



Health education in Primary health care

National Institute for Public Health
10. 12. 2014

Health education

is defined as any activity which promotes health through learning to improve health literacy, including knowledge and developing life skills which are conducive to individual and community health.

Main targets groups:

- Parents to be
- Pre-school children and their parents
- School children and adolescents
- Health professionals, professionals in schools and others

Health education for children and adolescents in Slovenia

Antenatal/prenatal health education

Comprehensive standardized program for pregnant women and their partners.

Health education for pre-school children and their parents

Health education for pre-school children and parents during periodically medical examinations (individual HE and group work carried out by registered nurses).

Health education for pre-school children in kindergardens (by health professionals)

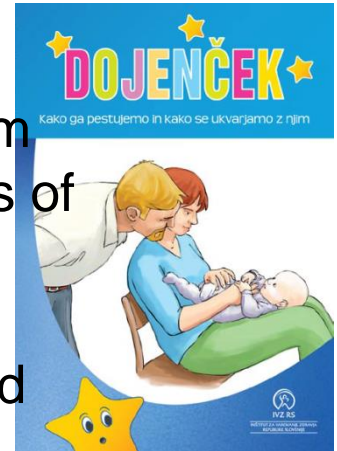
Health education for school children and adolescents (in three pillars):

- Health education during periodically medical examinations (by medical professionals)
- Health education in school (by medical professionals)
- Health education in school (by school professionals or others)

Health education for pre-school children and their parents

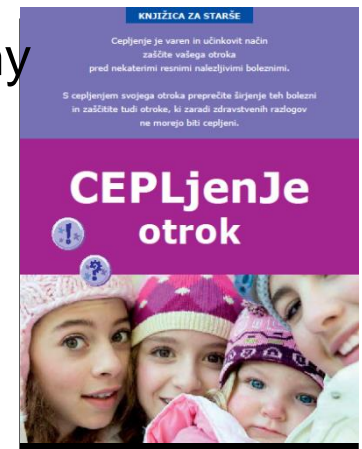
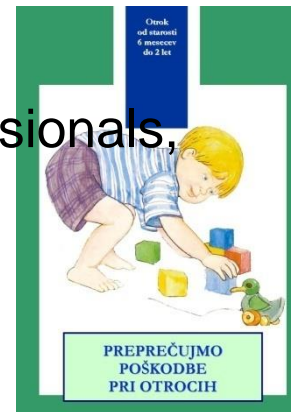
Aims:

- to ensure that parents get the relevant information, knowledge, skills and competencies that would enable them to facilitate decisions related to health and healthy lifestyles of their children and the whole family
- practical help and support in everyday life,
- the information: accurate, clear, practical, professional and reliable.



Main topics: emotional and physical development, injury prevention, environment and health, breastfeeding, healthy diet, dental health, sleeping, crying ...

Materials: prepared instruction for professionals, brochures/flyers for users



Health education for school children and adolescents I.

Health education during periodically medical examinations (by medical professionals) – workgroups, individual approach

Main topics: healthy habits, more active leisure time, growing up, physical activity, body image, sexual education



Materials: prepared instruction for professionals, brochures/flyers for users



Health education for school children and adolescents II.

Health education in school (by medical professionals) – workgroups, project work, lectures ...

Main topics: healthy habits, mental and emotional health (self-esteem, interpersonal relationships, sexual education, prevention of drugs, alcohol and tobacco use, injury prevention ...)

Materials: prepared instruction for professionals, brochures/flyers for users



Main challenges for future:

- Building a relationship between parents, school/kindergarden and school health staff
- To ensure that all children have an appropriate (user friendly) programmes of health education
- Delivering health promotion, depending on needs of the school/kindergarden
- Provide in-service training for health professionals (pedagogical knowledge, communication, motivation...)
- Present programmes are not adapted enough to vulnerable/disadvantaged groups (drop-outs, with special needs, at risk ...).