Schools (II)

- implements policies, practices and other measures that
 - respect an individual's self esteem,
 - provide multiple opportunities for success, and
 - acknowledge good efforts and intentions as well as personal achievements.
- strives to improve the health of school personnel, families and community members as well as students, and
- works with community leaders to help them understand how the community contributes to health and education.

Health Promoting Schools (III)

- **Focus On:**

- Caring for oneself and others
- Making healthy decisions and taking control over life's circumstances (life skills)
- Creating conditions that are conducive to health (supportive environments)
- Preventing leading causes of death, disease and disability
- Influencing health-related behaviors

School Health Team

- The principal/Head Teacher
- Teachers
- Parents
- The community
- The children
- The school nurse*