

THE 4TH EUROPEAN CONFERENCE ON HEALTH PROMOTING SCHOOLS Equity, Education and Health

7–9 October 2013, Odense, Denmark







Abstracts

Preface

This publication contains the abstracts and the programme for the 4th European Conference on Health Promoting Schools titled "Equity Education and Health". The conference is co-funded by the European Commission the EU Public Health Programme 2008 – 2013.

Building on the previous three European Conferences on Health Promoting Schools, Greece in 1997, the Netherlands in 2002, and Lithuania in 2009 the conference seeks to demonstrate the state of the art and stimulate innovation in the development of health promotion in schools. Further, the purpose of the conference is to strengthen the sustainability of the shared European platform which prioritizes the investment in equity in health through school-based health promotion in Europe, by creating synergies through common actions on national, regional and local levels.

In Europe the "health-promoting schools" approach has been in use for more than 30 years. It emerged in the early 1980s and was further elaborated at the WHO Health Promoting Schools Symposium in Scotland in 1986. The European Network of Health Promoting Schools (ENHPS) was established in 1991, drawing on the five principles of the Ottawa Charter. The health-promoting school is defined as an educational setting that attempts to constantly develop its capacity for healthy learning, working and living (WHO, 1993; 1998). The whole school environment is seen as an important arena for action if a school is to promote health.

The current work on school health promotion in Europe is supported by the Schools for Health in Europe (SHE) Network with 43 participating countries represented by a national coordinator. The SHE network is coordinated by CBO as a WHO Collaborating Centre for School Health Promotion and supported by the International SHE Planning Committee. The SHE Network endorses five core values (equity, sustainability, inclusion, empowerment and action competence, and democracy) and five pillars (whole school approach to health, participation, school quality, evidence, schools and communities) as a common basis of the SHE approach to school health promotion. Members of the SHE Planning Committee have participated in the International Steering Committee for the conference.

A consortium of more than 70 researchers and research institutions from 27 European countries is closely linked to the SHE Network, and organized as a SHE Research Group, coordinated by the Department of Education, Aarhus University, Denmark, in collaboration with CBO. Members of this network have acted as an International Scientific Committee for this conference and have reviewed the submissions for the conference.

The conference is organized by University College South Denmark in collaboration with the Department of Education, Aarhus University, CBO Netherlands (SHE Network), South Denmark European Office in Brussels and WHO Europe.

As befits an international conference, contributions have been received from a broad array of countries, and for many contributors, English is not their first language. While certain revisions have been made to abstracts for the sake of clarity, editorial interference has been kept to an absolute minimum.

On behalf of the conference organizers I would like to express our gratitude to all the contributors, funders and supporters of the conference.

Copenhagen, Denmark, August 2013

Venka Simovska, professor, chair of the International Scientific Committee Aarhus University, Department of Education (DPU)

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About this book

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Link to the conference website

http://schools4health.dk/conference/

Conference PROGRAMME





Education, Equity and Health

4th European Conference on Health Promoting Schools

Conference Programme

Sunday, 6 th October	
18:00	Welcome Reception, Odense Town Hall Meeting point: Conference venue, (Room K2)
	Monday, 7 th October
08:00	Registration
09:00 – 10:30	 Opening: (Room K2) Christine Antorini, Minister, Danish Ministry for Children and Education Gauden GALEA, Director, Division of Noncommunicable Diseases and Life-Course, WHO Regional Office for Europe TBC Clive Needle, Conference Facilitator, About the Programme
10:30 – 11:00	Coffee, tea and fruit
11:00 – 12:30	 Plenary Session I: Innovative School-based Health Promotion (Room: K2) Comparing policies and public spending for children across OECD countries: lessons and challenges for health promotion in schools. Dominic Richardson, OECD, Paris, France Mindfulness in Schools and for the Young – Present and Future Perspectives. Katherine Weare, Professor of Education, University of Southampton, England Inequality in health among children and adolescents. Bjørn Holstein, Professor, National Institute of Public Health, Copenhagen, Denmark
12:30 – 13:30	Lunch
13:30 – 15:00	Parallel Session I: National, Regional and Local Approaches to Health Promotion in Schools: Beyond Best Practice
15:00 – 15:30	Break



15:30 – 17:00	Parallel Session II: Participation, Collaboration and Policy
17:00 – 18:00	Meet with Authors (Room K3) Jörgen Svedbom, Heinz Witteriede & Kevin Dadaczynski, and Margit Nørgård- Edmund
18:30	Social programme

Tuesday, 8th October

08:00	Networking: Have a look at the Posters
09:00 – 10:30	 Plenary Session II: Equity and School Health Promotion (Room K2) How can Schools contribute to Equity in Health? Odrunn Samdal, Professor, Department of Health Promotion and Development, University of Bergen, Norway School-centred Approach in Ensuring Equity in Eealth and Education in Socially Vulnerable Rural areas of Armenia. Serob Khachatryan, Executive Director, Children of Armenia Fund, Yerevan, Armenia Empowerment, Health Promotion and Schools. Glen Leverack, Independent Public Health Advisor
	Coffee, tea and fruit
11:00 – 12:30	Parallel Session III: Health Promotion, Equity and Implementation in Preschool and School Settings
12:30 – 13:30	Lunch
13:30 – 15:00	Parallel Session IV: Specific Health Issues and Health Promotion in Schools
15:00 – 15:30	Break
15:30 – 17:00	Parallel Session V: Promotion of Mental and Emotional Health and Wellbeing
17:00 – 18:00	Meet with Authors (Room K3) Odrunn Samdal, Didier Jourdan and Glen Laverack
19:30	Conference Dinner



Wednesday, 9th October

08:00	Networking: Exhibitions and Posters
09:00 – 10:30	Plenary Session III: Sustainable Change in School-based Health Promotion (Room K2)
	Implementing Mental Health Promoting Schools. Margaret Barry, Professor, National University of Ireland, Galway
	Strategies for Linking Education and Health: Lessons from European Experience. Allan Dyson, Professor, University of Manchester, UK
	Planning Sustainable School Health Promotion Programmes: An Intervention Mapping Approach. Gerjo Kok, Professor, Maastricht University, the Netherlands
10:30 – 11:00	Coffee, tea and fruit
11:00 – 12:30	Parallel Session VI: From Specific Interventions to Sustainable Health Promotion in Schools
12:30 – 13:30	Lunch
13:30 – 15:00	 Plenary Session IV: Health Promoting Schools: Ways Forward Adopting the Conference Statement Summary Closing
15:00 – 15:30	Informal final networking
15:30 – 17:00	Self-organized meetings



Parallel Session I - National, Regional and Local Approaches to Health Promotion in Schools: Beyond Best Practice Monday 7th October 13:30-15:00

1A: Experiences from Iceland, Lithuania, Estonia and Italy Chair: David Pattison (room 3)

Ingibjørg Gudmundsdottir	Support for the Health Promoting School Projects in Iceland: A New National Curriculum for All School Levels
Rita Sketerskiene	Health in Education System: Lithuanian Experience
Tiia Pertel	Support System for Health and Wellbeing Promotion in Estonian Educational Settings
Anna Gatti (interpreter Cristina Gambalonga)	"Welcome". A project of Social Inclusion and Community Development in a Health Promoting School Located in a Multi-ethnic Neighbourhood

1B: Challenges Related to Assessment, Accountability and Dissemination Chair: Goof Buijs (room 1)

Irina Rapoport	Russian Health Schools: Problem Areas and Prospects of Development
Mary Macdonald	Results Based Accountability
Sue Bowker	Assessing Schools as Health Promoting
Daiva Zeromskiene	The Health Promoting School Ideas Wave Through Lithuania

1C: Whole-school Approaches: Potentials and Barriers Chair: Olaf Moens (room 5)

Suzanne Hargreaves	Health and Wellbeing; Responsibility of All
Finn Bruncke	School Health in Municipality of Sønderborg, Denmark - a Whole School Approach
Liliana Coppola and Danilo Cereda	Health Promoting Schools Network in Lombardia Region (Italy) – Innovative Approaches to School-based Health Promotion
Maria Vezzoni	A Local Network to Support the Health Promoting Schools in Italy in a Period of Crisis, Through the Sharing of an Action Model, of Ideas and Experiences



1D: Round Table 1 (room 9)		
Vladislav Kuchma	Current Developments within School-based Health Promotion in Russia	
1E: Symposium 1: Wellbeing, Health and Body Movement: Pathways to Better Learning Chair and Discussant: Nina Grieg Viig (room K4)		
Elise Sijthoff	Motivating Children to Move, both as Individuals and Groups: Identifying Strategic Partners at the Macro and Micro Levels	
Ian Macrae Young	Can Physical Activity Improve the Educational Attainment of Children?	
Shanti George	Moving Moments for Children, Schools and Parents: Critical Lessons from a Case of Resource Innovation in the Netherlands	
1F Workshop (room K3)		
Venka Simovska and Kathrine Weare	Writing for Publishing	



Parallel Session II – Participation, Collaboration and Policy Monday 7th October 15:30-17:00

2A: Children's and Parents' Views and Participation Chair: Jeanette Magne Jensen (room 3)

Dina Danielsen	Mapping Health Related Messages in Virtual Spaces - a Means to School Health Education
Lee Yee Cheong-Lim	Health Promotion Club: Cultivating Youth Health Ambassadors
Yetunde O. John- Akinola	Children's Participation in Health Promoting Schools: Children's Views and extent of Participation
Yetunde O. John- Akinola	Assessing Parental Involvement in Schools: The Similarity of Views of Parents and Children

2B: Intersectoral and Interdisciplinary Collaboration for School based Health Promotion Chair: Vivian Barnekow (room 1)

Katharina K. Pucher	Evaluation of Intersectoral Collaboration Between Health Authorities, Schools and Prevention Partners in Coordinated School Health Promotion in the Netherlands by Utilization of the Diagnosis of Sustainable Collaboration (DISC-) Model
Signe Dalsgaard, Thomsen	Interdisciplinary Collaboration for Health Promotion in Danish Primary Schools
Maria Vezzoni	"La Scuola va in piazza." The School goes to the Streets: How to Achieve Community Participation in a Health Promoting School
Elena Kjosevska	National Policy on Sexual and Reproductive Health (SRH) Education and Healthy Lifestyle Promotion in the Republic of Macedonia

2C: School Policies for Healthy Eating and Physical Activity Chair: Peter Paulus (room 5)

Kevin Dadaczynski	Healthy Eating and Physical Activity in Schools: Reliability of the HEPS Quality Checklist
Barbara Woynarowska	Health Promoting Schools made a Difference to the School - Healthy Eating Policy in Poland
Saoirse, Nic Gabhiann	Healthy Eating: School Policy, Food Environment and Student Eating Behaviors
Rikke Vingaard Thrane	LOMA Nymarkskolen - The Development Project



2D: Addressing Health Inequalities Among Children and Youth Chair: Monica Carlsson (room K3)		
Marjorita Sormunen	Russian and Finnish Schoolchildren's Health Learning at Home and at School: Key Findings from Baseline Study in AHIC-Project	
Kerttu Tossavainen	Addressing Challenging Health Inequalities of Children and Youth Between two Karelias	
Annamari Aura	Multicultural Comparative Longitudinal Study - The Challenge of Adolescents' Health Behavior and Health Inequalities in two Karelias	
Jörgen Svedbom	Socioeconomic Equity, Learning and Health	
2E: Round Table 2 (room 9)		
Torben Schmidt	Health and Language integrated Gaming Online (HeaLinGo) as an Innovative Approach in School Health Promotion	



Parallel Session III – Health Promotion, Equity and implementation in Preschool and School Settings Tuesday 8th October 11:00-12:30

3A: Health Promoting Pre-school Settings Chair: Maria Teresa Vilaca (room 1)

K .Vijaya	CHERISH Junior Award: Health Promoting Pre-schools in Singapore
Tanja Thinggaard Andersen	"Movement for Meaning". A Cultural Historical Perspective on Health-Promoting Movement Activities in Early Childhood Education in Denmark
Braulio Rocha	Ready, Set - Play: Education Programme for Kindergarten Educators
Anette Schulz	Social Inclusion in Preschool

3B: Highlights from Health Promotion in Schools in Russia Chair: Aldona Jociute (room 3)

Olga Popova	The security of the Educational Activities of Children and Adolescents in Terms of Museum Environment
Evgeniya Laponova	Opportunities for Gender Approach in Education
Zhanetta Gorelova	Russian Programmes "School Milk" and "Fruits and Vegetables at School"

3C: Health Promoting Schools and Equity Chair: Henriette Hansen (room 5)

Felix Hofmann	Effects of School Health Promotion on Social Inequalities: A Systematic Review
Therese Evelyn Smith	HPS: Accelerating Equity
Jeanette Magne Jensen	New Approach to Health Education reduces Health Inequalities among Disadvantaged Young People
Heidi Mattle	Health 25



3D: The Challenges of Implementation of Health-promoting Schools: Theory and Practice Chair: Bjarne Bruun Jensen (room K3)		
Beishekan Kalieva	Implementing the Healthy Schools Project in Kyrgyzstan	
Wolfgang Dür	Applying Modern System Theory to Health Promoting Schools and Implementation Processes of Health Promotion Programmes	
Valentina Marcassa	Experience Democracy when you're a Child: The Way to Gain Self-esteem, Practice Life Skills and Develop a Democratic Setting in Schools	
Sandrine Broussouloux	Feeling Better to Work Better	
3E: Physical Activity and Health Promotion Chair: Hannele Turunen (room K4)		
Stephan Schiemann	Effects of Physical Activity on cognition and Academic Achievement in Children and Adolescents	
Evgeniya Georgievna Alekseeva	Impact Assessment of the Dance4life Programme in Russian Schools	
Jan Jansen	Educational Agenda Sport, Exercise and Healthy Living; a Dutch nationwide Case	
Maria Scatigna	The Ecological Approach in the Physical Education Context. A Delphi procedure to design a workbook for primary school children	



Parallel Session IV – Specific Health Issues and Health Promotion in Schools Tuesday 8th October 13:30-15:00

4A: Children with Special Health and Education Needs: What can the Whole School approach offer? Chair: Sue Bowker (room 1)

Ane Høstgaard Bonde	Motivational Interviewing by School Nurses: Spirit, Techniques, and Dilemmas in the Prevention of Child Obesity
Barbara Woynarovska	Problems in School Functioning in the Opinion of Students with Chronic Conditions and their Parents
Peter Khramtsov	Medical Monitoring of Children involved in Physical Culture
Maria Miranda Velasco	School Organization and Teachers Competencies for Health Promotion and Inclusion of Students with Diabetes

4B: Posture, Learning and Health Chair: Vivian Barnekow (room 3)

Cristina Melo and Sandra Silva	The Influence of the Book "The Kids with perfect Spines" on Children's Health Behaviors related to Schoolbags
Tania Velho	Back-care Education in Schoolchildren: A Systematic Review
Cristina Mesquita	Postural Education and Physical Activity in Early Childhood – An Evaluation Instrument for Primary School Children

4C: Sexuality Education within the Health Promotion Paradigm Chair: Patricia McNamarra (room K3)

Line Anne Roien	Sexuality Education: Implementation of a Critical Pedagogical Approach
Maria Teresa Vilaca	A Multiple Case Study on Action-oriented Sexuality Education in the School Community
Judith Roberts	'Growing Up' Interactive Resources for Delivering Sex and Relationships Education of Students age 5-12 years
Karen Wistoft	Evaluation of the 'Doll Programme' and Parental and Sex Education in Greenland



4D: Potentials and Barriers of the Whole-school Approach to Health Promotion Chair: Olaf Moens (room 5)		
Linda Faber	How to create Teacher Support for the Implementation of The Healthy School	
Malene K. Nelausen	Whole School Approach: Promising Idea, but Difficult to Implement?	
Maria Scatigna	Physical Activity in the Context of Health Promoting School: Ecological Analysis in a Regional Sample of Italian Secondary Schools	
Pernille Bendtsen	School Climate, Parental Support and Adolescent Alcohol use: A Multilevel Approach	
4E: Symposium 2: Schools for Health and Sustainability Chair and Discussant: Ian Young (room K4)		
Venka Simovska	Health Promoting Schools and Education for Sustainable Development: Worlds apart or of Like Minds?	
Katrine Dahl Madsen	Transformations and translations. Policy analysis of health promotion and sustainability in schools	
Lone Lindegaard Nordin	Implementation of health promoting projects in primary schools. Teacher's perspectives	



Parallel Session V – Promotion of Mental and Emotional Health and Wellbeing Tuesday 8th October 15:30-17:00

5A: Mental and Emotional Health and Wellbeing of School-aged Children Chair: Kevin Dadaczynski (room 3)

Charlotte Meilstrup	Compositional and Contextual Predictors for Emotional Problems among Adolescents
Galina Goncharova	Schoolchildren's Mental Health monitoring as Prevention of Emotional and Behavioral Broblems
Dietmar Goelitz	How big are Differences in Children's Mental Health for Primary Schools?
Line Nielsen	Socioeconomic inequality in Positive Mental Health among School Children

5B: Health and Fitness Chair: Børge Koch (room 1)

Jens Troelsen	SPACE - A School intervention Study to Promote Adolescents' Physical Activity
Lars Breum Christiansen	Should Physical Activity Interventions to Improve Aerobic Fitness target all Students or the most Inactive?
Maria Holmstrøm	Ready, Set - Husum: Sports Campaign for Students

5C: Round Table 3 (room 9)

Morag MacKay Child Safety Action Indicators – Measuring an Aspect of Safety in Europe

5D: Symposium 3: Health and Wellbeing of Teachers and School Staff Chair and Discussant: Peter Paulus (room K3)

Magdalena Woynarowska-Soldan	Health Promotion for School Staff
Terhi Saaranen	Process Evaluation of the Schools Interventions in the Promotion of Occupational Well-being in Finland and Estonia / Development among School Community Staff - a Case Study
Denis Francesconi	Wellbeing in Teacher Education: Embodiment and Mindfulness



Parallel Session VI – From Specific Interventions to Sustainable Health Promotion at School Wednesday 9th October 11:00-12:30

6A: Professional Development for Health Promotion Chair: Didier Jourdan (room 3)

	Monica Carlsson	Professional Competences within School Health Promotion	
	Rita Sketerskiene	The Need of Health Knowledge of Teachers working in Lithuanian Schools of General Education	
	Kerttu Tossavainen	Teachers' Views of Adolescents' Health Promotion at Vocational School	
	Isabel Chagas	Impacts of an Online Problem-based Course in future Teachers' Ideas about School Health Education	

6B: Sustainability of Health Promoting Changes in School Chair: Nina Grieg Viig (room 5)

Kevin Dadaczynski	Predictors of Principals' Engagement in School Health Promotion. Results of an online Survey
Aldona Jociute	Strategic planning for Health Promotion Sustainability at local level: Lithuanian Case
Sue Bowker	Health Promoting Educational Settings - planning for Sustainable Change
Sharon Moynihan	Fostering Reciprocity in Pre-service Teachers' Health Education- the Potential of Reflective Journaling

6C: Healthy Eating and Sustainable Health Promotion in Schools Chair: Anette Schulz (room 1)

Minna Mikkola	Developing Disposition for Sustainability: Linking Food System Communication to School Meals
Graca S. Carvalho	Students' food Consumption in a School Canteen: Analysis of what they choose from the Canteen Gallery and what they discard, by Gender and Age
Margarida Vieira	Using the Food Records to follow Adolescents' Eating Behaviour during the Implementation of the Educational Programme 'Planning Health in School'
Karen Wistoft	The Desire to Learn. Gardening, Cooking and Passion in Outdoor Education



6D: Round Table 4 (room 9)		
Gwendolijn Boonekamp	Physical Activity and Sense of Coherence, the role of physical education in Schools	
6E: Symposium 4: Active Role of Children and Youth in Health Promoting Schools - Implications for School and Community Cooperation Chair and Discussant: Goof Buijs (room K3)		
José A. (Tony) Torralba & Bárbara Atie Guidalli	A Conceptual Framework for Understanding Children Foodscapes In & Out of School: Implications for School Food Reform	
Bent Mikkelsen	FRIDA The Learning Preschool Foodscape – how Food Environments can help Promote healthier Eating	
Dorte Ruge	How can Students play an active role in a Health Promoting Foodscape? Preliminary Results from a PhD Study	
Pierre-Antoine Ullmo	Reducing the increase in Child Obesity: Assessment of a school-based Intervention in Eating Habits and Physical Activity in School children	



	POSTERS
Maria Vezzoni	Individual Interviews with Students on Advantages of a Healthy Diet
Marina Diakovich	Social and Psychological Aspects of Health relative Quality of life of Students
Lyudmila Sukhareva	Health of Moscow Schoolchildren
Goof Buijs	HEPCOM: Learning Platform to prevent Obesity in local Communities
Krystiine Liiv	Developing the Support systems for Children with type 1 diabetes in Educational settings in Estonia
Peter Khramtsov	Posture and Physical Education of Students
Maria Holmstrøm	Ready, Set - Husum: On The Job Training for Physical Education Teachers
Ruslan Romanyshin	Your Health in your Hands Programme
Peter Khramtsov	Interaction of Health Schools and Educational Institutions in implementing Network Projects on protection and strengthening Students' Health
Irina Aleksandrova	Optimizing the Timetable as a way of preventing fatigue in Schoolchildren
Lyudmila Sukhareva	Relationships among School Students
Zinaida Sazanyuk	Strengthening the Health of Children and Adolescents in full-time School
Ellis Vyth	Spending money in the school canteen or bringing food from home? Food purchasing behavior of lower educated adolescents in the Netherlands during school time
Merete Spangsberg Nielsen	Promoting Health and Learning Environment on Danish production and Vocational Schools
Natalya Garkusha	Health Culture Education of School Children as a Key Direction of Healthy Schools Development

Meet with Authors ABSTRACTS





DAS Q^{GPS} VERFAHREN: QUALITÄTSENTWICKLUNG GESUNDHEITSBEZOGENER PROGRAMME IN SCHULEN

(THE Q^{HPS} PROCEDURE: AN INSTRUMENT FOR QUALITY DEVELOPMENT OF HEALTH RELATED PROGRAMMES IN SCHOOLS)

Dadaczynski, K. & Witteriede, H. Language of the book: German Vandenhoeck & Ruprecht, (2013) ISBN: 978-3-525-40448-5

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Issues of quality assurance and development in health promotion and disease prevention have become of high importance to the German health system within past years.

The Q^{HPS} procedure exemplarily closes a gap regarding the **Q**uality development of **H**ealth related **P**rogrammes in **S**chools. Prospects of success are expected to increase, if such programmes do not only address health issues, but also their conditions and primary objectives. The Q^{HPS} procedure accordingly combines quality criteria for measures of health promotion with such ones specific to schools.

With this book, readers are invited to discover the Q^{HPS} approach, find the criteria system fully explained and get detailed instructions on how to use it. This is additionally illustrated by an application example. Findings of its evaluation are finally reported.

Additional information can be found on the website www.ggps.de.

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