



# FROM SCIENCE TO SCHOOL



## From SCIENCE to HIGHSCHOOL & UNIVERSITY

**Katharina C. Wirnitzer, Dr. rer. nat.**  
[katharina.wirnitzer@ph-tirol.ac.at](mailto:katharina.wirnitzer@ph-tirol.ac.at)

**Study Coordinator, PI**  
[science2.school](http://science2.school) and [uni.science2.school](http://uni.science2.school)

Department of Research and Development in Teacher Education  
University College of Teacher Education Tyrol, Innsbruck, AT  
Department of Sport Science, LFU Innsbruck, AT

# Daily Naturally – Simple Formula

Dating back to ancient times: food and PA, sports & exercise considered Medicine  
 Consensus: both lifestyle factors <-> positive health effects -> Dual guidelines since 2002

Health is major future topic for education: UN SDGs; WHO Voluntary Global Target on NCDs; UNESCO Learning Objective “Cross-cutting key competencies”

Daily moderate PA, Sports & Exercise<sup>6</sup> =  
 + Plant-based Diets<sup>7</sup> =



,Healthy eating – Active living‘ = ,Super‘-Medicine

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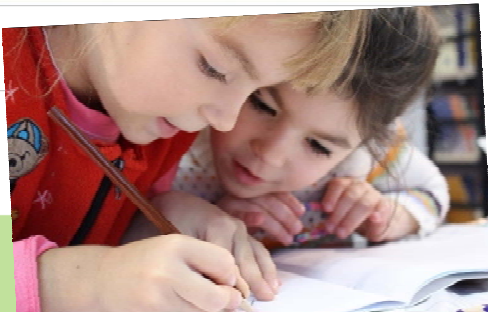


Dual Approach shaping sustainable & lifelong Health!

- > Effective, safe, easy & low-cost to sustainable health
- > Perfect 4 Schools (State Educational Mandate, AT): Individual Health -> Public Health
- Health (promotion) as an overarching educational goal
- Primarily special task of school sports: Compulsory subject „Physical Educ.“ has “LEADING role“



## LIFESTYLE MEDICINE



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# Prevention first!

Closing the Circle: Transfer Science ↔ Public

## Dual Approach to sustainable Health<sup>1-3</sup> as minimum recommendation



## Health Promotion (School up to University/College) as education, teaching & research mandate

Action-oriented Health Literacy & Health Promotion by Sustainable Actions

# Follow-up Studies

<https://www.schoolsforhealth.org/about-us/research-group/news-and-events>



Science 2 School, AT

Science 2 School, EU



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School & Student Health  
4 Public/Global Health

Science 2 HS & Uni, AT

Science 2 HS & Uni, EU



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# Potential Calls



	S2School	S2HS/Uni
<b>EU member states European Level</b>	<p><b>JPI-HDHL</b></p> <p><b>Horizon Europe (1.1.2021): Cluster 1, Destination 1</b>            HORIZON-HLTH-2022-STAYHLTH-01-05-two-stage: Prevention of obesity throughout the life course            HORIZON-HLTH-2022-DISEASE-07-03: NCDs risk reduction in adolescence and youth</p> <p><b>Horizon Europe (1.1.2021): Cluster 6, Destination 1</b>            HORIZON-CL6-2021-FARM2FORK-01-12: Filling knowledge gaps on the nutritional, safety, allergenicity and environmental assessment of alternative proteins and dietary shift            HORIZON-CL6-2021-FARM2FORK-01-15: Transition to healthy and sustainable dietary behaviour</p> <p><b>Sparkling Science (1.1.2022): Research on/with pupils</b></p> <p><b>Weave Joint Projects</b></p> <p><b>EU4Health 2021–2027 (1.1.2022): a Vision for a healthier European Union</b>            Verbesserung &amp; Förderung der Gesundheit in der Union - Krankheitsprävention &amp; Gesundheitsförderung</p>	
<b>Int./Global Level Foundations</b>	<p><b>Weave Joint Projects, int. Partners</b>  <b>Leonardi di Caprio Foundation</b>  <b>Bill &amp; Melinda Gates Foundation, etc.</b></p>	



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