

School Health Awareness Promotion and Education

SHAPE programme

Dr.Nithyakalyani.P MBBS

No: 9, 54th street,

Ashoknagar, Chennai: 600 083

Phone: 489 2799, 3716091

E-mail: nithyapari@eth.net

**VEMUST-Value Education for Mutual Understanding & service
Trust**

Project Report

Summary

SHAPE will create awareness of positive health and impart knowledge and skills about health to adolescent school children. This would empower the children to take informed decisions regarding the physical, emotional, social and ethical aspects of health and become responsible for maintaining their overall health. This would help the young people to live a healthier, longer and more productive lives.

Healthcare crisis in Indian cities

India has achieved tremendous success in reducing mortality and disease since independence. However, with the urban population steadily increasing and suffering from both communicable and chronic diseases, Indian cities are facing a looming healthcare crisis.

Life style related diseases are causing a catastrophic impact, leading to increased hospitalisation and death. This has resulted in skyrocketing of medical treatment costs that the majority of Indians can ill-afford.

Today, the Indian health care delivery systems are unable to provide solutions for the “double burden” of communicable diseases and life-style related diseases. The incidence of malaria and enteric fever has reached epidemic proportions. At the same time the incidence of heart diseases and Diabetes Mellitus is increasing at an alarming rate.

School health – situation description

Indian children at schools have very little knowledge of healthy living. Though the reasons are many, the following are the most relevant:

- 1. The present-day education system is demanding**
The competitive nature of examinations puts pressure on the schools to produce good results. This burdens the children and forces them to be study-orientated and they hardly find time to develop other aspects of their personality. They are overloaded with schoolwork and homework and find little time to play.
- 2. Invasion of television into children's free time**
Television has changed the whole culture of childhood and growing up. A decade ago evenings were spent in playgrounds. Unfortunately, the present-day children spend most of their evenings in front of the television.
- 3. Marketing thrust of multinational food and beverage companies**
High profile advertisements are targeted to entice the youngsters. They indulge in junk foods that provide instant satisfaction but are harmful to their long-term health.
- 4. Lack of information on healthy living and ignorance of elders**
The adolescent years involve ‘growing up’ and coping with the physical, emotional and social changes. Children need a lot of support, counselling and guidance to channel their energies at this stage of their lives. There is lack of proper guidance to our youngsters at this critical period of their lives

Why is School health promotion important?

The best and most economical option available to curb this crisis is health promotion. As healthy living is a habit, this health promotion activity should be targeted at children and adolescents so that they adopt health-promoting practices.

Schools represent an excellent opportunity to address prevention of this urban crisis. The target group of adolescents are readily available in the schools. The learning environment will make it conducive to enable health promotion.

The WHO report on the state of world health, highlights the need to invest in promoting adolescent health to avoid such health crisis-“ Across the world some 2.3 billion people, about 40% of the total population, are aged under 20. Although teenagers and young adults are generally healthy, they are among the most vulnerable in terms of the diseases of society - poverty, exploitation, ignorance and risky behaviour. In squandering the health of its young, the world squanders its tomorrows. The behaviour patterns established in adolescence, highly influenced by the adult world, are of immense importance to an individual's life span and to public health as a whole”

The target population, we need to reach out is enormous. The children population in India at the secondary and senior secondary level (age group 12-16) as projected in 1996-97 by NSSO has been estimated at 9.66 crores. The total number of high schools and higher secondary schools in Tamil Nadu is close to 10,000. There are more than 85 lakh students who are studying in these schools (age group 11-18).

SHAPE – Vision for the 21st century

SHAPE (School Health Awareness Promotion and Education Programme) is our humble attempt to try and promote health among our young people so as to reverse this unhealthy trend of our nation's health.

SHAPE aims to bring about positive health awareness amongst adolescent school children and empower them with skills for a healthy and productive adulthood.

Goals

1. To conduct programmes to empower students, teachers and parents with the awareness of positive health in the spheres of physical, emotional and social well-being
2. To encourage student participation in adopting healthy lifestyles for lifetime
3. Make schools health promoting by introducing a comprehensive school health programme to cater to the needs of students and staff
4. To introduce health promotion as a part of middle and high school curriculum to inculcate positive health lifestyles amongst students

Work plan

Beneficiaries

The direct beneficiaries of the project will be students between the age group 14 to 18 years and teachers. The indirect beneficiaries would be the parents, local community and eventually our country.

Specific activities

To conduct programmes to empower students, teachers and parents with the awareness of positive health in the spheres of physical, emotional and social well-being.

1. Importance of health promotion and health awareness talks to school management and teachers.
 - These talks will explain the definition of health and that health is a positive state of physical, social and emotional well being not just being free from disease.
 - The fact that all aspects of health are interdependent will be emphasised.
 - The reasons and need for health promotion in schools and the role of teachers in this activity will be highlighted
2. Six modules of activity-based health awareness program to students in the presence of the class teachers
 - Module-1 - an introduction to positive health and disease
 - Module-2 -food and nutrition - eating the right food and the harmful effects of junk food.
 - Module-3 –physical fitness - assessing physical fitness. Exercises to become fit.
 - Module-4 - emotional health & stress management.
 - Module-5 - reading and remembering for exams the easy way.
 - Module-6 – basis of value-based living.
3. Health awareness talks in Parent-Teacher Association meetings.

To encourage student participation in adopting healthy lifestyles for lifetime

4. Formation of peer support group (Kshemam club) to promote student participation. Student volunteers from standards 8th, 9th and 11th can form groups that will meet fortnightly or monthly and carry out the following activities on topics relevant to healthy living:
 - Conduct debates on healthy living
 - Essay writing competition
 - Quiz Programs – related to healthy living
 - Exhibition – on healthy living

To introduce a comprehensive school health programme to cater to the needs of students and staff

5. Health education
6. Coordinating physical education activities
7. Providing health screening and health services
8. Nutrition services
9. Adolescent counselling and support services
10. Promoting healthy school environment
11. Health promotion for staff
12. Parent and community involvement

To introduce health promotion in the middle and high school curriculum

13. Prepare text books for use in standards 6 –12

Impact of activities

Activity	Impact
1, 2, 3	Will empower students, teachers and parents with the awareness of positive health in the spheres of physical, emotional and social well-being
4.	Will encourage student participation in adopting healthy lifestyles for lifetime
5-12	Will make schools health promoting and provide healthcare access to students
13	Will introduce health promotion in the middle and high school curriculum

Strategies

Step: 1. Meet school management and impress upon need for health promotion for adolescents

Step: 2. Deliver 2 talks to teachers–

Importance school health promotion in promoting nation's health

Positive health awareness

Step: 3. Start activity-based school health promotion modules

Step: 4. Formation of Kshemam clubs and initiate programs

Step: 5. Start comprehensive school health program

Step: 6. Prepare textbooks from standards 6th to 12th

Manpower

Initially a physician will start the programme. Then to carry out the various activities a core team should be formed consisting of

Health care providing team consisting of:

- Team of physicians
- Office secretary
- Nurse
- Student counsellor
- Nutritionist

School health promotion team consisting of:

- School principal
- School management representative
- Teachers' representative
- Parent representative
- Student representative

Action plan with dates

2002	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan
Activity: 1										
Activity: 2										
Activity: 3										
Activity: 4										
Activity: 5										
Activity: 6										

Activity: 1- Importance of health promotion and health awareness talks to school management and teachers

Activity: 2- Six modules of activity-based health awareness program to students in the presence of class

Activity: 3- Health awareness talks in Parent-Teacher Association meetings

Activity: 4-Form *Kshemam club* and promote the activities such as debates, essay writing competition,

Activity: 5 –comprehensive school health program

Activity: 6 -Prepare textbooks for use in standards 6–12

Budget

Expenses

Personnel expenses

Physician (Project coordinator)	20000.00
Office secretary	Rs.2000.00
Nurse	Rs.4000.00
Student counsellor	Rs.2500.00
Nutritionist	Rs.5000.00
Subtotal-A	Rs.33500.00

Overheads

Rent	Rs.4000.00
Electricity	Rs.500.00
Telephone	Rs.750.00
Stationery	Rs.2500.00
Office expenses	Rs.1000.00
Travelling expenses	Rs.2000.00
Subtotal-B	Rs.10750.00

Assets

Computer and Printer	Rs60000.00
Furniture	Rs.15000.00
Telephone deposit	Rs.3000.00
Rent deposit	Rs.24000.00
Subtotal-C	Rs.102000.00

Annual expenses

Year-1 (A+B) *12 + C	633000.00

Income

Earned income- from annual exhibitio

Contributed income- from donors

Total projected income

Background information

VEMUST was started in the year 1997 with the vision of reinforcing in society the value basis of physical, mental, intellectual and spiritual well being.

This Trust was formally registered on the 6th of March 1997 with Mr.M.Keshav an HRD consultant as its founder and Dr.Arjun Rajagopalan, Dr.R.Parivalavan, Dr.Biswarup Pal, Dr.V.B. Narayanamurthy and Dr.C.S.Ramachandran as member Trustees.

The major objectives set were:

- Invoke in society an empathy towards self, family, colleagues, community, the country and thereby mankind.
- Empower individuals to realize the potential of intellectual efficiency.
- Create and promote social awareness of systems to sustain positive health.
- Target and give emphasis to adolescent age group in schools to promote positive and holistic health ~~concepts~~.

Summary of Activities done to realize the objectives:

YEAR I (1997-98)

Base materials, modules and training curriculum were formulated to promote health programmes specifically to schools and to targeted audience. The outcome were three programmes which have been called as KSHEMAM which means – Kindle social health by medical Advice and management, SHAPE – School health awareness programme and CAP- Career Awareness Programme.

KSHEMAM: is a health awareness programme with its primary aim to promote health, prevent life style related diseases and to provide treatment and counselling to people afflicted with diseases.

SHAPE: is an unique student centred, activity based learning programme consisting of 90 minute modules targeting students of adolescent age. This module covers positive health concepts, diet & nutrition, tips for every day fitness, mind mechanics, total personality management and communication skills, improving memory skills.

CAP: Career Awareness Programme is a career guidance program for youngsters again targeting students of 8th to 12th class. The objective of this programme is to give the students a ringside view of the various professions to enable them to make a conscious choice in their careers.

Year II (1998-99)

VEMUST activities in this year were focused on Schools. A list of schools that were contacted to promote the school health programme is given below:

Three schools were contacted to initiate the school health programme. They are:

- Grace matriculation higher secondary school, Anna Nagar
- Anna Adharsh Matriculation School, Anna Nagar
- Chinmaya Vidyalaya, Anna Nagar

The modules of positive health were conducted in Chinmaya Vidyalaya, Annanagar. The children of the 8th standard were addressed.

Talks on Pulse polio program and general information on infectious diseases was delivered in the following institutions:

- Kothari academy
- Anna adharsh matriculation
- Rotary club of Chennai Patna

The above activities enabled VEMUST to make a dent into the educational institutions. As a second step VEMUST also initiated a clinic where a physician with the same perspective was posted. This clinic was aptly named as KSHEMAM Family clinic. People in need could any time walk in for counselling or treatment. This clinic was open on all weekdays during daytime.

Year III (1999-2000)

During this year one more school was included for the school health programme:

- Seetha Kingston House school, Chetput.

Health awareness sessions were extended to the community by conducting participatory programmes to the:

- Anna Nagar A-Block Ladies Association and
- Women of Resident's Association of Bharat Petroleum colony, Annanagar.

The KSHEMAM family clinic continued to function. This clinic also enabled VEMUST to identify the needs of the community and helped us to select areas where we had to intervene.

An offshoot of such learning was the one-week workshop for teenage girls on health and fitness. The concept of physical health, mental health, intellectual health, social health and spiritual health was dealt at length. This age group was chosen as they fall into a specific category, being too old for a paediatrician and too young for an adult doctor. This was a very useful and unique opportunity for the participants to discover themselves and clear all their doubts on health aspects. They also requested for a follow up to this workshop.

The students of Terapanth Vidyalaya diploma in eves grooming were also given a workshop on positive health as part of their curriculum.

Year IV (2000-01)

The school health programme was strengthened with the addition of one more school,

- Presidency school for girls, Poonamallee High road.

During mid year a major Diabetic and hypertension screening in the working area was conducted. This was done through a one-week free camp followed by a half a day diet workshop for the identified Diabetics. Nearly one hundred adults were screened and benefited out of this **intervention**.

To respond to the earlier teenage girl's request for a follow up, another workshop was conducted for that target group. This was a two-day workshop. During this workshop, body skills, mind skills, social skills were introduced, which would lead them to healthy living and positive thinking.

Also as part of community work working women and housewives of the employees of IIT, Chennai were addressed to on the subject of positive and holistic health.

Year V (2001-02)

All the programmes thus far done were only through personal donations of well wishers and Trustees. None was through a formal funding source. We realized that this kind of ad-hoc contributions cannot achieve much.. Hence we have now initiated the process of formulating long term, need based, and comprehensive projects to carry out our mission. The past four years have been a great learning process for the trust. This has inspired the trust to formulate 3 focus areas for the future.

Future Plans:

- Comprehensive school health programmes- SHAPE (this project)
- Career awareness Programmes – A day in the life of....
- Health insurance programmes for underprivileged students – Arokya Dhan scheme