

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:

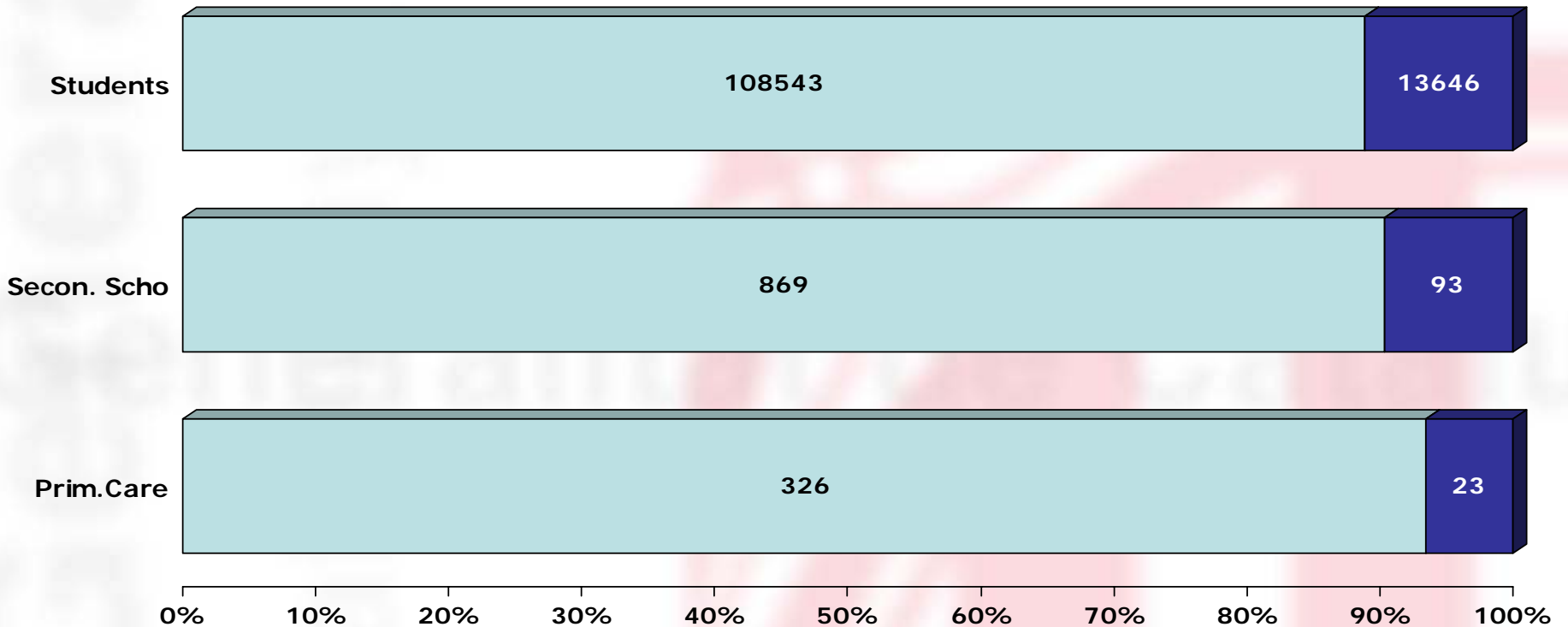
- ✓ Integrated action of the educational and the health care system
- ✓ Emphasis on prevention (early detection) and health promotion
 - Nurses in schools are responsible for the service and the first-contact with the Primary Care Services
- ✓ Support from specialized services and referral to:
 - Mental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

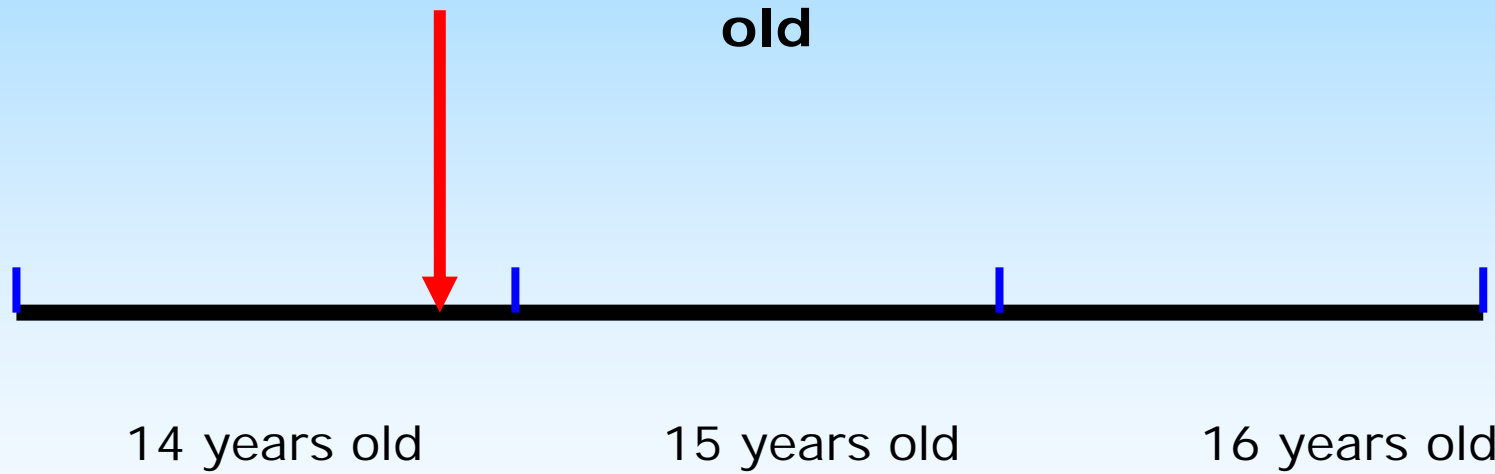
COVERAGE

	PRIMARY CARE SERVICES		SECONDARY SCHOOL		STUDENTS	
Total	326	91%	869	90%	108.543	89%

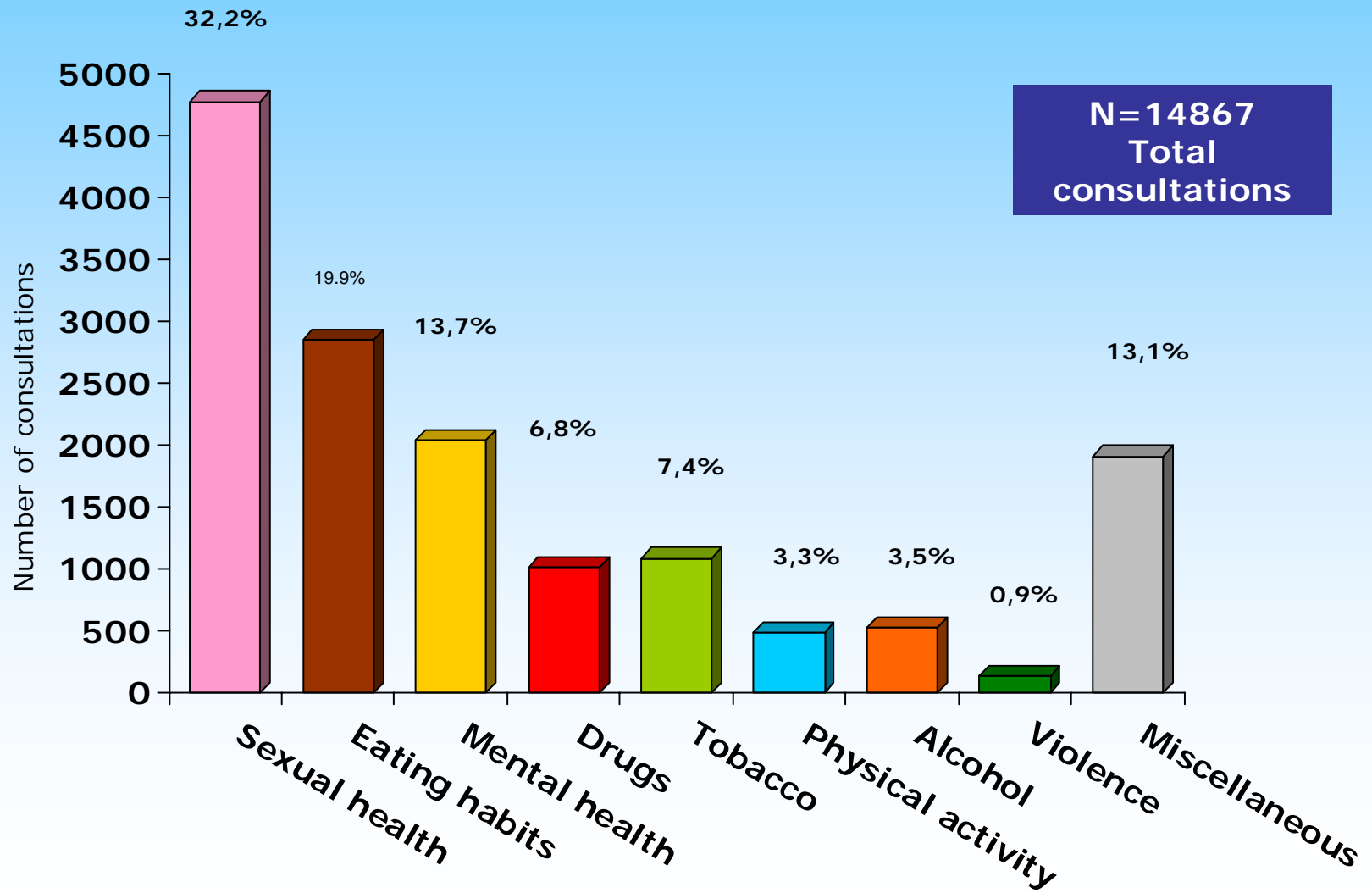


Average age of students using the service

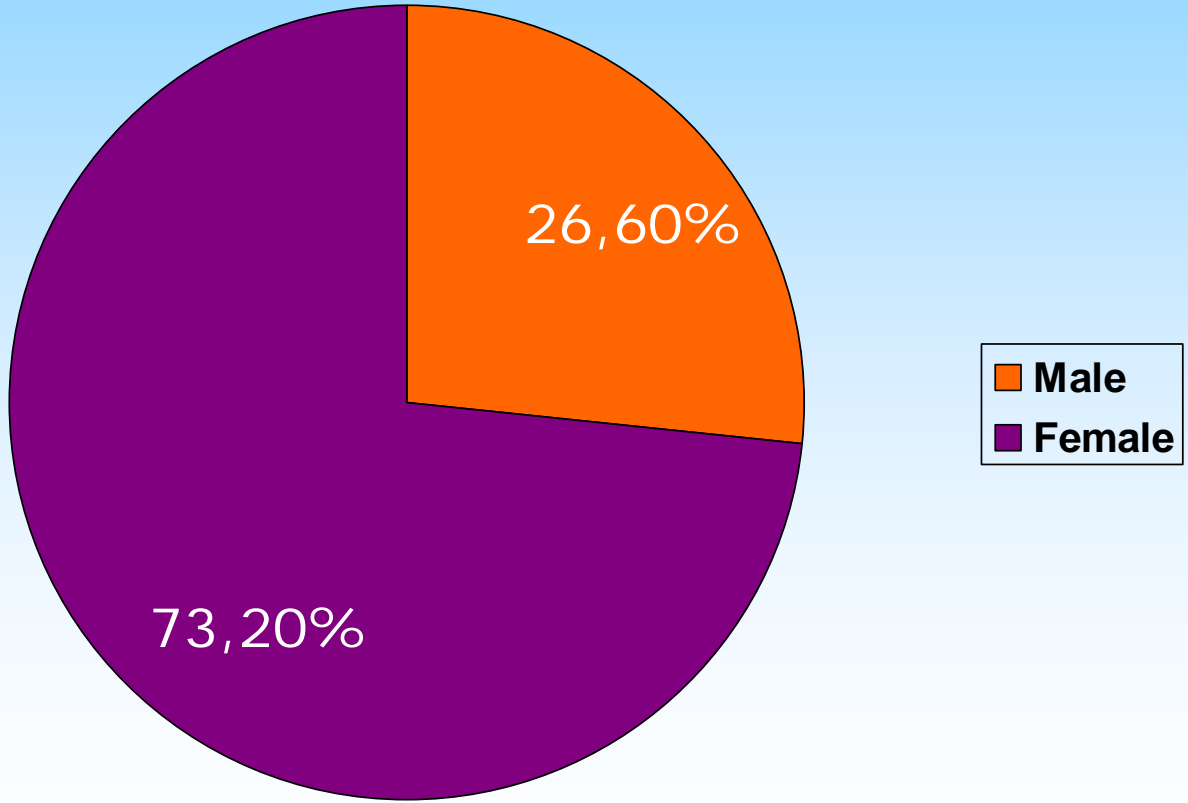
Average age for consultation is 14,8 years old



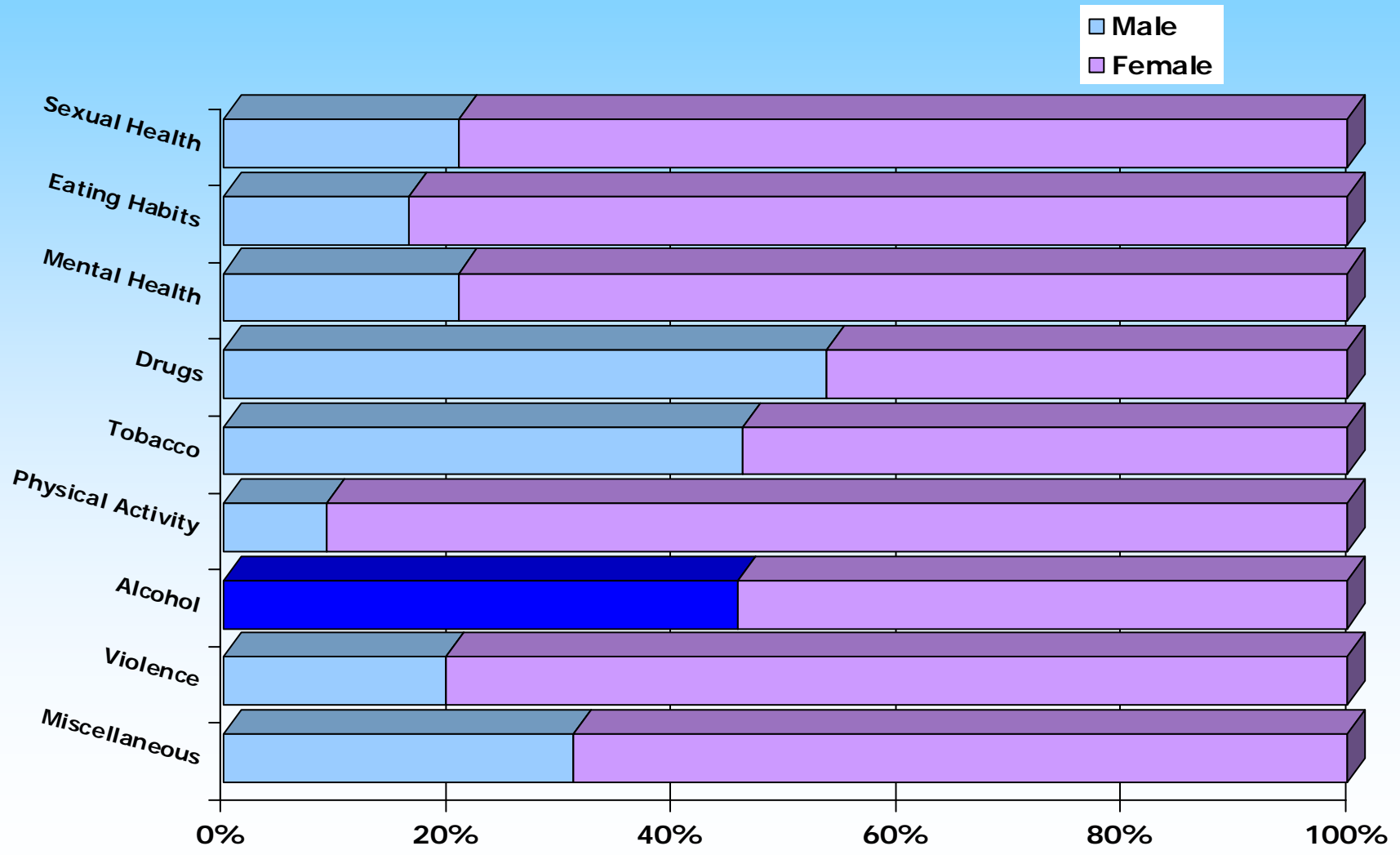
Consultation topics



Percentage of consultations according to gender



Consultation topics according to gender



Main topics by gender

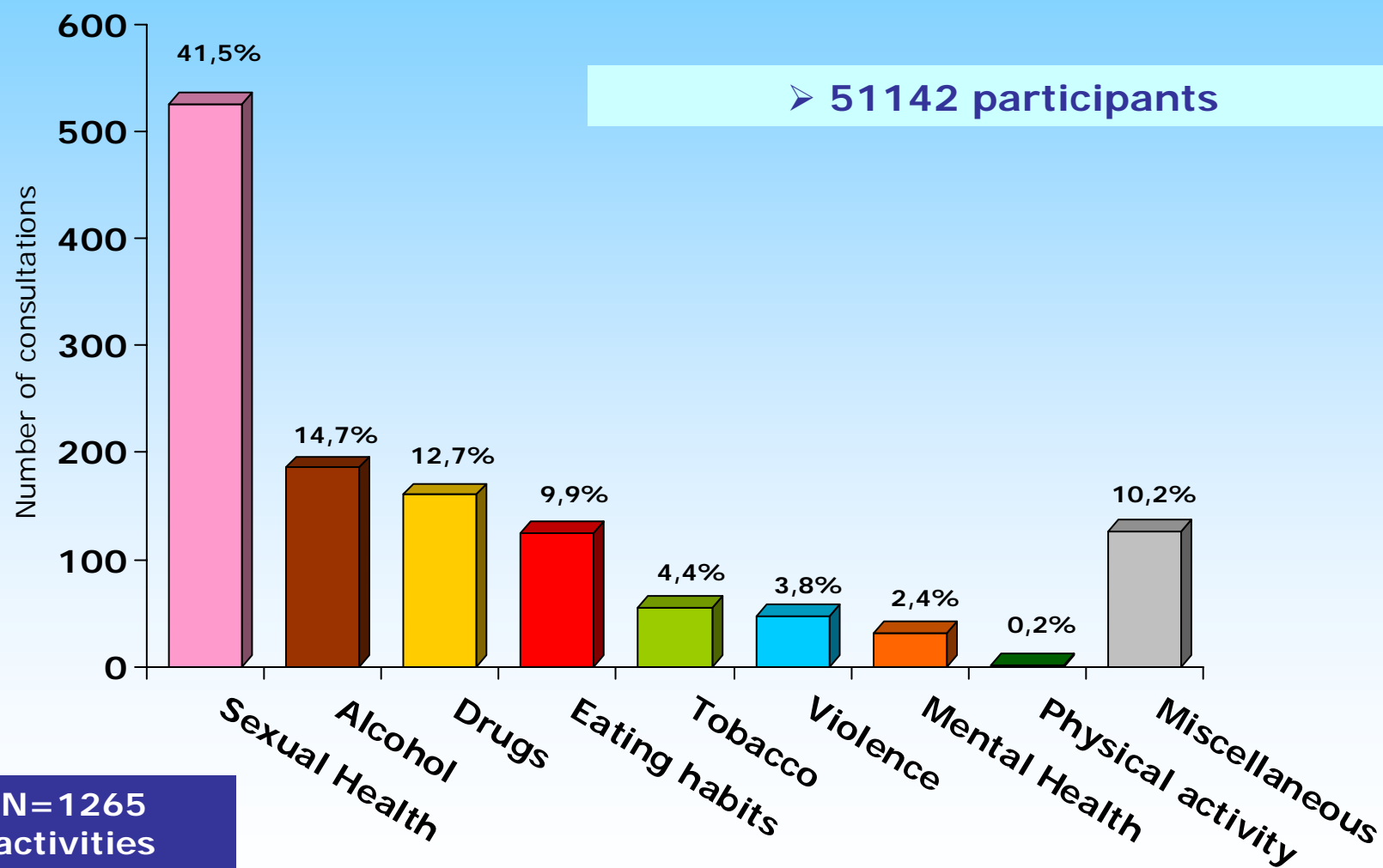


Eating habits
Sexual health



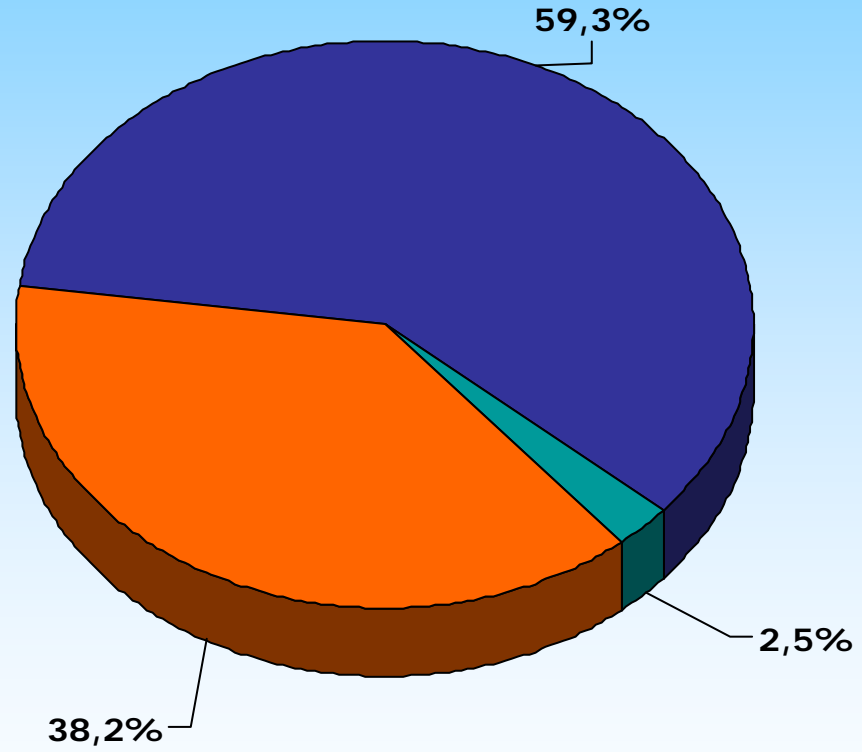
Tobacco and alcohol
Other drugs

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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