



# How can we effectively promote health, wellbeing and attainment for all?



**World Health  
Organization**

REGIONAL OFFICE FOR  
**Europe**



**Organisation  
mondiale de la Santé**

BUREAU RÉGIONAL DE L'  
**Europe**



**Weltgesundheitsorganisation**

REGIONALBÜRO FÜR  
**Europa**



**Всемирная организация  
здравоохранения**

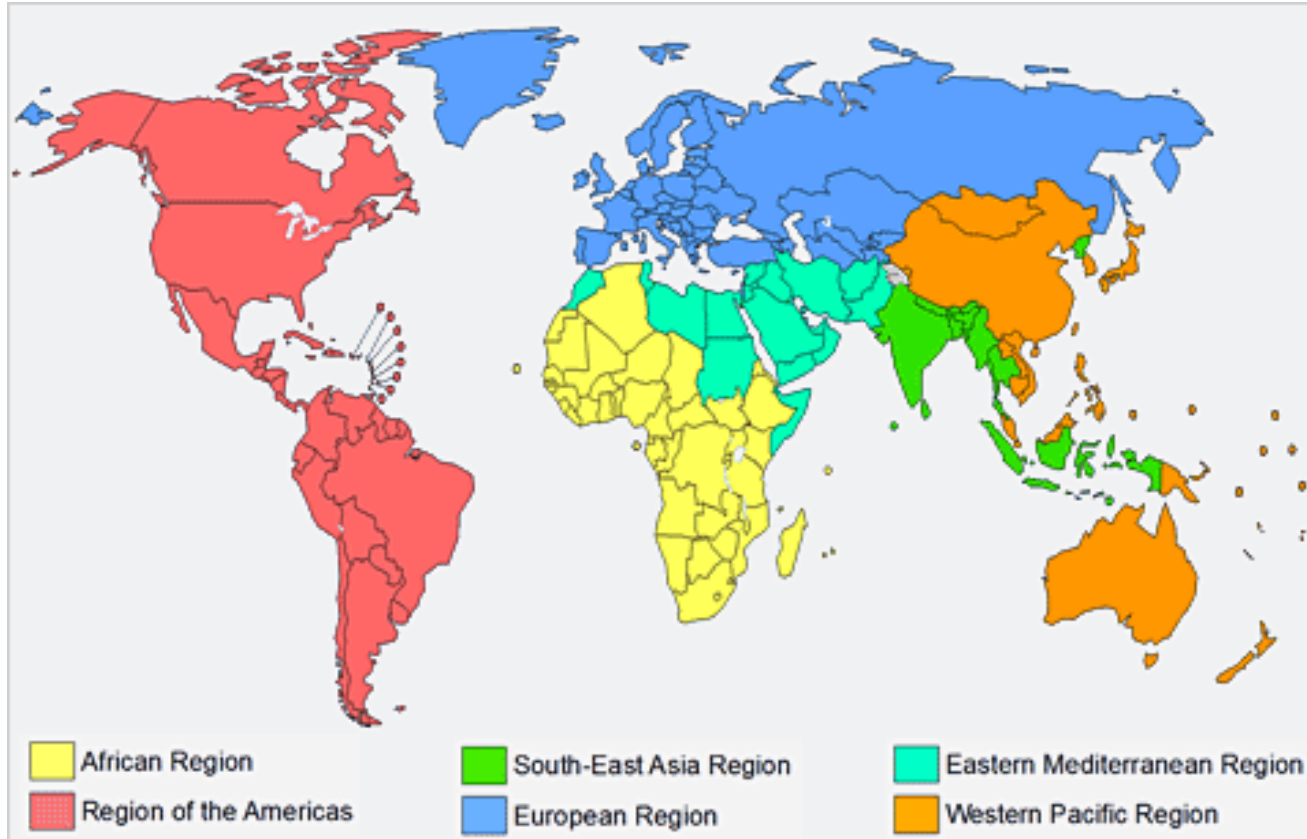
**Европейское** региональное бюро

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Galway, 13<sup>th</sup> June 2019

” Building a Healthy Ireland: Promoting Health  
and Wellbeing in Educational Settings” NUI Galway

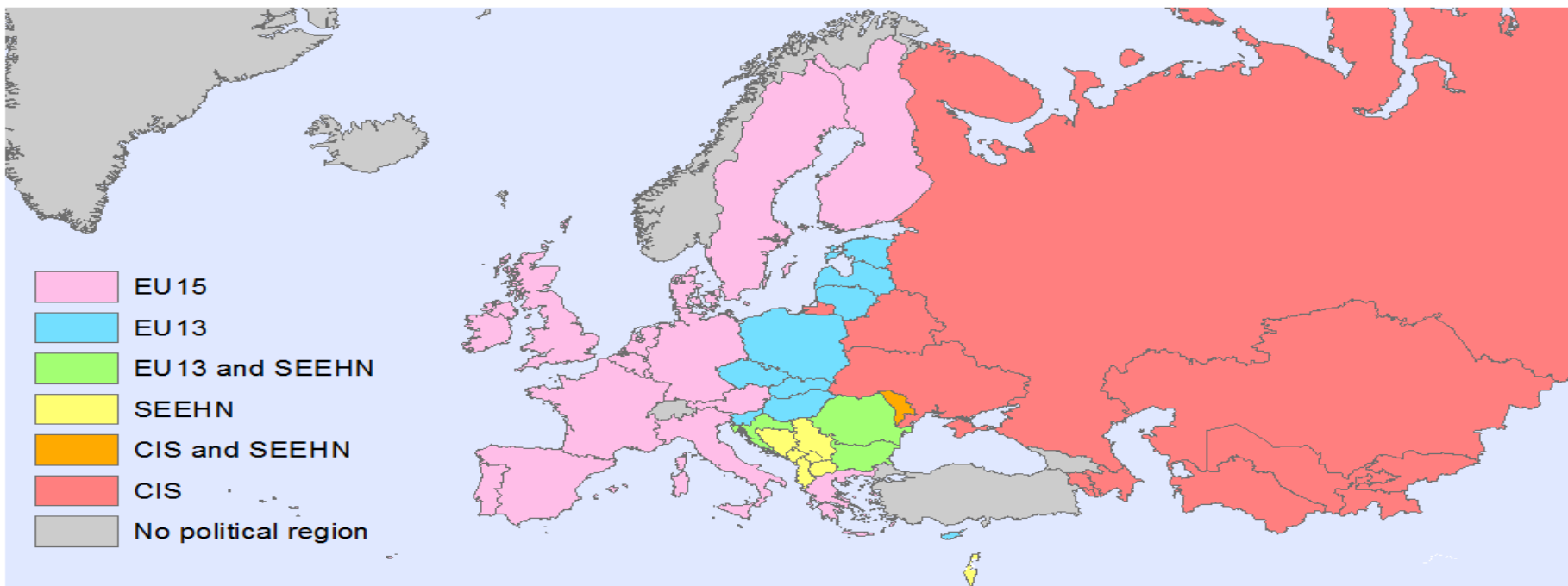
# WHO European Region: a region of great contrast



# 53 Member States

|                        |                |             |                     |                |
|------------------------|----------------|-------------|---------------------|----------------|
| Albania                | Czech Republic | Israel      | North Macedonia     | Spain          |
| Andorra                | Denmark        | Italy       | Norway              | Sweden         |
| Armenia                | Estonia        | Kazakhstan  | Poland              | Switzerland    |
| Austria                | Finland        | Kyrgyzstan  | Portugal            | Tajikistan     |
| Azerbaijan             | France         | Latvia      | Republic of Moldova | Turkey         |
| Belarus                | Georgia        | Lithuania   | Romania             | Turkmenistan   |
| Belgium                | Germany        | Luxembourg  | Russian Federation  | Ukraine        |
| Bosnia and Herzegovina | Greece         | Malta       | San Marino          | United Kingdom |
| Bulgaria               | Hungary        | Monaco      | Serbia              | Uzbekistan     |
| Croatia                | Iceland        | Montenegro  | Slovakia            |                |
| Cyprus                 | Ireland        | Netherlands | Slovenia            |                |

# WHO European Region, a region of great contrast

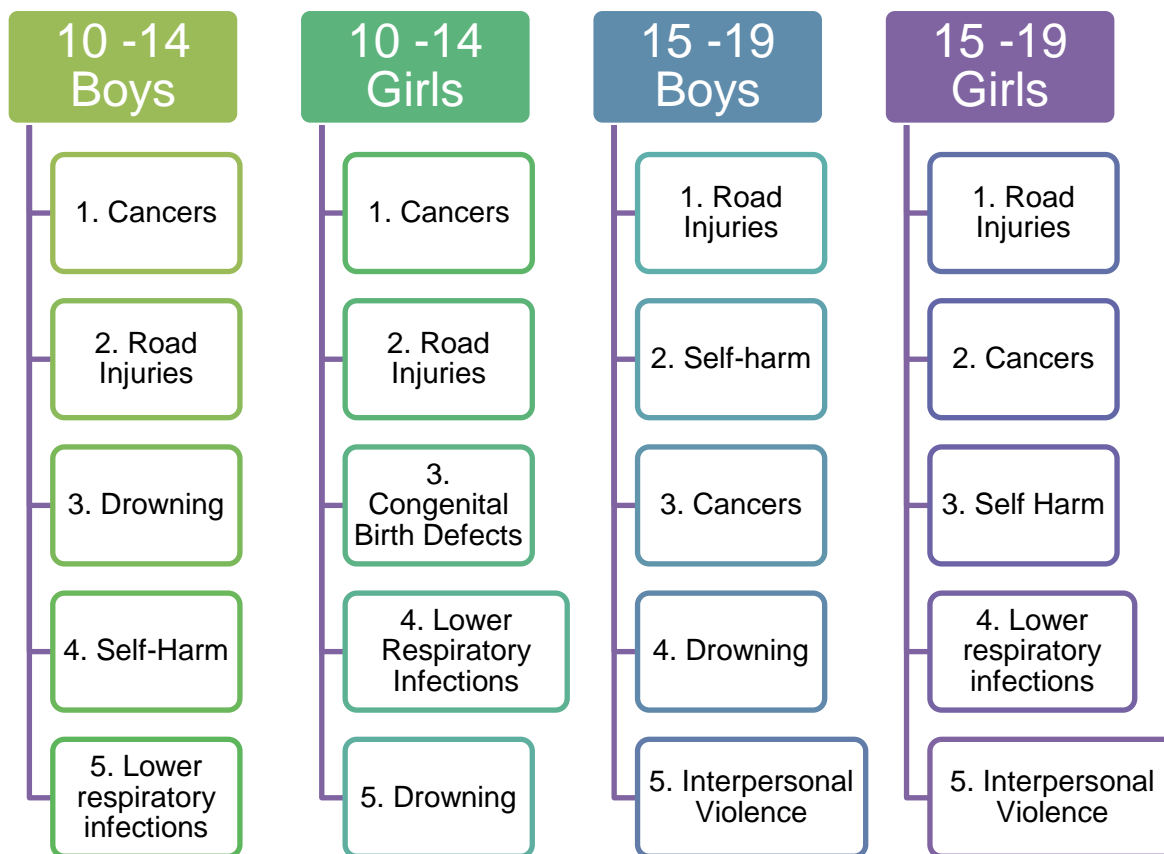


# Two questions for you

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- Why are you here?
- Why do you care about improving health and wellbeing in education settings?

# The 5 main causes of death: 10-19yrs old in WHO European Region\*



# Healthy years of life lost in region each year

Around 9 million each year

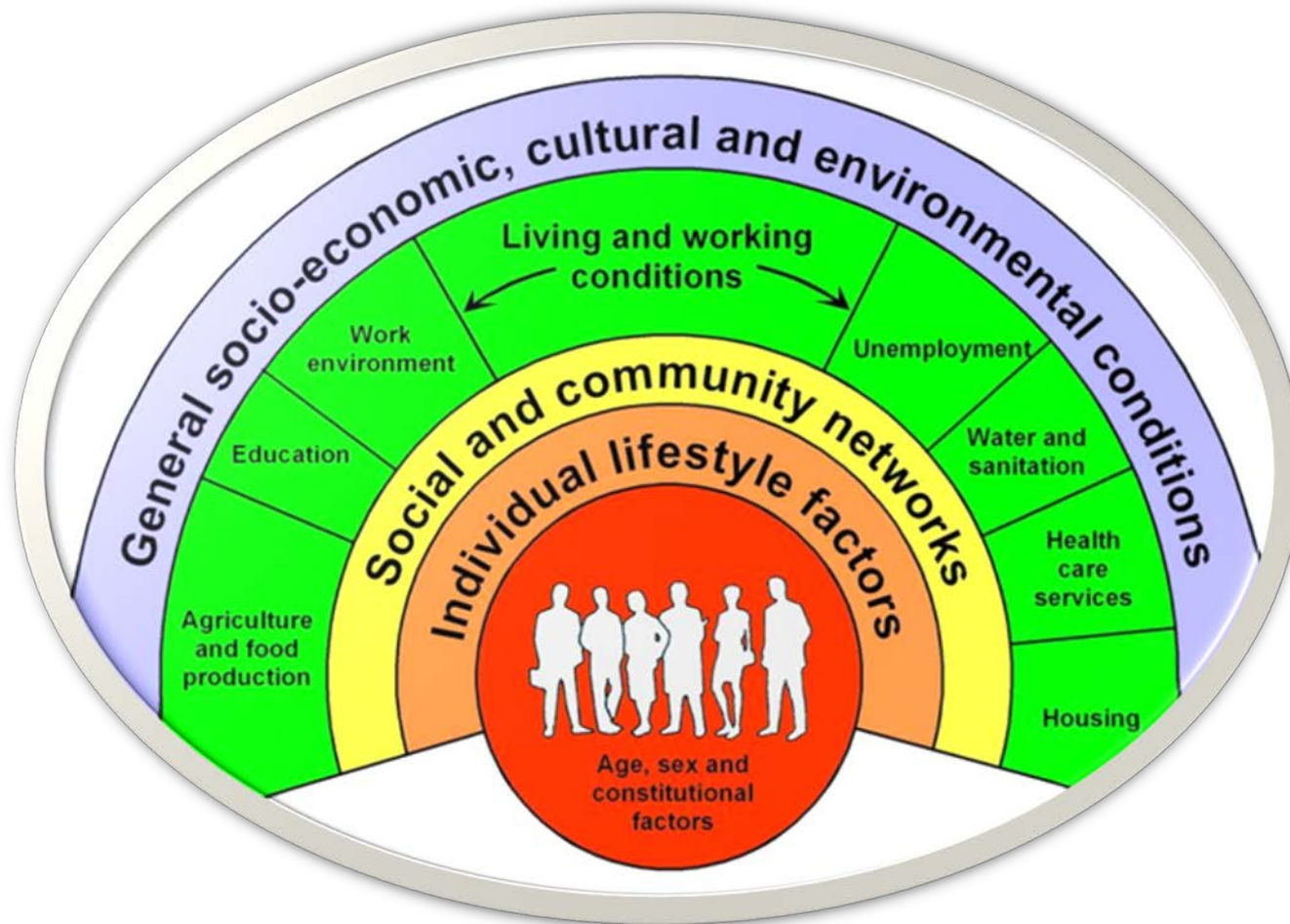
Mental  
Health  
Problems

Somatic  
issues

Injury



# The Social Determinants of Health





**“Ultimately, promotion of education and health are synergistic goals, both of which are essential for wellbeing and generating human capital; health and wellbeing interventions boost educational attainment while education boosts health and wellbeing’**

Source: Our future: a Lancet Commission on adolescent health and wellbeing (2016)

# Attainment Inequality

- Mirrors health inequality - strong relationship between socio-economic status and achievement
- An attainment gap begins to develop in pre-school and continues throughout formal schooling
- Students from higher socio-economic backgrounds are more likely to go on to tertiary education
- Lower attainment linked to poor health and increased mortality in adulthood.

# Double wins - Health and Education

Interventions that can improve health and reduce attainment inequality:

- Positive school climate
- Universal school-based social and emotional learning programmes
- Healthy nutritious lunches
- High quality out of school care e.g. breakfast clubs, play and activities, youth work

# European Adaptation



## **Section 1: Why take action on adolescent health and wellbeing?**

What is special about adolescents and why investing in them results in long term societal benefits

## **Section 2: The WHO European Region, a region of great contrasts**

Recent data on mortality and morbidity among adolescents in the region

## **Section 3: Acting on Adolescent Health**

WHO Europe guidance on planning and implementing plans, programmes and interventions.

- Includes example evidence based interventions from AA-HA!

Appendices with links to case studies in European countries, from AA-HA and others compiled by the Regional Office.



# SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD

**1** NO POVERTY

**2** ZERO HUNGER

**3** GOOD HEALTH AND WELL-BEING

**4** QUALITY EDUCATION

**5** GENDER EQUALITY

**6** CLEAN WATER AND SANITATION

**7** AFFORDABLE AND CLEAN ENERGY

**8** DECENT WORK AND ECONOMIC GROWTH

**9** INDUSTRY, INNOVATION AND INFRASTRUCTURE

**10** REDUCED INEQUALITIES

**11** SUSTAINABLE CITIES AND COMMUNITIES

**12** RESPONSIBLE CONSUMPTION AND PRODUCTION

**13** CLIMATE ACTION

**14** LIFE BELOW WATER

**15** LIFE ON LAND

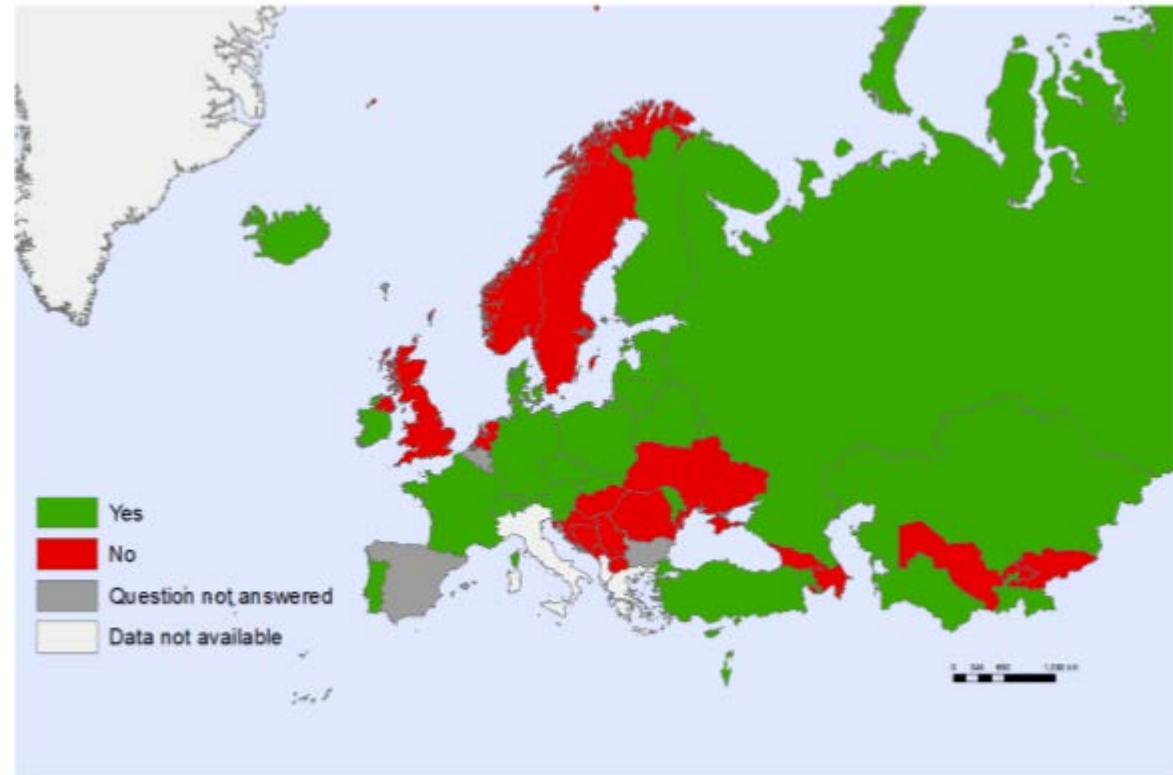
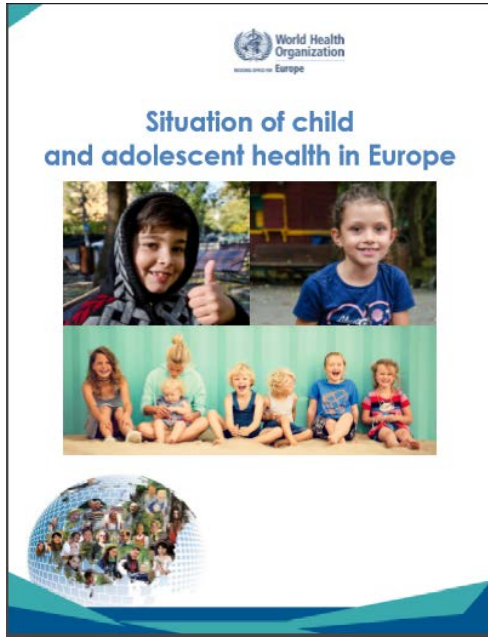
**16** PEACE, JUSTICE AND STRONG INSTITUTIONS

**17** PARTNERSHIPS FOR THE GOALS

SUSTAINABLE DEVELOPMENT GOALS

# National strategy on health promoting schools in place?

28 countries – yes  
16 countries – no



<http://www.euro.who.int/en/publications/abstracts/situation-of-child-and-adolescent-health-in-europe-2018>

# Legislation, policies or regulations for the provision of school health services in place (countries)



43 Countries



# The current strategy (2015-2020)



## Priorities:

- Making children's lives visible
- Reducing preventable death and infectious disease
- Supporting growth and development
- Reduce exposure to violence
- Creating a tobacco-free generation
- Healthy eating
- Reducing depression
- Protecting against environmental risks

# A new WHO strategy (2020-2030)



## Key aims:

- Align child and adolescent health priorities and action to the Sustainable Development Goals
- Renew focus on Child and Adolescent Health
- Address current priorities and gaps in existing strategy
- A stronger focus on children and young people's rights
- Active participation of children and young people.

# Acknowledgements

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