

Intersectoral working in schools between education staff and primary healthcare professionals



Case study description

Title of the initiative / case study	Healthy Life Project V
Country / Territory	Spain
Summary of the intersectoral initiative	This is our five-year promoting healthy habits in our school. We instruct our teachers in health subjects all the year through a course related to several health matters: HYGIENE HABITS, DIET, PHYSICAL ACTIVITY, LEISURE TIME, ACCIDENT PREVENTION, MENTAL HEALTH, SEXUALITY, MEDIA, ENVIRONMENT AND HEALTH, DRUG PREVENTION, and DISEASE PREVENTION. The tutors of each group of students can put into practise the content of the materials and share them with their students. They include infographics, learning pills, quizzes, workshops, etc. Other complementary activities are given by professionals as policers, fire fighters, NGO's members, and other professionals. Visits to food fairs, show cooking, 112 service, walk tours, etc.
Focus of the initiative	Both mental health and physical health
Goal and objectives Overall goals and specific objectives.	<ul style="list-style-type: none"> • Promote healthy lifestyles and habits in the nutritional and food fields. Strengthen habits of body care and health. • To know, detect and prevent situations of risk to health, especially related to the consumption of addictive substances. • Incorporate the practice of physical exercise on a daily basis as a daily habit, to promote the personal and social development of students. • To promote understanding and appreciation of the importance of preserving the environment because of its impact on human health.
School setting	16-18+
- Age group of students covered (0-18)	
- Number of students in the school	2000
- Public (<i>no fees</i>) or Private (<i>pay fees</i>)?	Public
- Location	Urban

<ul style="list-style-type: none"> - Socioeconomic environment 	Underprivileged
<p>Description of the initiative</p> <ul style="list-style-type: none"> - What was the driver to start the initiative? <i>Was it the pandemic, or something else?</i> - From when to when did the initiative take place? <i>Does it continue now?</i> - Did it get funding? How was it funded? - What type of activities took place <i>e.g. health professionals seeing students or staff for consultations, health professionals training education staff, teachers training health professionals?</i> 	<p>The driver of this initiative was to promote healthy habits into the educational community of our school and to participate in the national recognition as a “Healthy School” (Sello Vida Saludable).</p> <p>This initiative begun in 2018 with the planification of the actions that take place.</p> <p>We include this activity in a training course for all the staff. This year the money that we have received has been to pay to a professional to teach us about meditation techniques to tackle stressful situations in the classroom and to share these techniques with the students.</p> <p>Since 2018, during the course through the tutorials, we are exposing the different topics in greater depth through infographics, training pills, workshops, excursions, etc. The health vocational department participate in the promotion of CPRs & bandages workshops.</p>
<p>Partners</p> <ul style="list-style-type: none"> - Who are the partners involved? - Who are the education professionals involved in the initiative? - Who are the health professionals involved in the initiative? - Where are the health professionals located? <i>(e.g. In the school, in the community?)</i> - At what stage/s did intersectoral work happen <i>(eg conceptualization, co-design, implementation or evaluation)?</i> 	<p>We don’t have any partner.</p> <p>There is involved all the staff who received all the educational health materials.</p> <p>In this project, participate the health VET department in our school, teaching other teachers and students CPRs & bandages techniques at the end of the course. The health professionals are in the school, but they are teachers.</p> <p>At all the stages, but the weaker is the evaluation.</p>
<p>Results of the initiative <i>(250 words max)</i></p> <ul style="list-style-type: none"> - What were the deliverables? - Can you give some examples of actions resulting from the initiative? 	<p>Students have actively participated in all the proposals with a high motivation and involvement. Given the size and complexity of the centre, we are very satisfied with the results achieved, which have been possible thanks to the collaboration of the City of Valencia, the Health Centre of San Marcelino, Public Health, the Local and National Police, the Fire Brigade, and many more public and private entities. The project</p>

<ul style="list-style-type: none"> - What do you think was the impact of the initiative, if any? 	<p>brings added value to the curriculum of each training cycle as health is a cross-curricular topic. This project helps students and teachers to become aware of their health and the need to preserve it throughout life.</p>
<p>Evaluation of the initiative</p> <ul style="list-style-type: none"> - Was the initiative evaluated? If Yes - <i>How, and by whom?</i> - Name two things that went well. - Name two things that could be improved. - What were the main <u>barriers</u> to intersectoral working? - What were the main <u>facilitators</u> for intersectoral working? - What advice would you give to others who would like to do a similar initiative? 	<p>Increasing students' awareness of the need to acquire healthy living practices.</p> <p>Decrease in cases of bullying, anorexia, sports injuries, misuse of networks social problems, problems of coexistence, eating disorders, etc. Increased reading activity.</p> <p>The best things have been the workshops and the posters on the walls to make them aware of their healthy state.</p> <p>We must improve the assessment of the actions and convince more tutors to put into practice these actions with their students. The communication can be a problem, due to the number of the groups of students.</p> <p>The main barriers have been the teachers that didn't have share the materials with their students.</p> <p>The main facilitators have been enthusiastic and committed teachers.</p> <p>The main advice would be to have a motor group to teach other teachers and students to continue with the project.</p>
<p>Additional information if available:</p> <ul style="list-style-type: none"> - Links to relevant websites - Link to / title of relevant articles - Other relevant resources 	<p>http://fpaprenent.com/el-cipfp-ciutat-de-laprenent-ha-obtenido-el-distintivo-de-sello-vida-saludable/</p> <p>https://www.schoolsforhealth.org/sites/default/files/editor/academy/sanchez-alicia-she-academy.pdf</p>