

How can you deal with studying the dynamics in school health promotion?

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Health Promoting School approach

World Health Organization

Six core components:

- 1) Healthy school policies
- 2) School's physical environment
- 3) School's social environment
- 4) Individual health skills and action competencies
- 5) Community links
- 6) Health services

Challenges for the implementation of HPS

- Many interacting components (personal, environmental, organizational)
- Interactions are non-linear: large efforts can lead to nothing, small efforts can produce large effects
- Open system, nested in other systems (families, neighborhood)
- Each school has own, unique context
- Unpredictable: no guarantee that a HP initiative creates the expected change

How can you deal with these challenges?

- Take school context into account
- No 'one-size-fits-all'
- Flexibility is needed
- Tailored translation of HPS approach
- Variety of choices

Navigating on seven spectra



Spectrum 1

Top-down



Bottom-up

Spectrum 2

Addressing
a single HPS core-
component



Addressing
multiple HPS
core-components

Spectrum 3

**Adopting
existing HP
interventions**

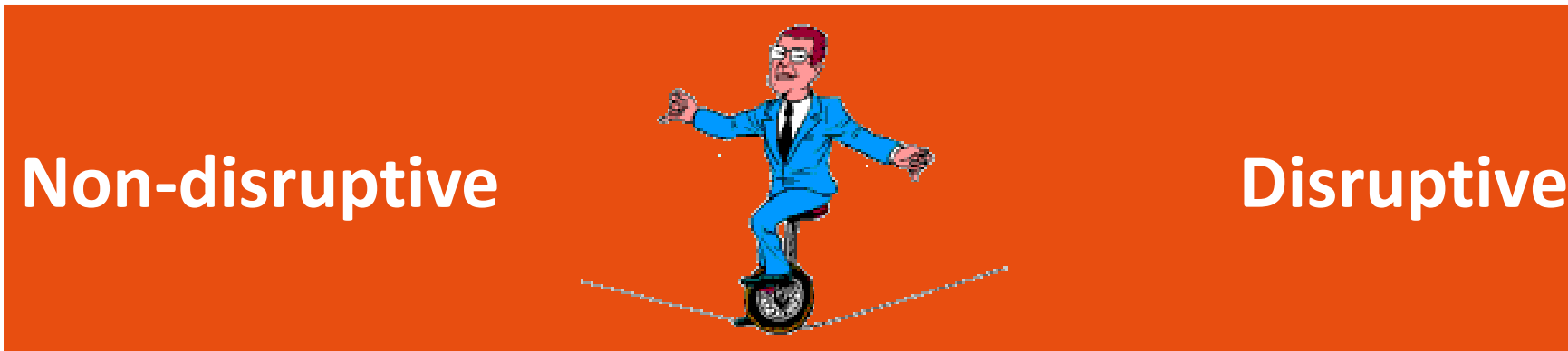


**Developing
new HP
interventions**

Spectrum 4



Spectrum 5



Spectrum 6

**Randomized
Controlled Trial**



**Action-oriented
research**

Spectrum 7

Local
dissemination



National
dissemination

Conclusion

- Navigating on spectra is continuous process and can be different for each situation
- Can provide support for the development, implementation and evaluation of health promotion in each specific school context

Bartelink, N., & Bessems, K. (2019). Health promoting schools in Europe: State of the art. Maastricht, The Netherlands: SHE.

Thank you!

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