



S · H · E

Schools for Health in Europe

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My experience in the field of Health Promoting Schools

Since I finished my Master of Science of Public Health in 2006, I have been working with health promotion in general at a municipal level. My special interest in the school as a setting for health promotion started in 2015 when I began my Ph.D. on which contextual factors could influence the implementation of a school-based physical activity program in Denmark. A further interest of me in this area, is the way schools are working with physical education. My current research project is still school based, but I have expanded my research area to include alcohol prevention at school. With this project, we want to explore if a Virtual Reality party simulation can help adolescents say no to alcohol and make them more resistant towards peer pressure.

My link to SHE

I have been a part of the SHE research group since 2018, and since 2019 I have been a consultant in the SHE secretariat.

My ambitions for SHE

I hope, that through the work from SHE, the spirit of the health promoting school will reach more and more schools, who can embrace health promotion at their level, and in a way, which makes sense to them in their situation, taking the context of their school and country into consideration.

I envision, that by planting as many “health promoting school” seeds as possible at all levels, each school can grow and blossom at their own speed, and in the end, forests of health promotion schools will grow across all European and central Asian countries.