



Tool for school health promotion

National Medical
Research Center of
Children's Health of
the Ministry of
Health of the Russian
Federation

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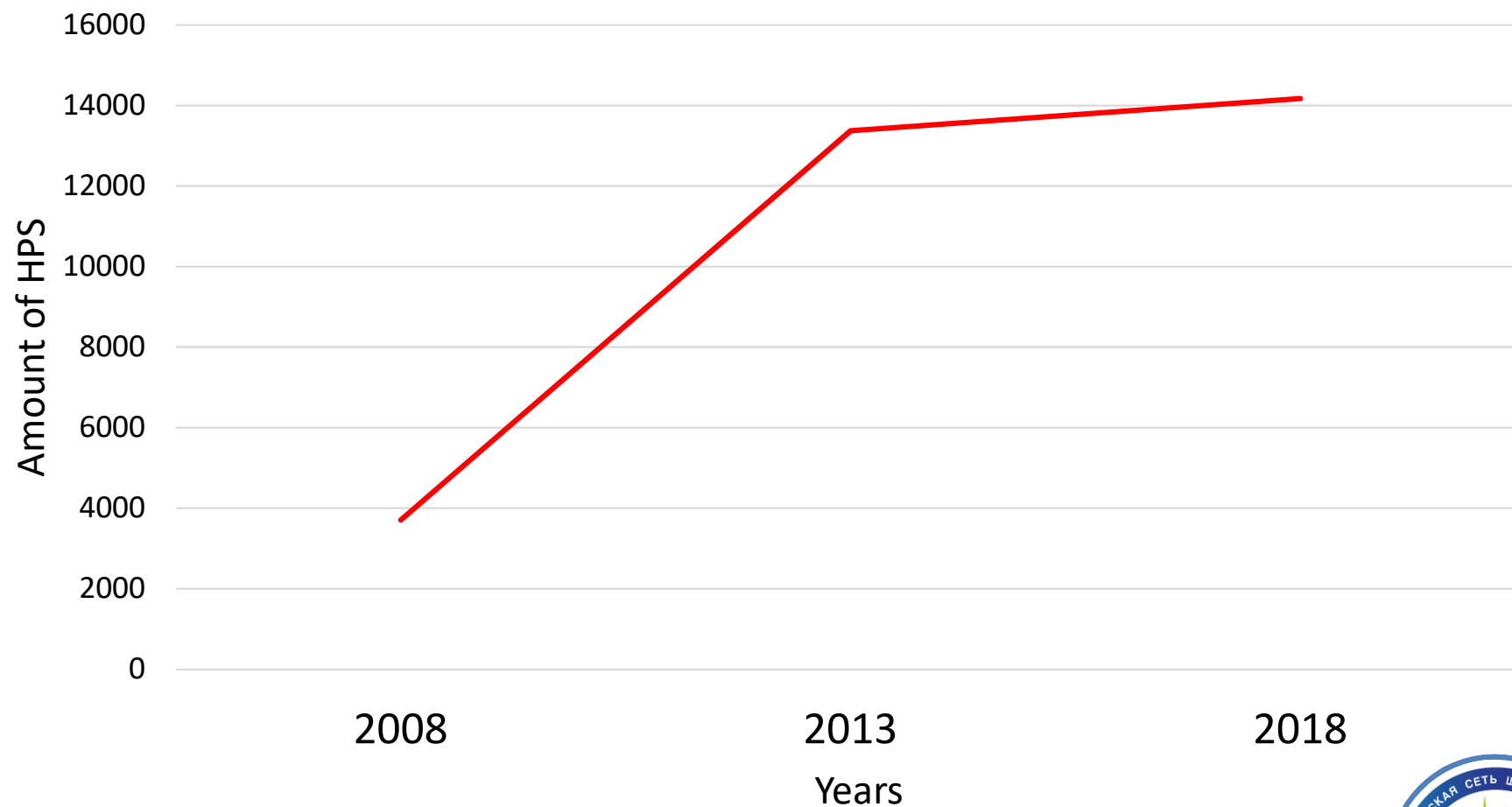


First Health Promoting Schools (HPS) emerged in the Russian Federation in the middle 90's of the 20th century.

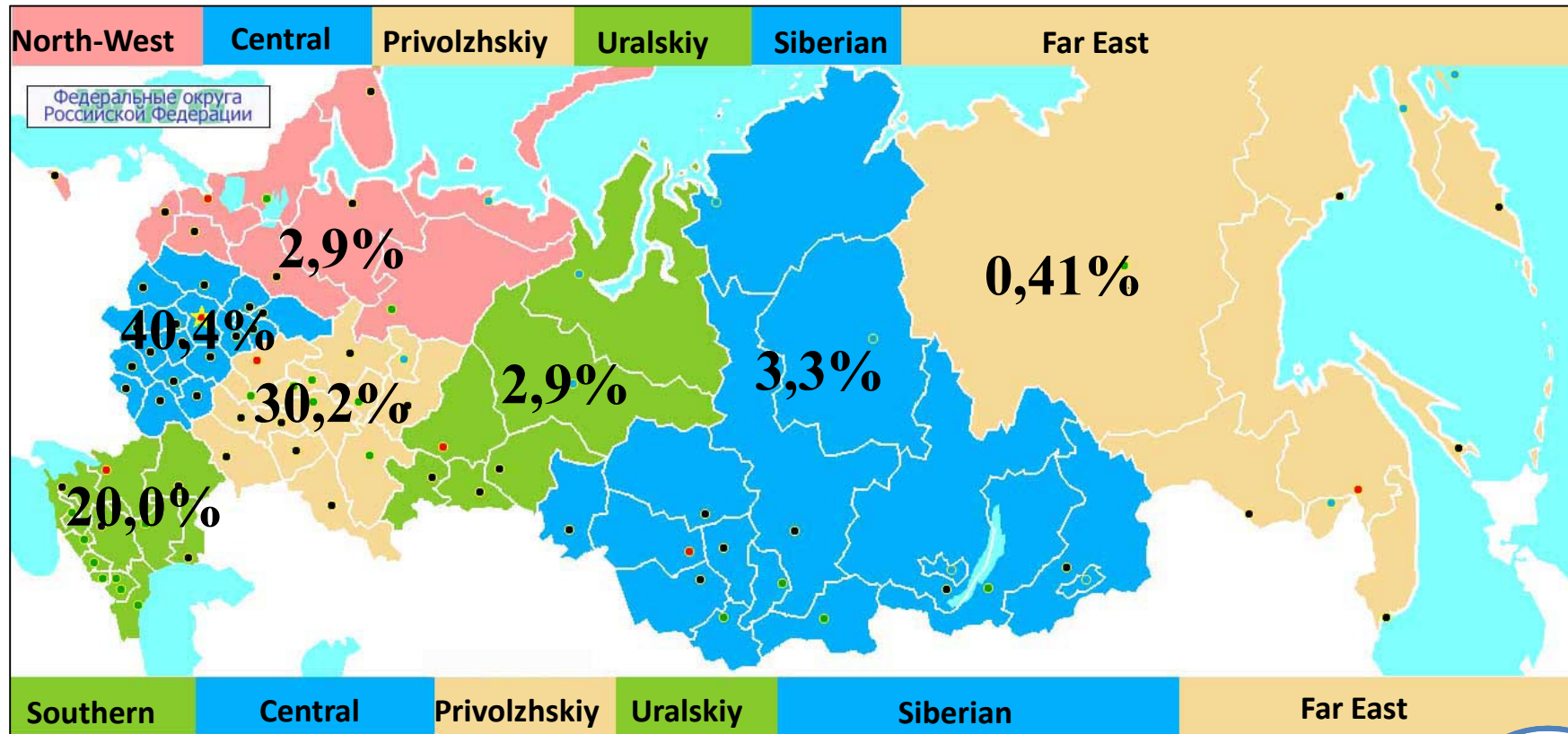
HPS in Russia is an educational organization that provides a high level of education and also contribute to protection and improvement of the students' health.



Every year the number of Russian schools which position themselves as health promoting schools increase.

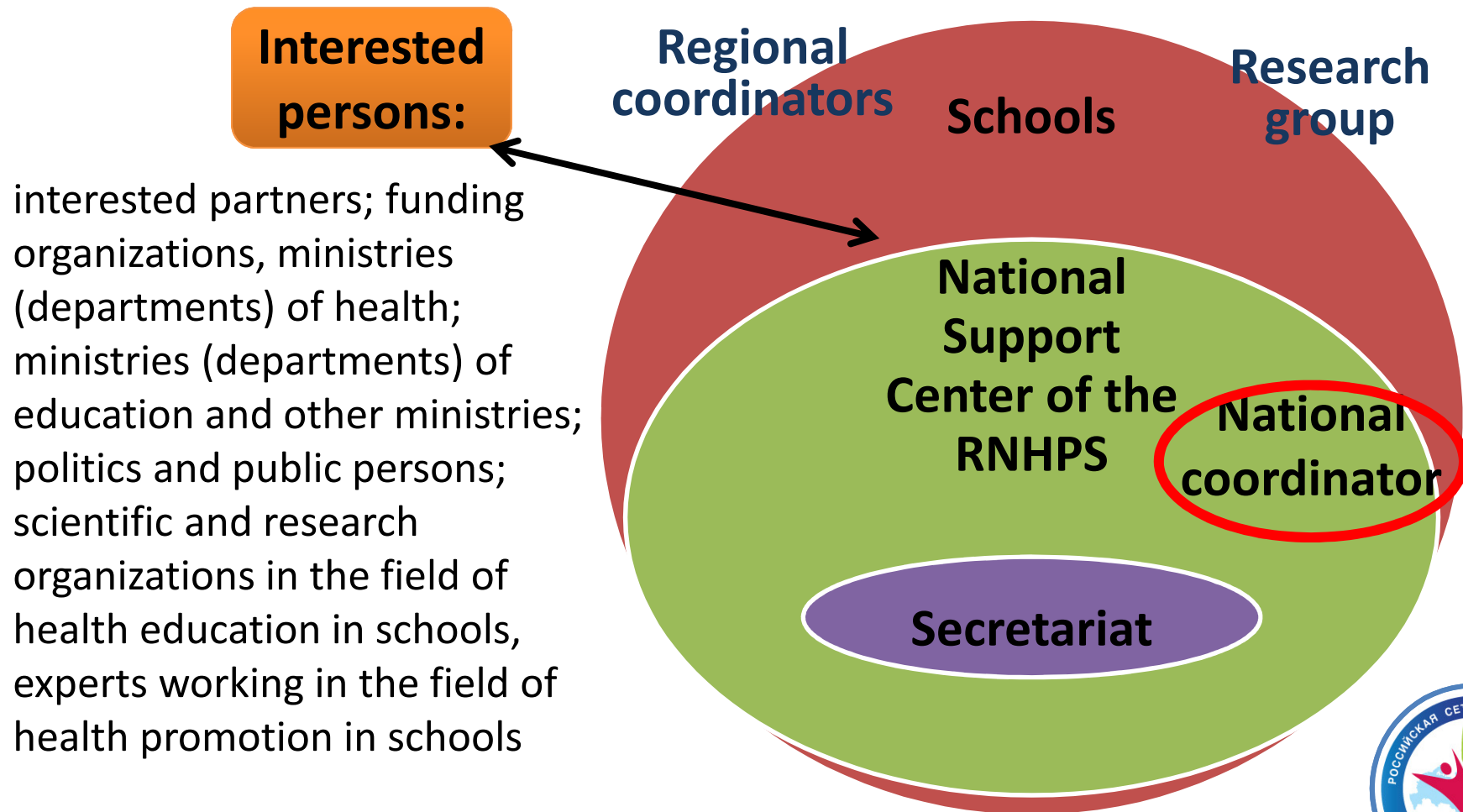


There are 14.171 schools health promotion
in the Russian Federation (33,8%)



Since 1998 the functions of the National Support Center of HPS have been given to the Research institute of hygiene and health care of children and adolescents of National Medical Research Center of Children's Health.

Structure of the Russia Network of HPS



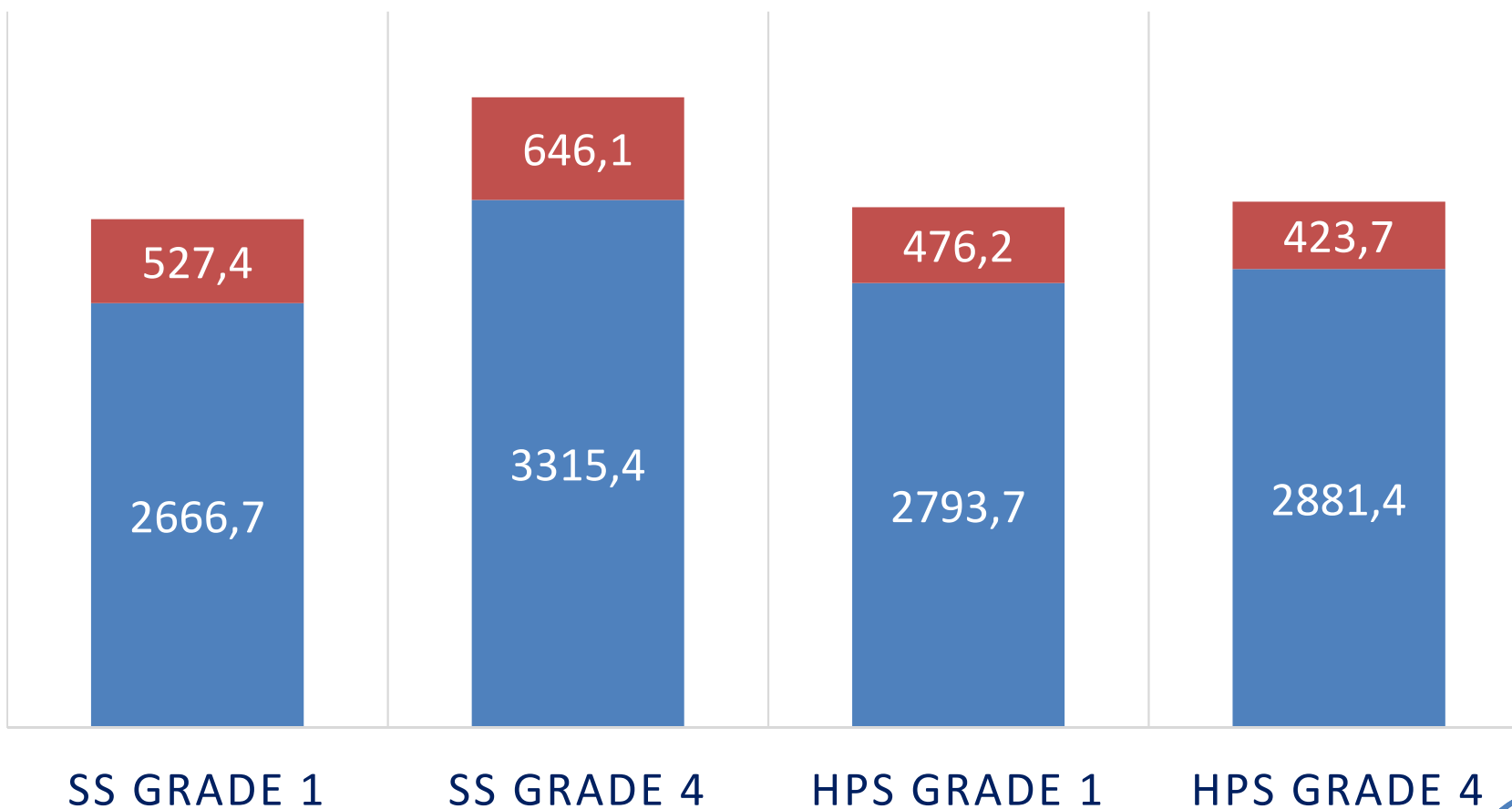
Prevalence of risk factors among Moscow students of secondary school (SS) and health promoting school (HPS),%

Parameter	SS	HPS
Weekly smoking	15	7
Have never consumed alcohol	21	50
Weekly drinking	9	0
Have never taken drugs	90	100
Liking school	44	71
Feel worry and anxiety	21	14
Feel tired during lessons	34	10



State of health

■ functional disorders ■ chronic diseases



SS GRADE 1

SS GRADE 4

HPS GRADE 1

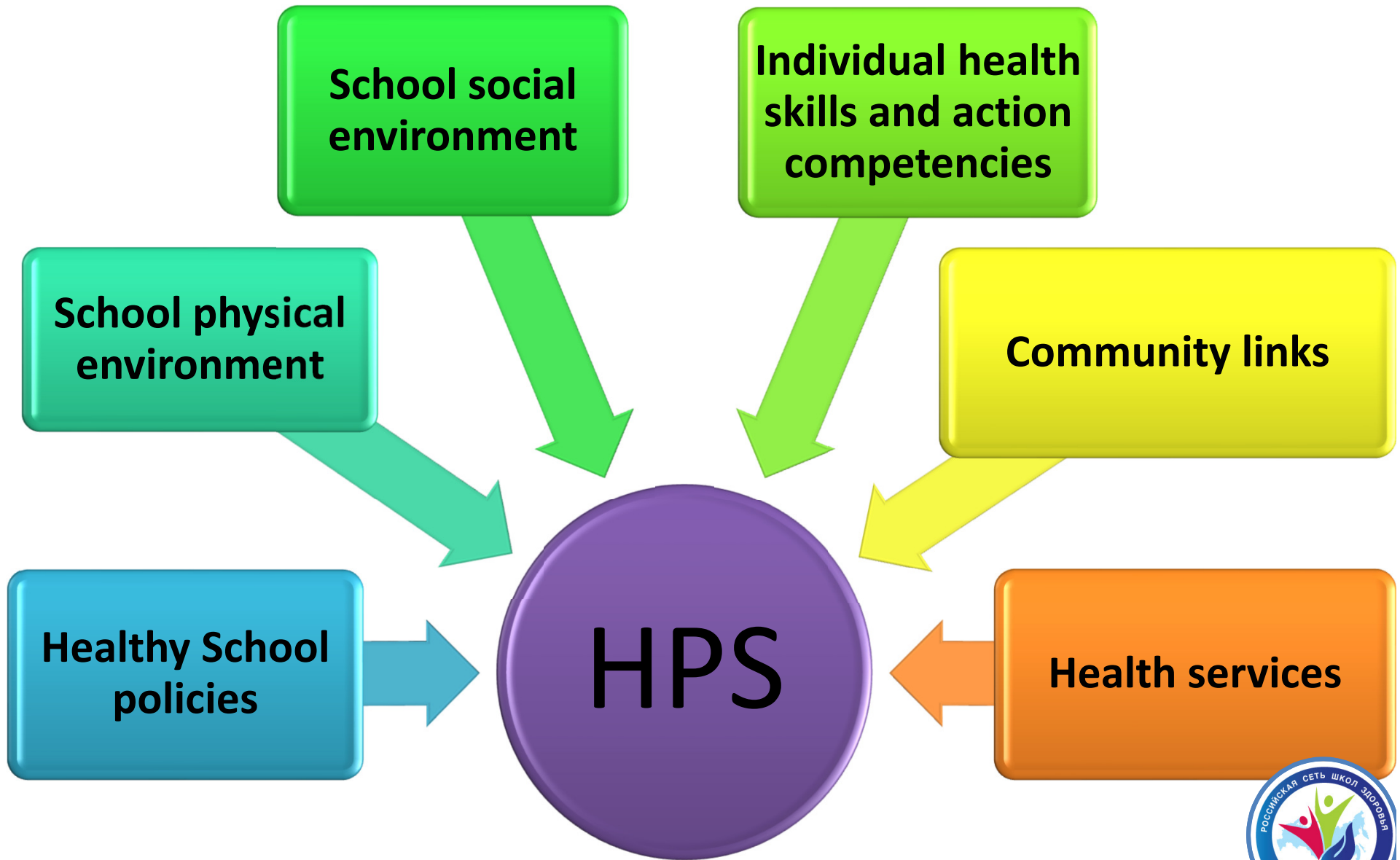
HPS GRADE 4

SS

HPS



Complex approach



In accordance with the key components of the health promoting schools, during the period 2009-2011 a package of documents was developed at the Research Institute under the supervision of the National Coordinator of the Russian HPS Network, professor Vladislav Kuchma.

This set of documents is a self-assessment tool for HPS functioning which includes

- assessment criteria,
- scale of points,
- algorithm and protocol for self-control,
- necessary instructions and standard manual.



In 2009 in Moscow, the Interdepartmental Workshop of regional coordinators of the Russian HPS Network, school directors, teachers and psychologists, doctors from the various subjects of the Russian Federation was held.

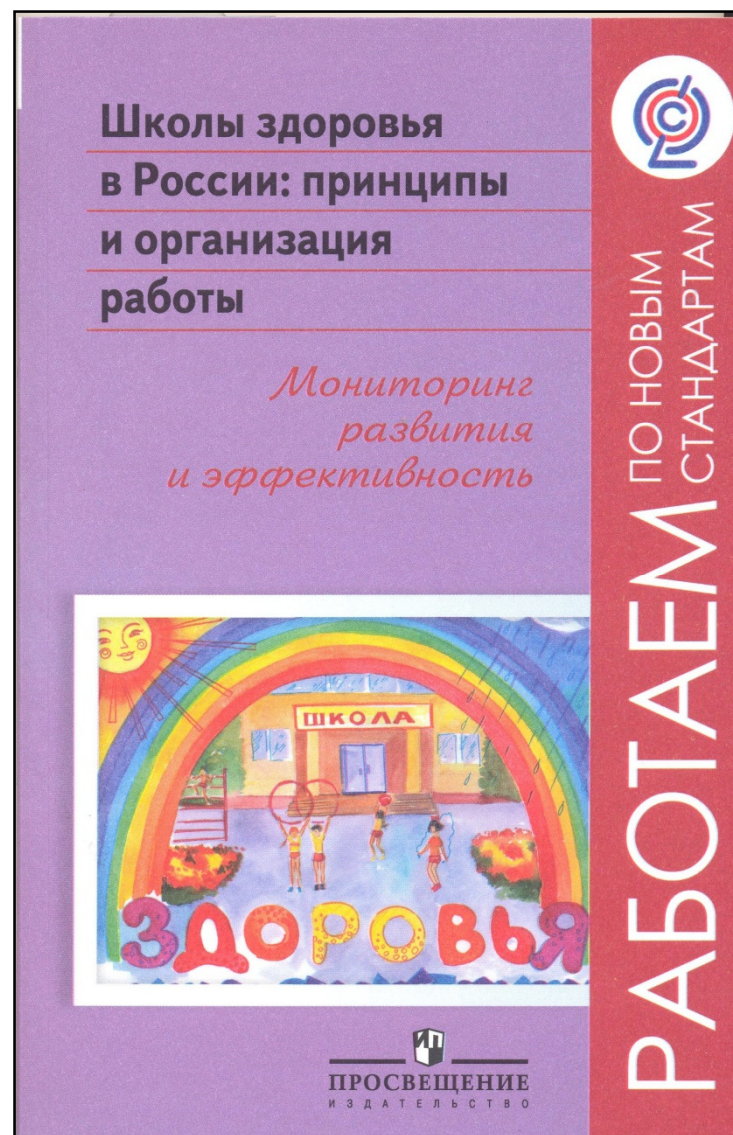
The participants discussed the tasks, problems and directions of the further development of the Russian HPS Network, **tool for health promoting schools**. The heads of the Schools for Health in Europe (SHE) participated in the work of the Workshop : Goof Buijs, Davide Rivett, Anne Lee.



The tool was tested in 28 schools of Moscow, Moscow region, Kazan, the Republic of Udmurtia and the Republic of Altai, and in 11 schools of town Vyazma and rural Vyazma district of Smolensk region.

After the amendments, the tool was used to evaluate the activities of HPS, which took part in the final stage of the all-Russian contests of HPS in 2010, 2014.





Criteria, algorithm, protocol necessary for the evaluation of school health promotion were published in 2012 by the publishing house "Просвещение"

Manual "Schools health promotion in Russia: the principles and organization of work. Monitoring and efficiency".



The Concept of development of health promoting schools **implies** that every school should **conduct annual self-monitoring of its health promotion activity and monitoring of students' health.**

Indicators allow a unified assessment and comparative analysis of the activity of each of health promoting school.



Quantitative assessment of efficacy of HPS activity

Criteria (indicators) of activity assessment	Number of indicators (71)
I. Healthy school policies Declaration (Charter) of educational facility of commitment to promote students' health	8
II. School physical environment Environment for implementation of educational process and harmonic development of students in accordance with age-related mechanisms of growth and development, including conditions for increasing motor activity and improvement of nutrition quality	31
III. School social environment Social and psychological climate at school	6
IV. Individual health skills and action competencies Formation of stable motivation for healthy lifestyle and training relevant skills	9
V. Community links	4
VI. Health services Healthcare provision (7 indicators), indicators of health of the total amount of school's students (6 complexes of indicators).	13



SCORES

Criteria for scores for each indicator:

- 0 – Necessary conditions are **absent** (for example, no gym, swimming pool, nutrition unit) or **the assessment** of the relevant indicator **was not performed**, or **there is a tendency for worsening** of the indicator at dynamic observation.
- 1 – **The indicator level is lower (worse) than required** (standard, SanPiN regulations) or assessment of indicators was not performed completely or not in all students of the school (not less than 80%) or **there are no positive changes at dynamic observation**.
- 2 – Assessment of indicators was performed completely and in all students; indicator level **meets the required** (standard, SanPiN); there is tendency to positive changes in indicators at dynamic observation.
- 3 – Assessment of indicators was performed completely and in all students; **the indicator level is higher (better) than required** (standard); there are apparent and consistent positive changes in students' health.



Protocol of assessment of school claiming the title of Health Promoting School

Criteria (indicators) of assessment of HPS activity		Scores
1. Healthy school policies (8)	Indicators	
	1.1. Study school's problems related to students' health	
	1.3. Available team (group) of students, teachers, psychologists, parents	
2. School physical environment (31)		
	2.1. Sufficient areas, zoning, greenery and protection of territory against pollutants	
6. Health services (13)		
	6.6. Changes in amount of cases of diseases per year (per 100 students)	



Algorithm for assessment of HPS activity with the means of quantitative characteristics

Indicators	Scores			
	3	2	1	0
Declaration (note in school's Charter) of commitment to promote students' health		yes		no
Gyms	More than 2	2 gyms	1 gym	No
Number of rooms with microclimate characteristics the relevant hygiene requirements	100-99%	98-95%	94-90%	89% and lower
Level of awareness among students about risk factors	100-95%	94-80%	79-60%	59% and lower
Nursing staff at school	During all the working hours and extracurricular work	Every day, but 1 shift	1-2 times per week	No nursing staff
Changes in amount of cases of diseases per year (per 100 students)	Decrease by 5% and more per year during 3 years	Decrease by 4-5% per year during 2-3	Varies by $\pm 3\%$	No an pe



Annexes (instructions and standards and methodical materials) required for assessment for HPS activity

Standards of air temperature in educational rooms, duration of through airing, indicators of natural, artificial and combined illumination of the main rooms of school; functional sizes of desks for students of different growth groups, etc.

Hygienic requirements to the maximum values of the educational load; scale of difficulty of subjects for primary school students, secondary and high school students; questionnaire for teachers on the organization of lessons; hygienic criteria for the rational organization of lessons, the duration of continuous use of technical teaching aids and requirements for computer training.

Instructions for determining the level of neuroticism, emotional state of students.

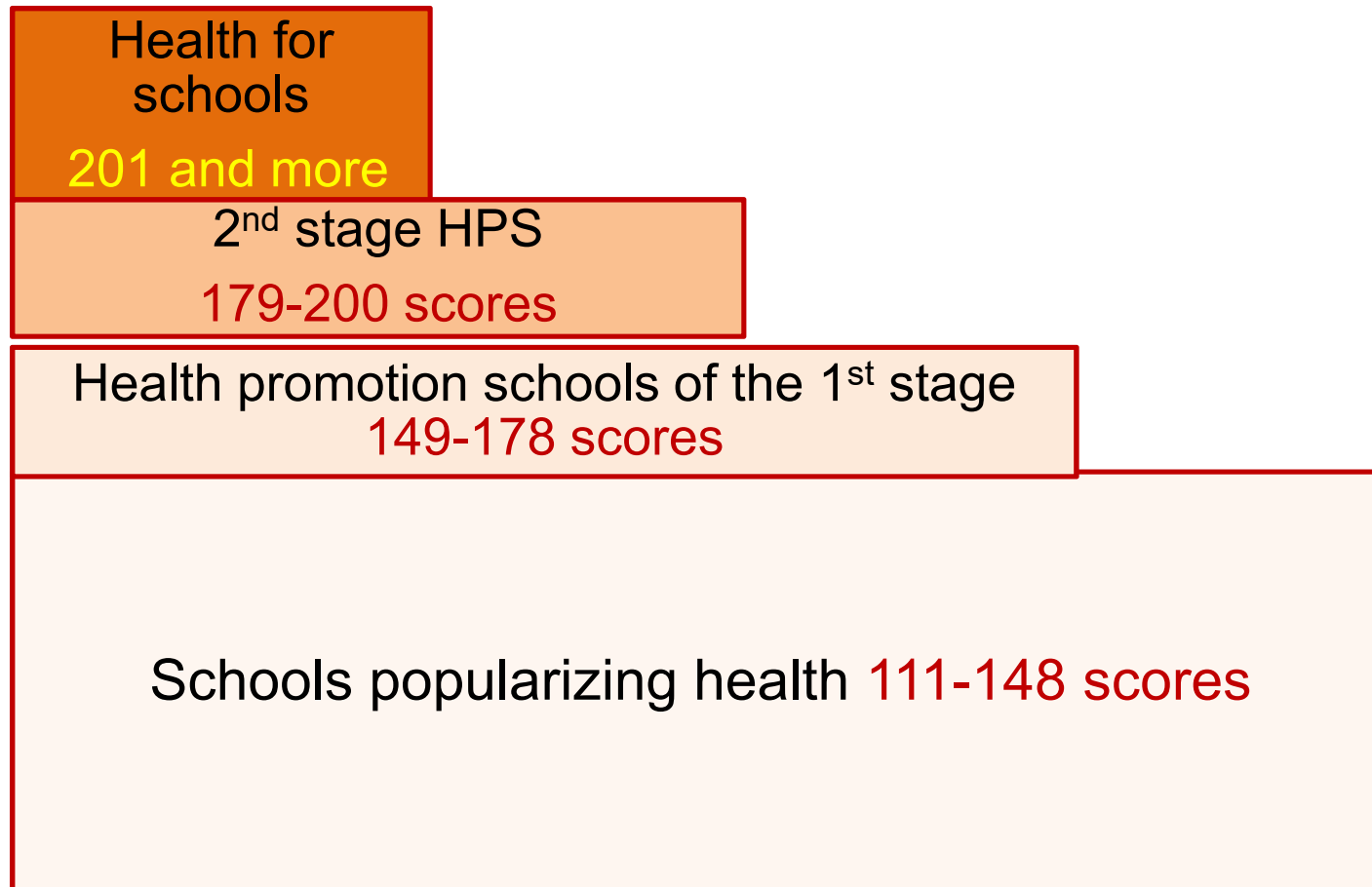
Instructions, questionnaires, protocols for assessing the prevalence of major risk factors, awareness of students and the formation of attitudes to a healthy lifestyle among students.



Stepwise development of health promoting schools. “Development stages” and scores

In the process of improving of health promotion activities the schools can go through **certain stages of development**. There are 4 stages.

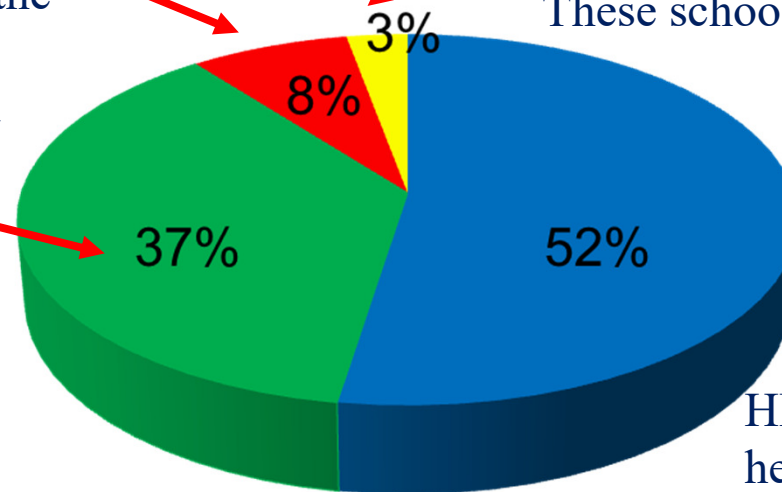
Health for schools – are the highest stage in the process of development of health promoting schools.



The quantitative indicators allow to rank schools according to the quality and effectiveness of their work

HPS, which are undertaking improvement of the students' health comprehensively 45%

second step
+
third step



HPS, which have been working on improvement of students' health for more than 5 years, and reached the decreasing morbidity and high results in the health culture, gained more than 200 points. They amount to 3.3%. These schools are real "School for Health"

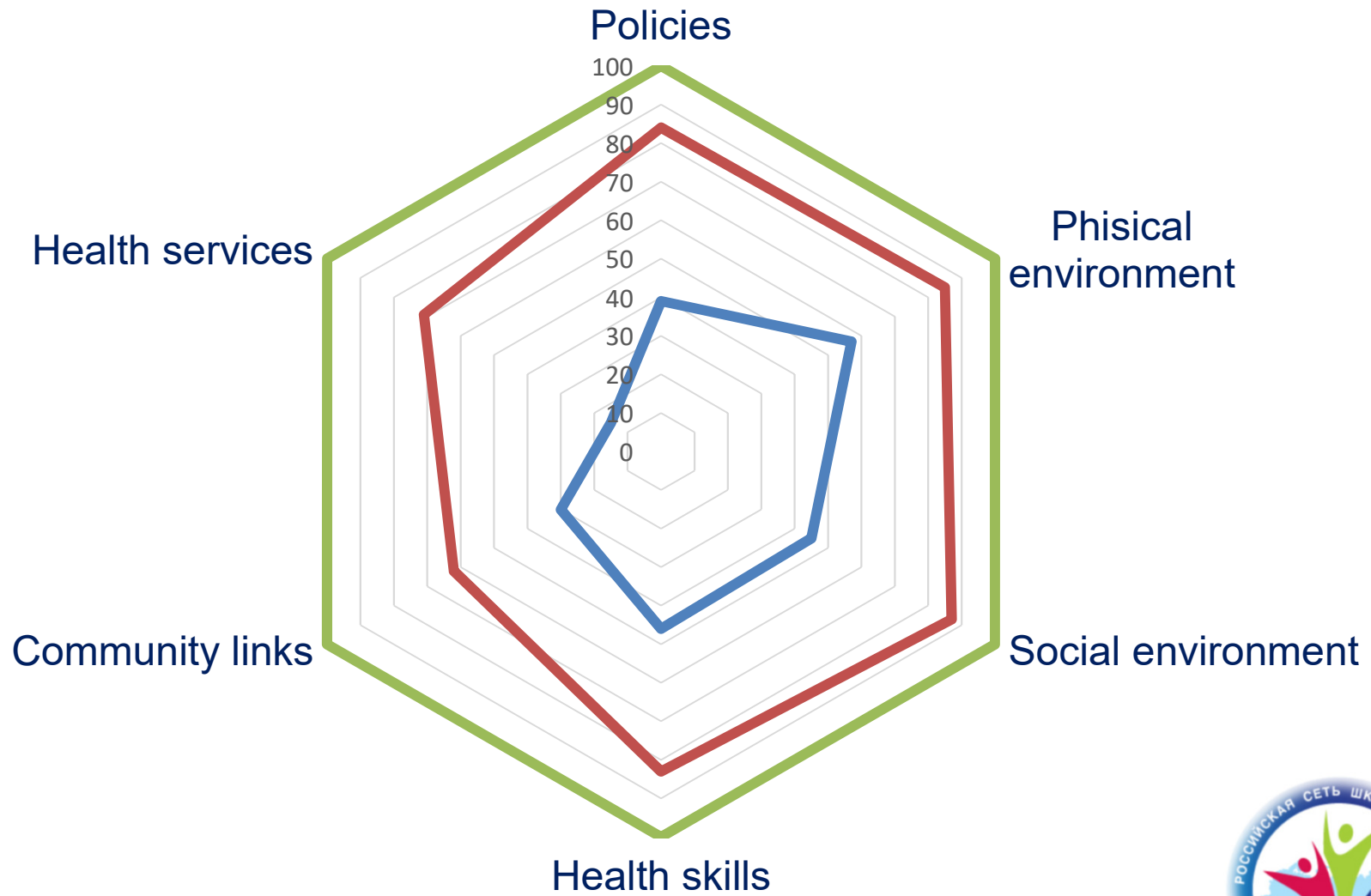
fourth step

HPS engaged in creating a healthy lifestyle make up 52 % of the total number of HPS

first step



— SS — HPS — SH



The elaborated Tool provides unbiased evaluation of various components of health-saving activities at HPS, as well as identification of problems and limitations.

Further studies are supposed to introduce and test additional indicators:

- the conditions for training students with disabilities and
- the conditions for teachers' professional activities that contribute to health preservation and promotion.



- Long-term experience of Russian health promoting schools, competitions and festivals, special scientific research of Institute of Hygiene and Health Care of Children and Adolescents show that:
 - Health promotion resources and Wellness opportunities are existing in all schools regardless of their territorial location, ethno-national peculiarities and logistics,
 - There are different organizational models, forms and methods of work HPS,
 - Schools show autonomy and creativity in the field of strengthening children health.
- The greatest attention is paid to sports and healthy lifestyle,
- Systematic, objective evaluation of the results, and exchange of positive experience in network HPS, is needed.



Костин Иван, 11 лет
МОУ ДОД «Летосей»



The Russian website is www.school-forhealth.ru

The central point to disseminate information about schools health promotion is the website of the Russian Network of HPS.

The website was created and launched in 2013.



Welcome to the 5th European Conference on Health Promoting Schools

«Health, Wellbeing and Education: Building a sustainable future»

November 20–22, 2019, Moscow, Russia



Important dates

Submission deadline: **22 June, 2019**

Review results announced: 22 July, 2019

Registration start: 22 July, 2019

Conference: 20–22 November, 2019

Registration fee: none

<http://sheconference2019.org/>

E-mail:

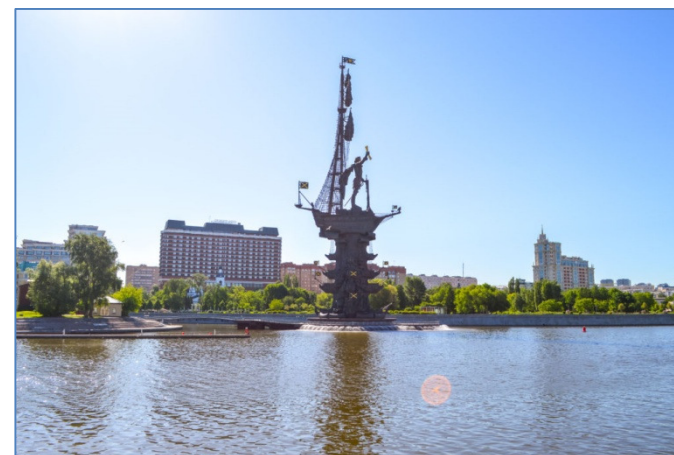
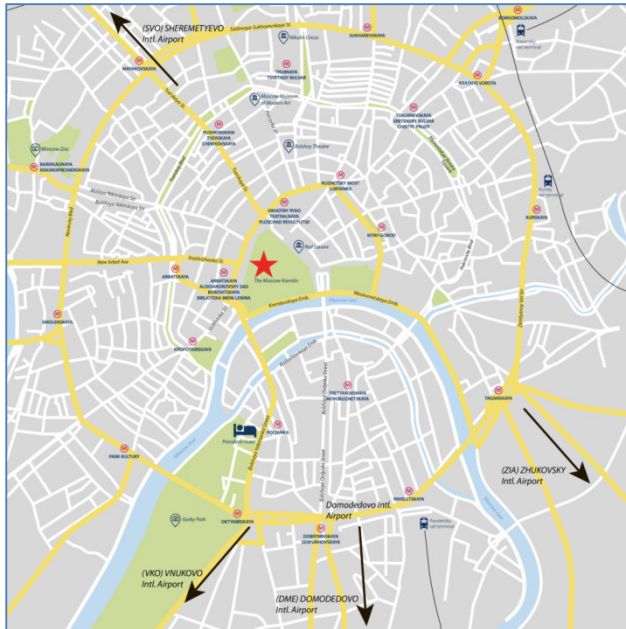
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