“Diet, Physical Activity and Cardiovascular Disease Prevention in Europe”

Monday June 25th, 2012
Palazzo Regione Lombardia
Milan
The school role

To educate means promoting changes

✓ Knowledge
✓ Behaviours
✓ Attitudes
✓ Beliefs
✓ Values
✓ Skills
✓ Competences
IT HAS BEEN SHOWN THAT
education and information on “health”
✓ based on the transmission of knowledge, rules and prescriptions... imposed from the top... from the outside
✓ far away from the experience of people and communities
✓ not included into the curriculum

ARE INEFFECTIVE
Health promotion in the school (HPS) could be defined as any activity undertaken to improve and/or protect the health of all school users.

It is a broader concept than health education and it includes provision and activities relating to: healthy school policies, the school’s physical and social environment, the curriculum, community links and health services.
Health Promoting School (HPS) is based on the World Health Organization’s Ottawa Charter for Health Promotion.

The European network SHE has developed the Vilnius Resolution.
In Lombardy: an alliance between systems

... a dialogue aimed at sustaining the development of effective interventions, in view of an alliance for health
INTESA tra
REGIONE LOMBARDIA
e
UFFICIO SCOLASTICO REGIONALE PER LA LOMBARDIA

La “Scuola lombarda che promuove salute”

14 luglio 2011
The Lombard model: fields of intervention

A school promoting health analyses its health profile, approaches a strategical plan and implements school initiatives in four fields:

- Development of individual skills
- Qualification of the social context
- Improvement of the structural and organizational environment
- Strengthening of partnerships
The Lombard model: the role of the system

- Sharing of health vision
- Coordination of resources
- Support to development, improvement and evaluation
- Promotion of activities based on the evidence of effectiveness
- Development of Lombard school network
- Diffusion of “best practices”
Girls and boys who are in good health and have good time at school learn better.

Girls and boys who attend school and are part of a process of positive learning have a better chance of good health.