

# Health and School Programme in Secondary Education. Catalonia (Spain)



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# Introduction

Adolescence is a stage between infancy and adulthood where attitudes, values and lifestyles are consolidated.

The way that young people use the health services is characterized by:

- ❖ Low use of health services
- ❖ Irregular use of services
- ❖ Unscheduled follow-up of their health problems

## Objective

- ❖ To improve adolescents' health through:
  - ◆ Health promotion, by incorporating activities into the curriculum at secondary school
  - ◆ Early detection of risk situations through free access to health services offered by nurses in schools

## Method

Three years ago the Government of the Autonomous Community of Catalonia (Spain) started a new programme “Health and School Programme” (HSP) in order to increase the accessibility of young people and teenagers to health services

→ Strategic lines:

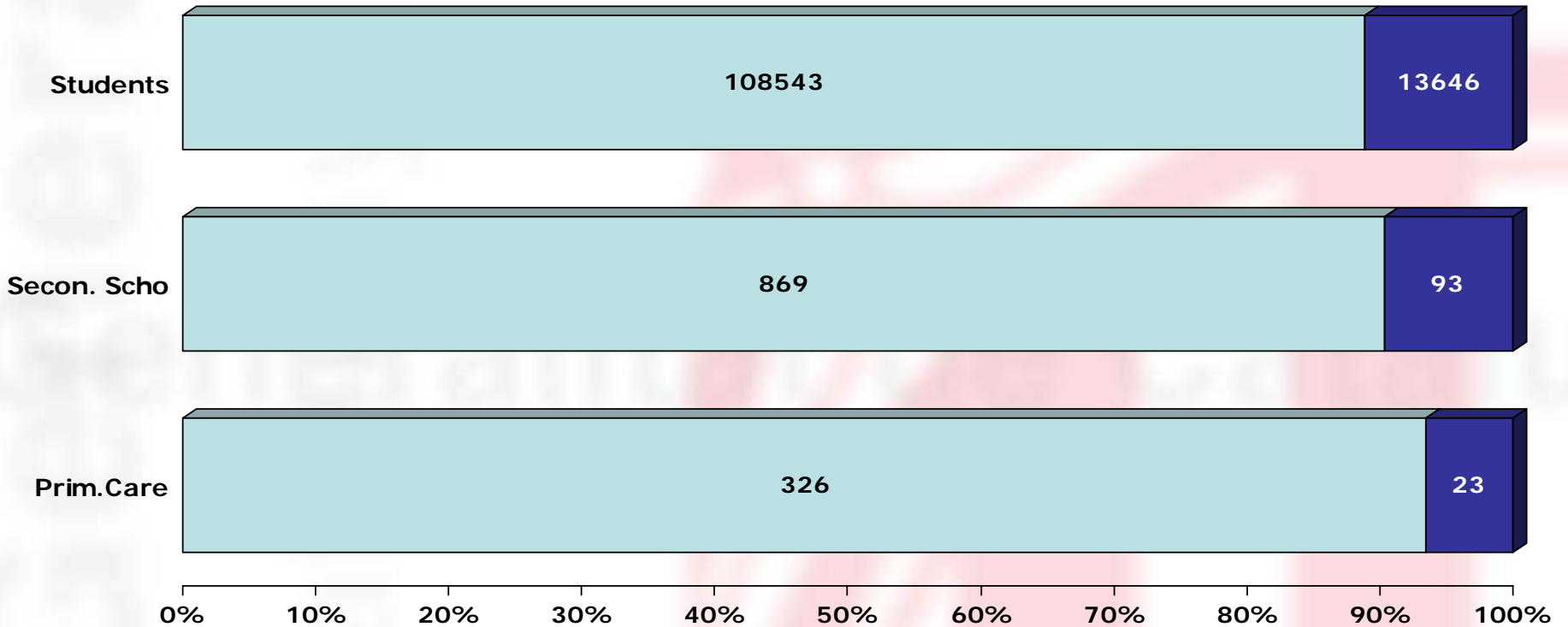
- ✓ Integrated action of the educational and the health care system
- ✓ Emphasis on prevention (early detection) and health promotion
  - Nurses in schools are responsible for the service and the first-contact with the Primary Care Services
- ✓ Support from specialized services and referral to:
  - Mental health centers
  - Drug addiction centers
  - Sexual and reproductive health services
  - Public Health Services (local councils health services)

## Target population

- ❖ Students at secondary school from two school years  
Students from 14 to 16 years  
→ Total 122.189 students

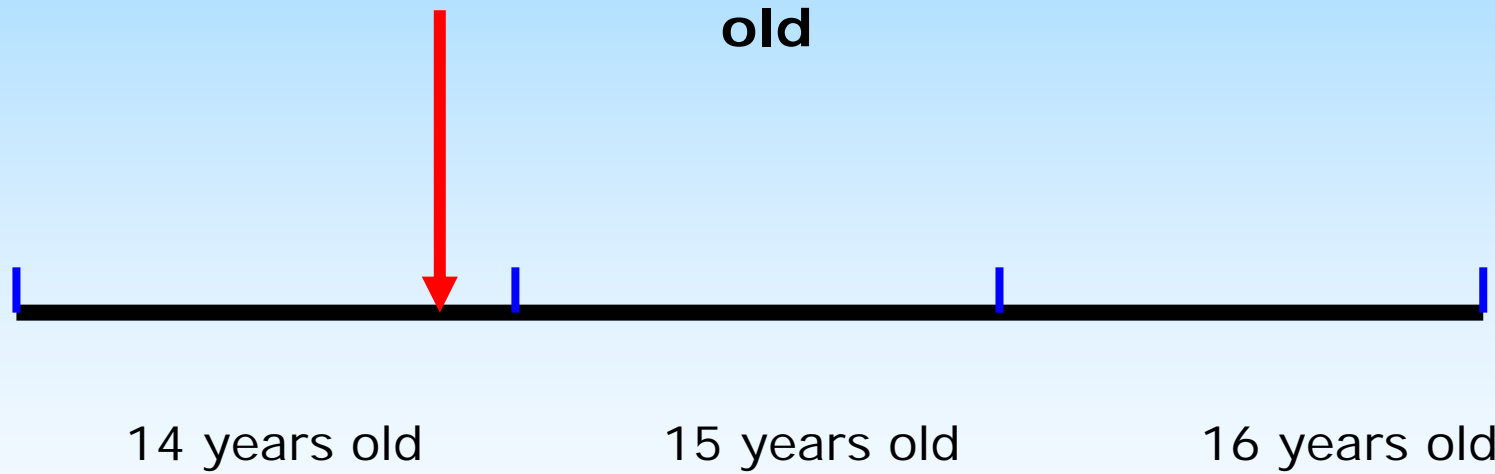
# COVERAGE

	PRIMARY CARE SERVICES		SECONDARY SCHOOL		STUDENTS	
<b>Total</b>	<b>326</b>	<b>91%</b>	<b>869</b>	<b>90%</b>	<b>108.543</b>	<b>89%</b>

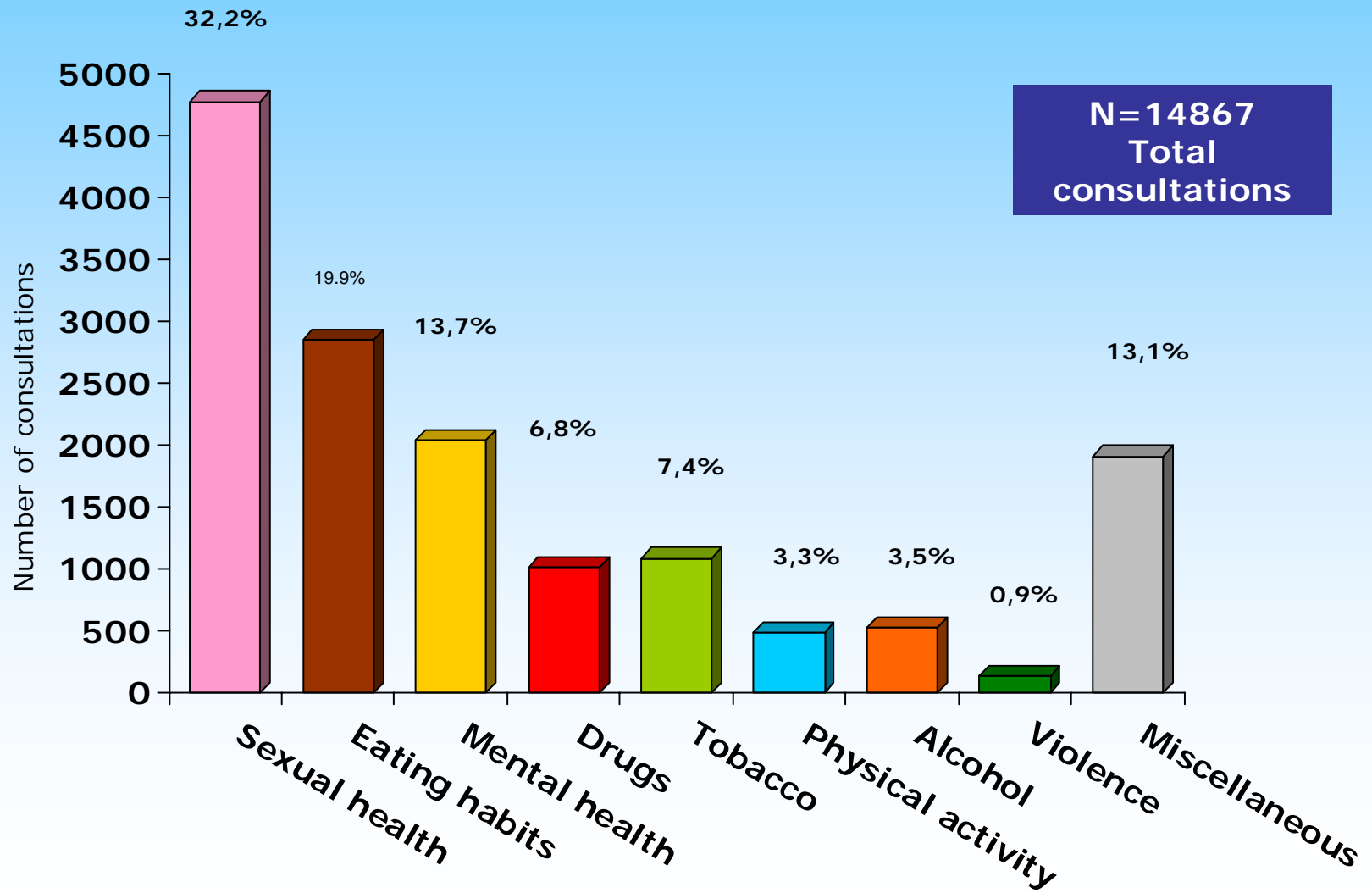


# Average age of students using the service

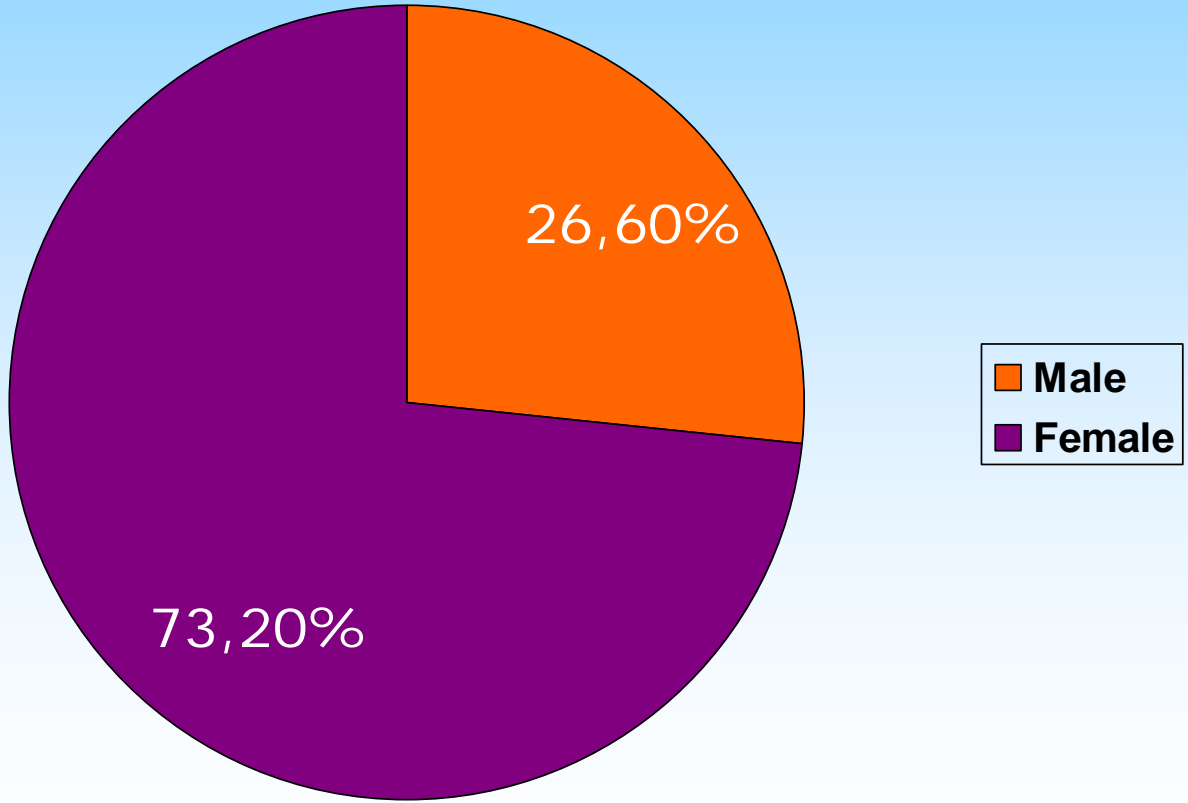
Average age for consultation is 14,8 years old



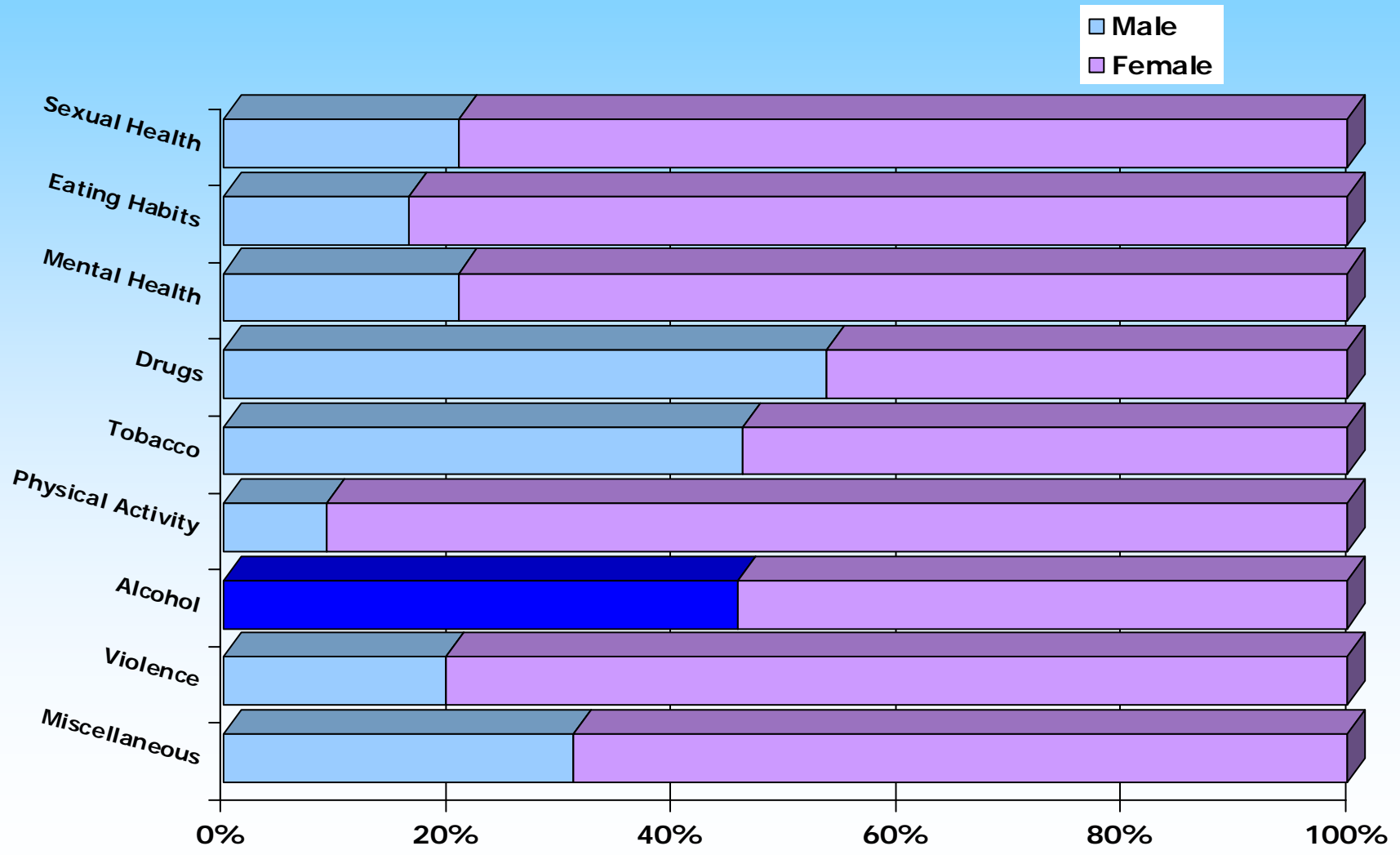
# Consultation topics



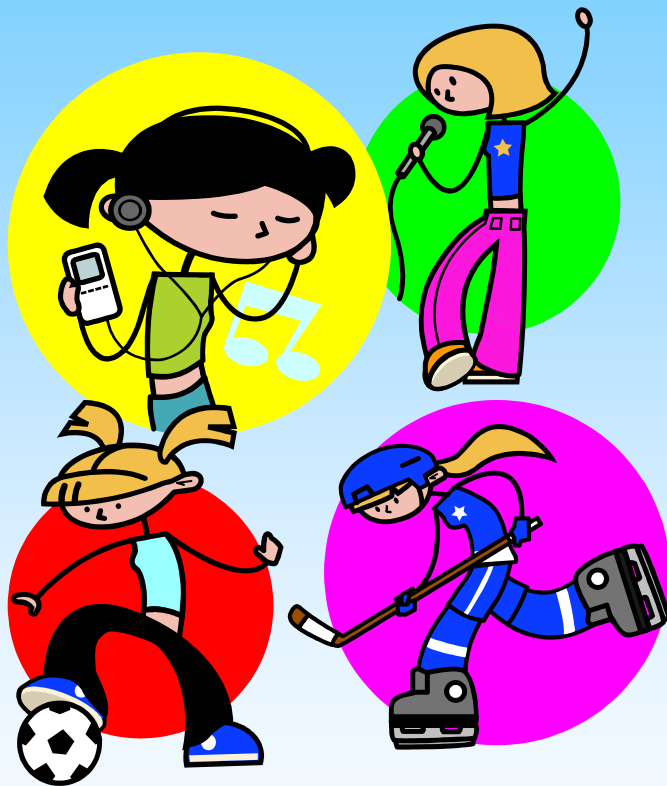
# Percentage of consultations according to gender



# Consultation topics according to gender



## Main topics by gender

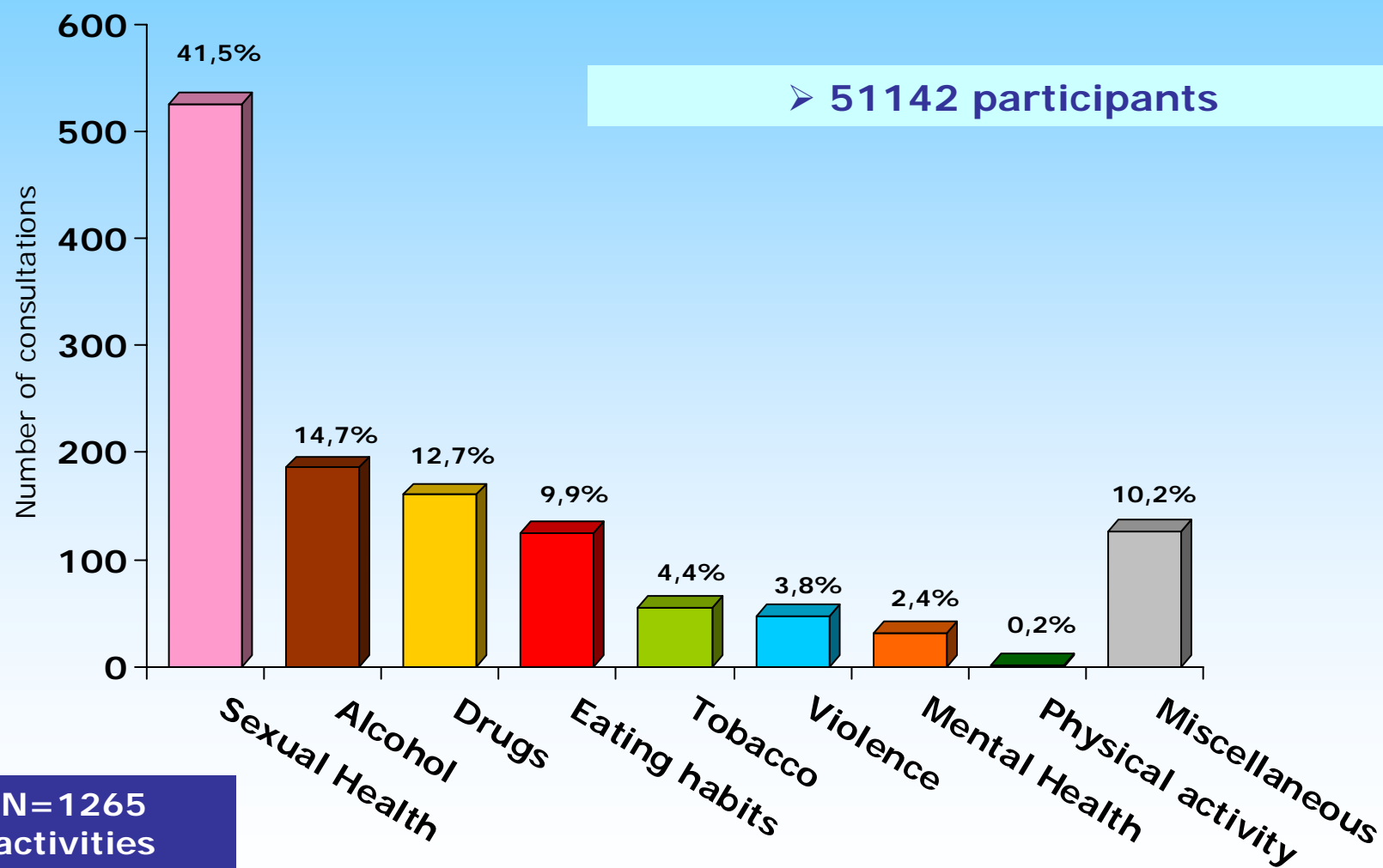


Eating habits  
Sexual health



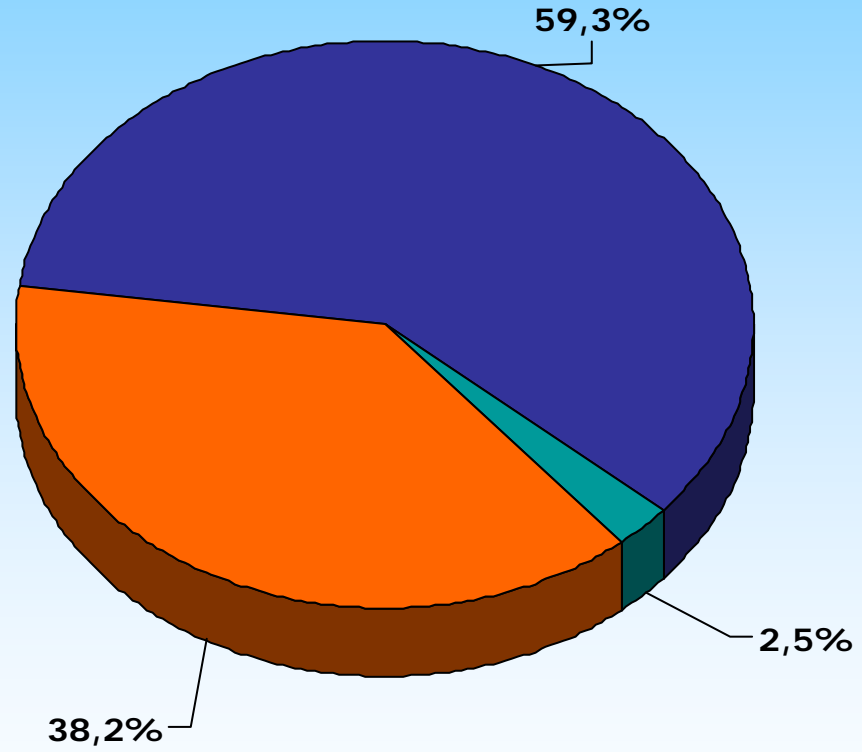
Tobacco and alcohol  
Other drugs

# Completed activities of health education



N=1265 activities carried out

# Activities of health education



- Workshops
- Information sessions
- Seminars

## Who does it?

- 28,2% Primary Care Team
- 27,9% Teacher
- 25,5% Local council
- 8,8% Sexual and reproductive health services
- 9,7% others

**N=1265**  
activities  
carried out

## Didactic Materials

- “Guideline for sexual health education”  
*(2006 september)*
- Nutrition and eating disorders health education  
*(in process)*
- Addictions and drugs dependency health  
education  
*(in process)*

## Feed back from professionals about the HSP

### Appraisal of HSP:

- Health services and schools moved closer together
- The health services were brought nearer to the young people
- Improved collaboration between Mental health services and Psicopedagogic teams of schools
- Increased participation of teachers in training sessions
- Positive feed back from health professionals especially nurses

## CONCLUDING REMARKS

- Earlier detection of dangerous habits in order to prevent them
- Closer collaboration between teachers and professional health teams
- New collaboration has been established between local councils and the health services
- Improving the evaluation system by the record of data in an electronic database online
- Rolling out the programme, to all schools

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