

Seminar on Strengthening Health Promoting School

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Organizers



Collaborator



Healthy Life Style among students

Dr. Soe Min Oo

MB,BS, MPH, Dip in Nutrition, MS Epidemiology(UCLA)

School Health Division

Department of Public Health

Outline of presentation

- **Health Promoting School**
- **Challenges of Implementation**
- **Ways forward to have healthy life style among students**



Objective

To Promote Healthy Life Style among students by Strengthening Health Promoting School Activities

Health Promoting School

‘A Health promoting school (HPS) is a school that constantly seeks to strengthen its capacity to promote healthy living, learning and working condition’ (WHO)



Health Promoting School

- Multi-sectorial in nature(e.g., School Feeding Program)
- Two Main Partners need coordination
 1. Ministry of Health and Sports- **Technical Support**
 2. Ministry of Education- **Main implementers (Schools)**



Nine components of Health Promoting School



School-based Health Literacy promotion



School Environmental Sanitation



Disease control



School Nutrition Promotion and food safety



School Medical Examination



Community Outreach



Counseling and Social support



Research and Training



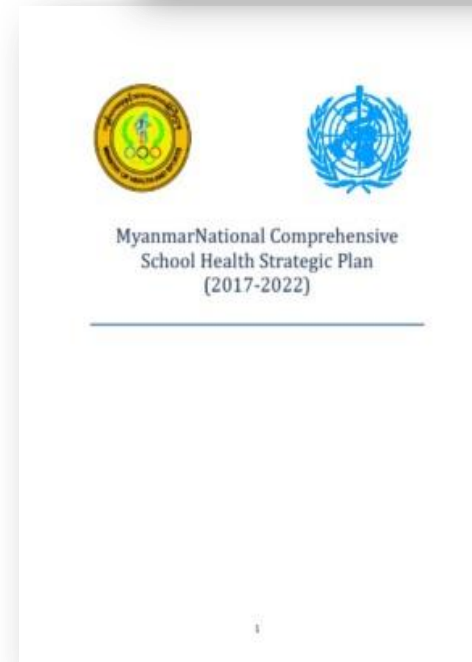
Physical Education and Sports

What are the challenges of implementation ?

- Lack of **national policy** for school health
- **Collaboration** with other supportive programmes
- Inadequate **funding**, lack of sufficient attention to the existing potential capacities
- **Shortage of resources** and lack of a robust platform for program execution Turnover of focal staff
- The **interest and commitment of the local health and education teams**
- The **guidance and clear direction for the operationalization**
- **Social media influences** and the unreliable source of information

What we have?

1. Political Commitment
2. School health committee
3. School Health Strategic Plan
4. School health manuals and Guidelines
5. School Health Team
6. School Health Focal Persons



What we need ?

1.School health Policy

2.School Health Law & Law enforcement

3.Coordination- PTA/Teacher/Students

4.Budget

5.Innovative Approach

6.School Health Champions

Strategies:

Strengthening Health Promoting Schools with
Six Innovative Approaches

Six Well Innovative Approaches

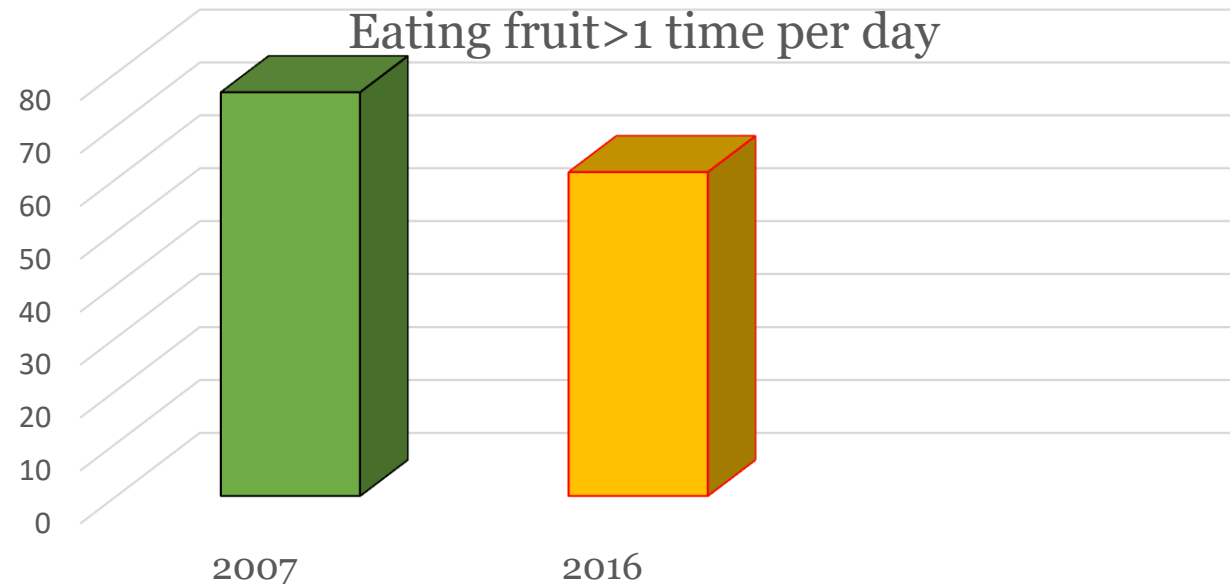




Eat
Well

Less fruit eating than the last decade

- Less than 1 out of 5 students eat fruits two or more times and eat vegetables three or more times a day.
- The proportion of 13–15-year-old students eating fruit one or more times per day declined from 76.3% to 61.2%



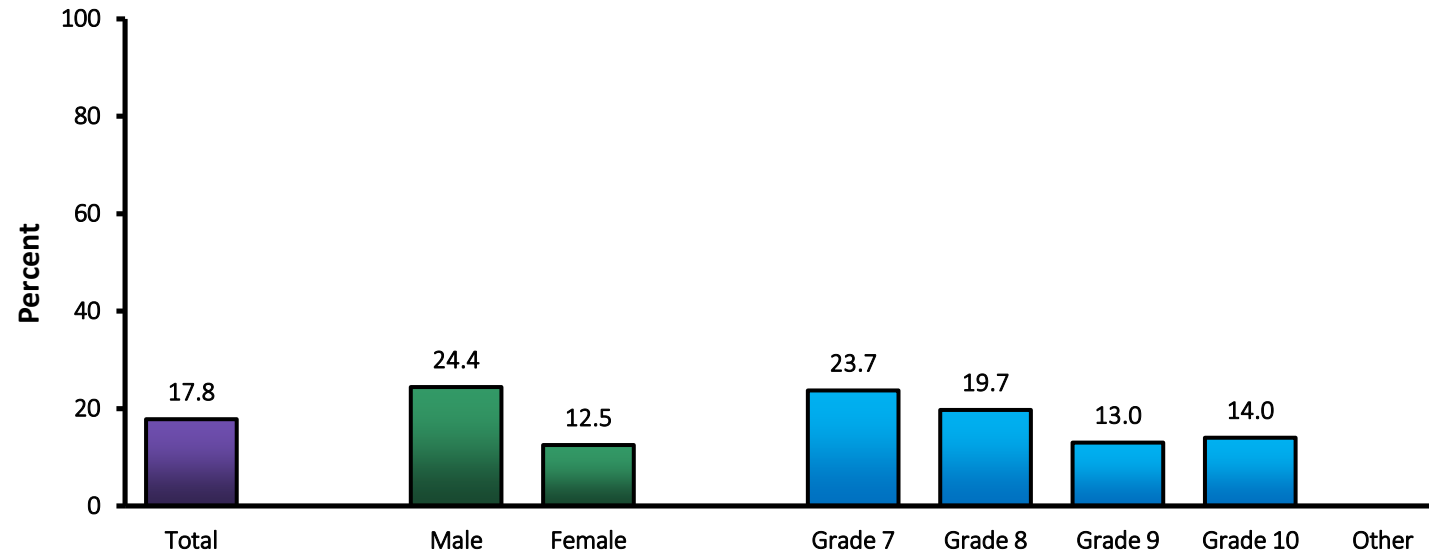
(2007 Myanmar GSHS Vs 2016 Myanmar GSHS)

More soft drink....More junk food

- About 45% of the students reported drinking carbonated soft drinks one or more times per day and
- 46.4% reported eating junk food on two or more days in the past 7 days.



Percentage of High School Students Who Were Underweight



2 out of 10 High School Students are underweight

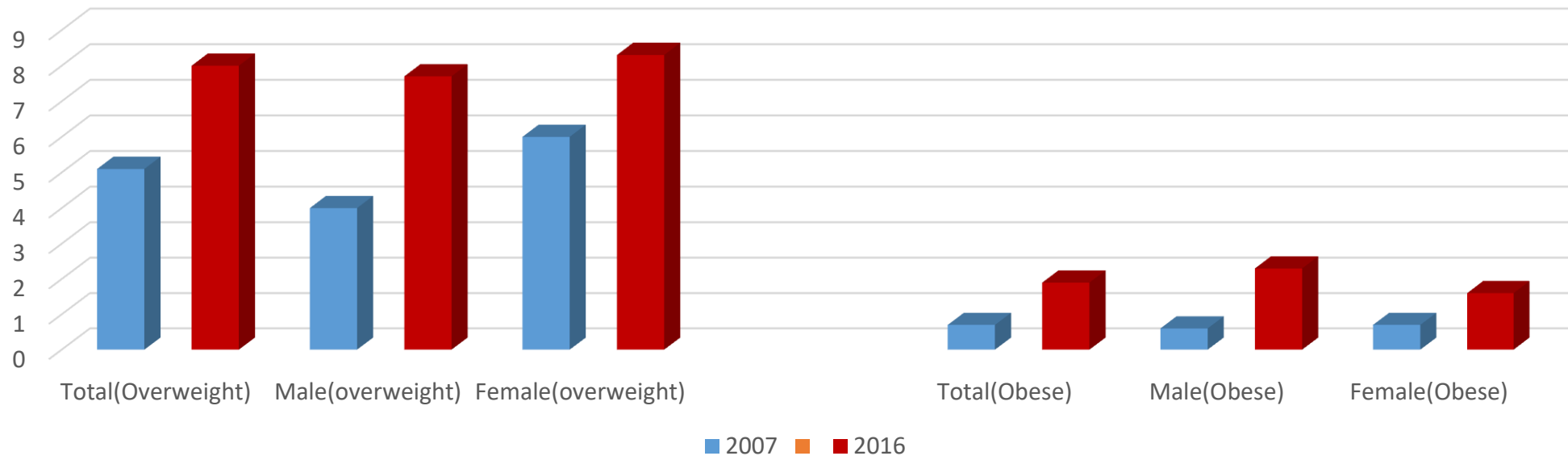
* $<-2SD$ from median for BMI by age and sex

[†]M > F; Grade 7 > Grade 9, Grade 7 > Grade 10 (Based on t-test analysis, $p < 0.05$.)

Missing bar indicates fewer than 100 students in this subgroup.

Note: This graph contains weighted results.

Percentage of students who are overweight and obese

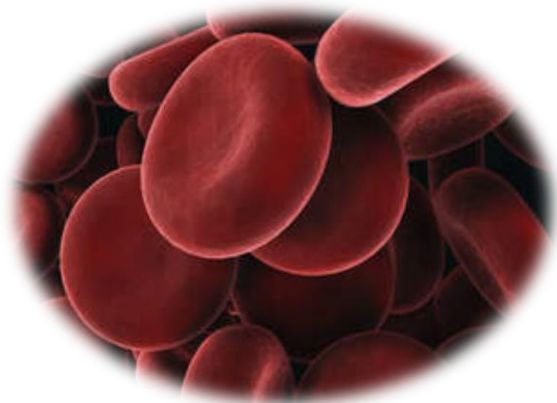


Becoming more overweight and obese

(2007 Myanmar GSHS Vs 2016 Myanmar GSHS)

Prevalence of **Anemia** among Myanmar Adolescent girls

Background characteristic		Anemia status by hemoglobin level			
		Any	Mild	Moderate	Severe
	Not pregnant	<12.0 g/dl	10.0-11.9 g/dl	7.0-9.9 g/dl	<7.0 g/dl
	Pregnant	< 11.0 g/dl)	10.0-10.9 g/dl)	7.0-9.9 g/dl)	< 7.0 g/dl)
Age 15-19		45.4	36.7	8.3	0.4



(Myanmar DHS 2015-16)



Nutrition education through School Feeding Program

(School Health Committee: School Principle, PTA, Students, School Health Teams)



Food safety in School Canteen

More than half of the students consumed foods with the FDA-prohibited colors.

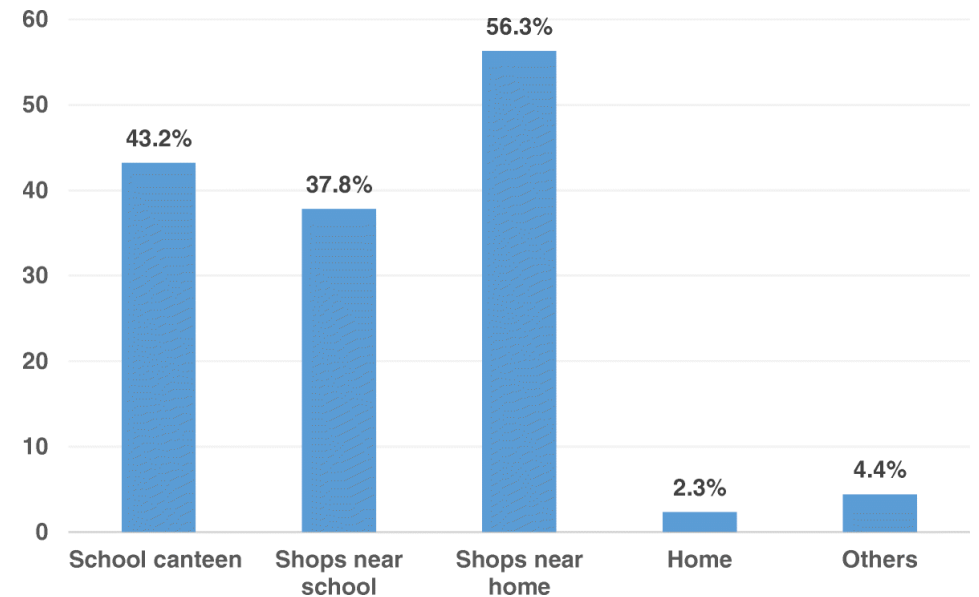
suburban schools

unsafe foods accessible at their school canteen

seventh graders, and students with a less educated father.

School food safety programs, which focus on preventing consumption of foods containing FDA-prohibited artificial colors, are urgently required.

Food safety regulation is also required to ban the sale of unsafe food in school canteens.



Source: Consumption of foods containing prohibited artificial colors among middle-school children in Nay Pyi Taw union territory, Myanmar Nwe Oo, et al: BMC Public Health201919:344
<https://doi.org/10.1186/s12889-019-6669-5>

Food-focused courses in the schools/ universities



Cooking workshops and Demonstration in the schools & universities




Farmers' Market near campus



Rationale

At household levels, women form the majority of group to handle the kitchens in Myanmar.



Causes
Such disadvantageous groups suffer not only because of poverty but also because of cultural beliefs, taboos, prejudices, and superstitions.

Food Handling Role
All these have a strong bearing on attitude formation which in turn affects health and nutritional care of children in which women plays the primary and active role

The Study Undertaken
to know the prevailing knowledge, attitude, and practices (KAP) of food safety among food handling women in the community, to minimize foodborne infections and outbreaks in the community.

5

“ Intervention Group

women and girl who has age between 14 Years and above because the young women are key food handling in context of Shan State most of the young women from every household are taking responsible for buying, handing, cooking foods for their respective families

Empirical Study of Among Women above the Age of 14 Years of Rural Urban & Tribal Areas of Pa-O Self-Administered Zone of Shan State eastern-central Myanmar

UPDATED CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS: CHILD AND ADULT MEALS



Developing National School Feeding Framework

Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	1 oz eq*	2 servings	2 oz eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.
Oz eq = ounce equivalents

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	⅓ cup	½ cup	¼ cup	¾ cup	½ cup	1 cup	½ cup
Fruits		⅓ cup		¼ cup		¼ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	2 servings	2 oz eq

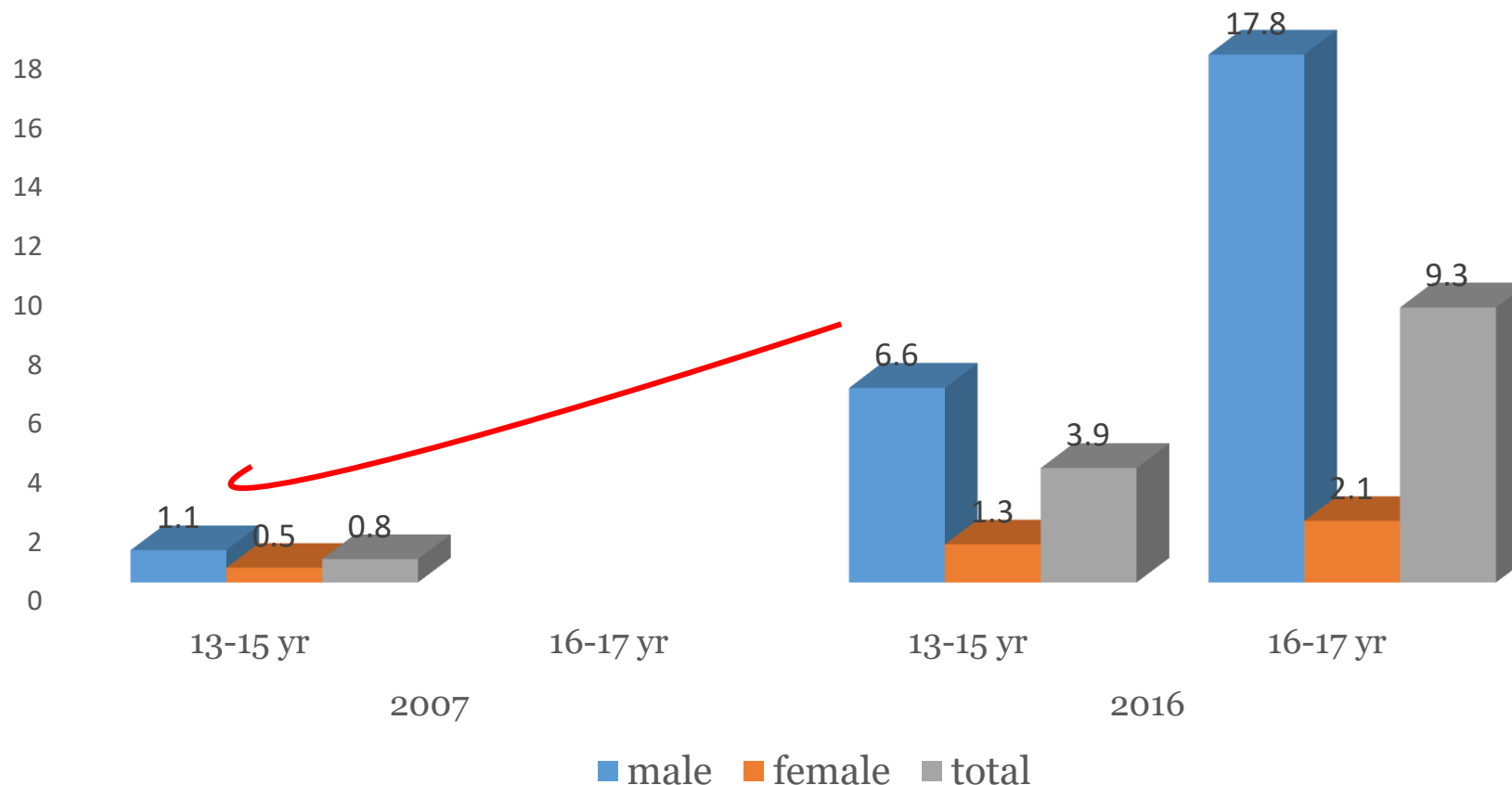
*A serving of milk is not required at supper meals for adults
Oz eq = ounce equivalents





Live
Well

Percentage of students who currently drank alcohol



More students are becoming drinking alcohol than the last decade.

(2007 Myanmar GSHS Vs 2016 Myanmar GSHS)



SAY NO TO ALCOHOL CAMPAIGN

Live
Well



SUSTAINABLE SCHOOL GARDENS



DIABETES PREVENTION PROGRAM

SCHOOL BEAUTIFICATION DAY

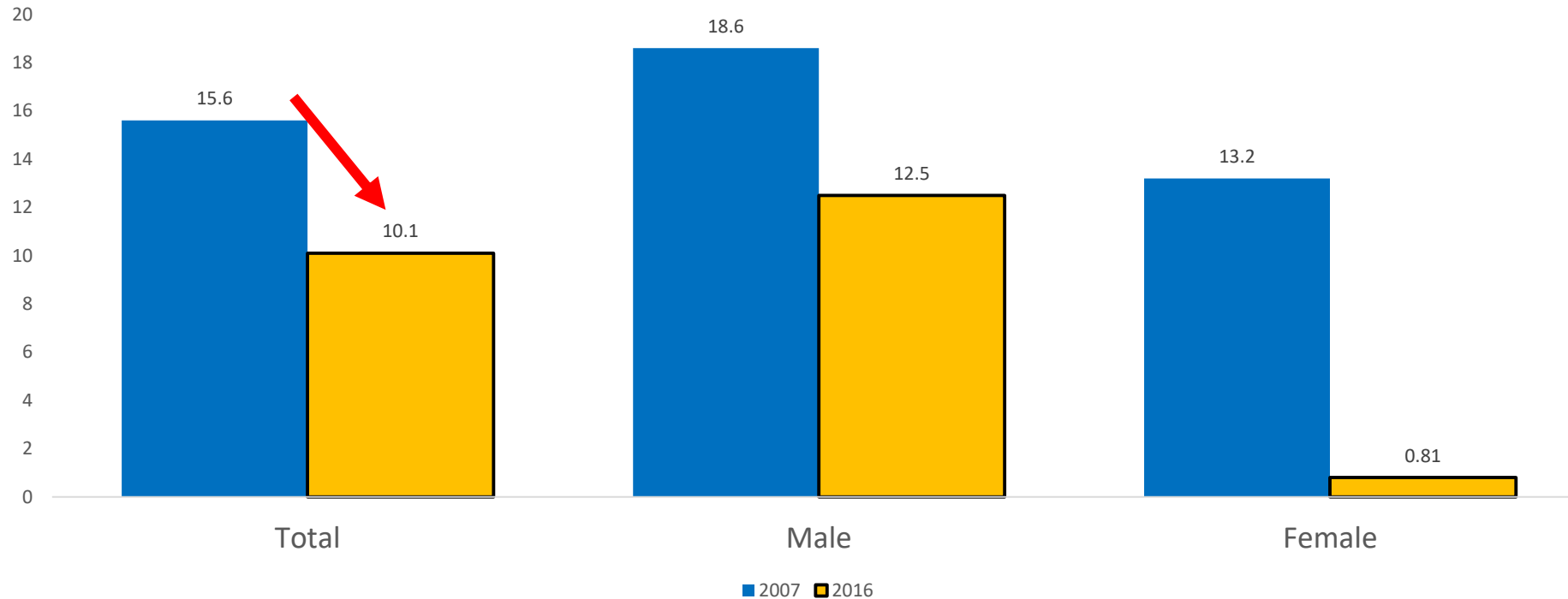


Campus Cleaning Activities



Move
Well

Percentage of students were physically active (at least 60 minutes per day on all 7 days)

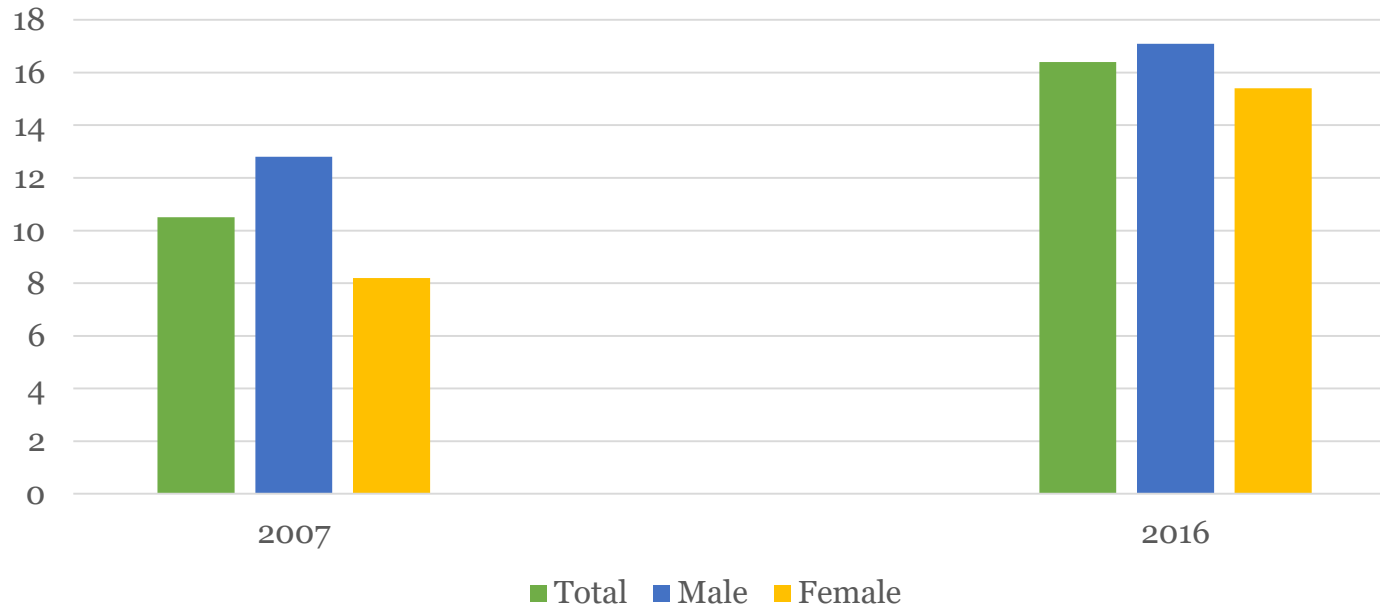


Only 1 out of 10 adolescents were physically active!

Less Physically active and.....

(2007 Myanmar GSHS Vs 2016 Myanmar GSHS)

Percentage of students who spent three or more hours per day (doing sitting activities including screen time)



1 out of 6 adolescents had sedentary life style including prolong screen time!

More prolonged Screen Time during the screen time era.....

(2007 Myanmar GSHS Vs 2016 Myanmar GSHS)

- Creating groups working collaboratively in physical health,
- Taking the lead in improving one's own physical fitness



RECREATION FACILITIES

EXERCISE CLASSES

ACTIVE BREAKS

STUDENTS LED HIKING ASSOCIATION

FITNESS DANCE CLASSES

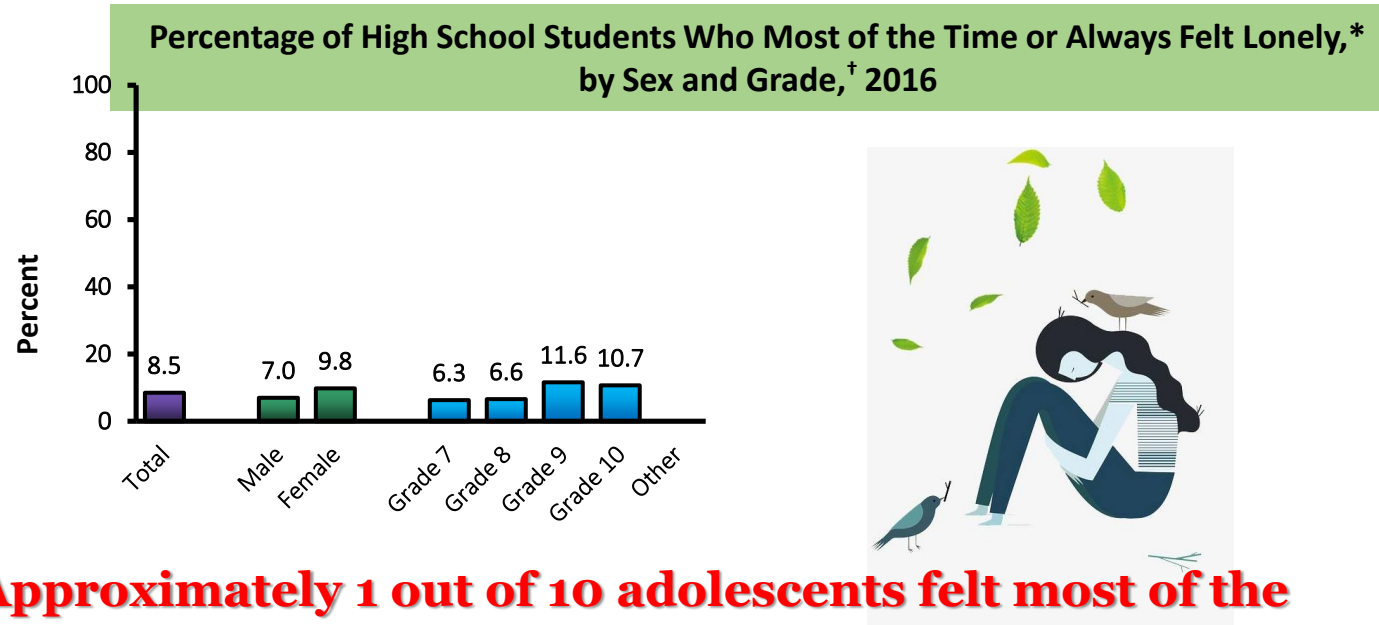
PHYSICAL HEALTH PROGRAMS

TEAM SPORTS



Mind
Well

Students who Felt Lonely



Approximately 1 out of 10 adolescents felt most of the time or always felt lonely

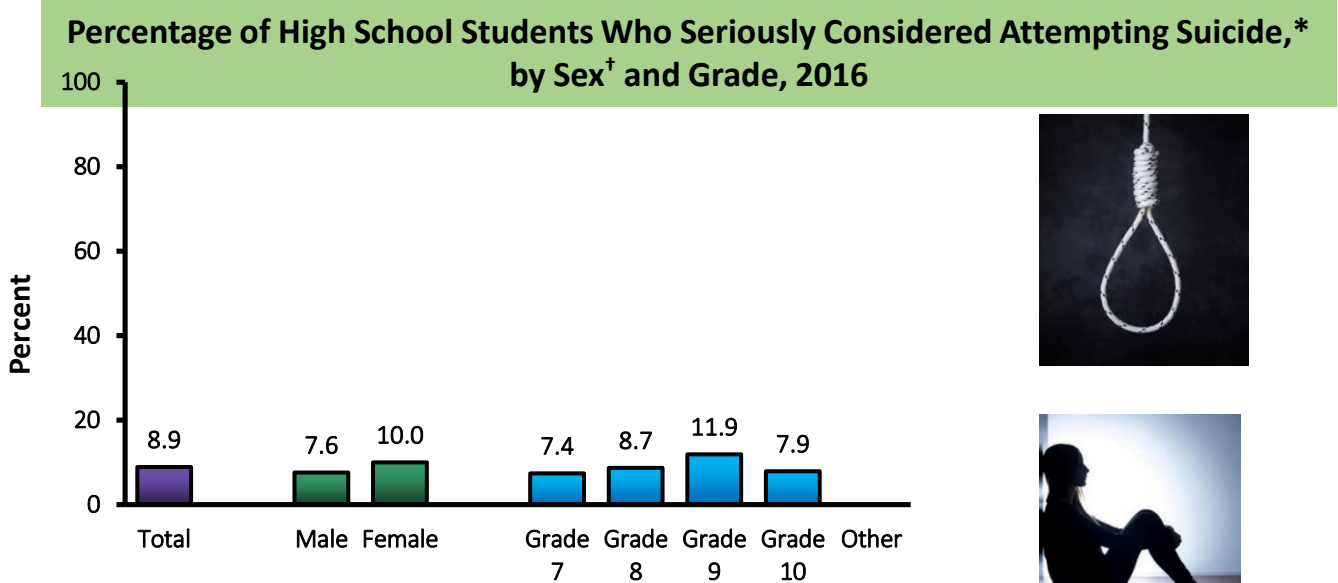
*During the 12 months before the survey

†Grade 9 > Grade 7, Grade 10 > Grade 7, Grade 10 > Grade 8 (Based on t-test analysis, $p < 0.05$.)

Missing bar indicates fewer than 100 students in this subgroup.

Note: This graph contains weighted results.

Students who considered attempting suicide



Approximately 1 out of 10 adolescents seriously considered attempting suicide

*During the 12 months before the survey
[†]F > M (Based on t-test analysis, p < 0.05.)
Missing bar indicates fewer than 100 students in this subgroup.
Note: This graph contains weighted results.

- To promote wellbeing, resilience, social connectedness, and creative achievement

STUDENT GROUPS FOR WELLNESS

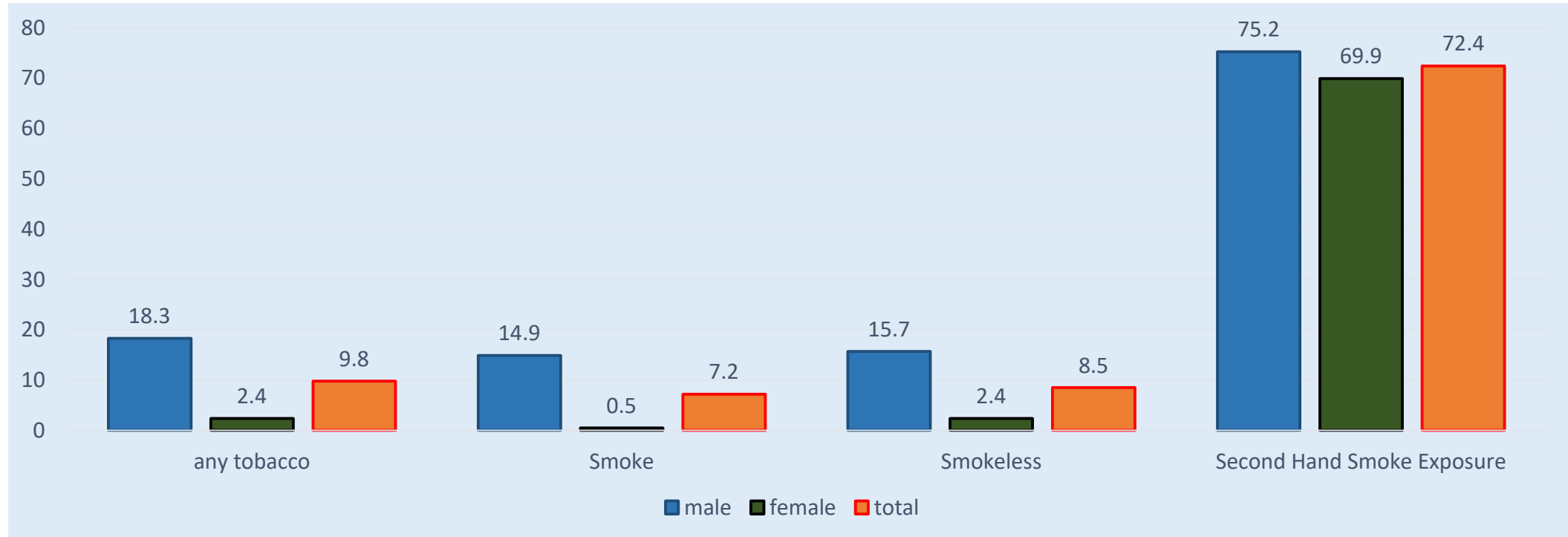


- **Active Minds Movement**-Activities that promotes mental health awareness on campus including meditation/ mindfulness classes
- **Yoga classes**- school students
- **Cultural show/Dance**
- **Ribbon Movements**- eg HIV/AIDS campaign, Mental Health Campaign



Breath
Well

Current tobacco usage among 13-17 years old students



About two thirds of students(68.6%) had tried tobacco before the age of 14 years.

The current use of smokeless tobacco is slightly higher than smoked tobacco.

Adolescents have very high rates of SHS exposure, including from parents at home.

(2016 Myanmar GSHS)



- To lead the way in reducing tobacco use and secondhand smoke exposure for our students, faculty, staff, and visitors and forming a tobacco-free environment

**Breath
Well**



SMOKING CESSATION RESOURCES

- To offer quit support to both students and employees.
- All tobacco users who want to quit are encouraged to call the free Smokers Helpline
- Students with can access smoking cessation benefits through the University Hospitals

Smoke Free Champions approach-

1. Provide live training about evidence-based treatments for smoking cessation and tips on how to maintain a smoke-free environment.
2. Provide educational resources, materials and referrals to any interested persons seeking information about smoking cessation.
3. Serve as an advocate to speak with patients and their families regarding the university smoke-free policy and smoking cessation programs.
4. Communicate patient, visitor, staff and faculty feedback regarding the university Smoke Free Policy

Campaigns

- Tips from Former Smokers
- Apps for smartphone or tablet to help smoker quit.
- Getting text message to help quit smoking
- Community awareness campaign



quitSTART app



QuitGuide app



Be
Well

- To create clean, green campus spaces that facilitate safe and active transportation, integrate physical activity into everyday life, reduce stress, and promote social engagement.



Clean Campus Movement



၂၀၁၉ ခုနှစ်၊ (၁၀) ကြိမ်မြောက်၊
ပြည်သူ့ဂုဏ်ရည်အထူးဆု






CLEAN YANGON
ချစ်ရှင်းသော ရန်ကုန်

ပြုစုစောင့်ရှောက်ရန်အတွက် အားပေးပူးပေါင်းပါဝင်စို့
Clean Our City Together.

BICYCLING

- [Bicycle Friendly University](#)
- [Cycling Club](#)
- [Bike Map](#): includes bike routes, racks, repair stands, pumps etc
- [Cyclist's Corner](#): bike routes to universities and other key bike resources.
- [Bike Safety and Regulations](#)



Safe Walk Lane for Students

What we need ?

- 1.School health Policy**
- 2.School Health Law & Law enforcement**
- 3.Coordination- PTA/Teacher/Students**
- 4.Budget**
- 5.Innovative Approach**
- 6.School Health Champions**
- 7. Monitoring and Evaluation Frame work**



**THANK YOU
FOR YOUR KIND
ATTENTION!**