

Health promotion

- Upper secondary schools



HEILSUEFLANDI
framhaldsskóli

velliðan fyrir alla

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Addressing Health Determinants with comprehensive settings approach



HEALTH IN THE SDG ERA



World Health Organization

WWW.WHO.INT/SDGS



Health promoting schools

The main aim of the HPS programme is to **support schools to create supportive environments and conditions** that promote healthy behaviour and lifestyle, health and **well-being of all**



Example – Make the healthy choice the easy choice:

What is needed to promote healthy consumption in school?



The student

- Interest and the skills needed to choose a healthy diet.

Parents

- Knowledge of effects of good nutrition
- Motivate and educate the youth
- Be a role model

Schools

- Rules on what is sold in schools
- Motivate and educate parents and students.
- Be a role model.

Municipalities – local governments

- Density of stores that sell unhealthy products close to schools
- Active follow up

National government

- Rules and regulations for unhealthy products
- Active follow up

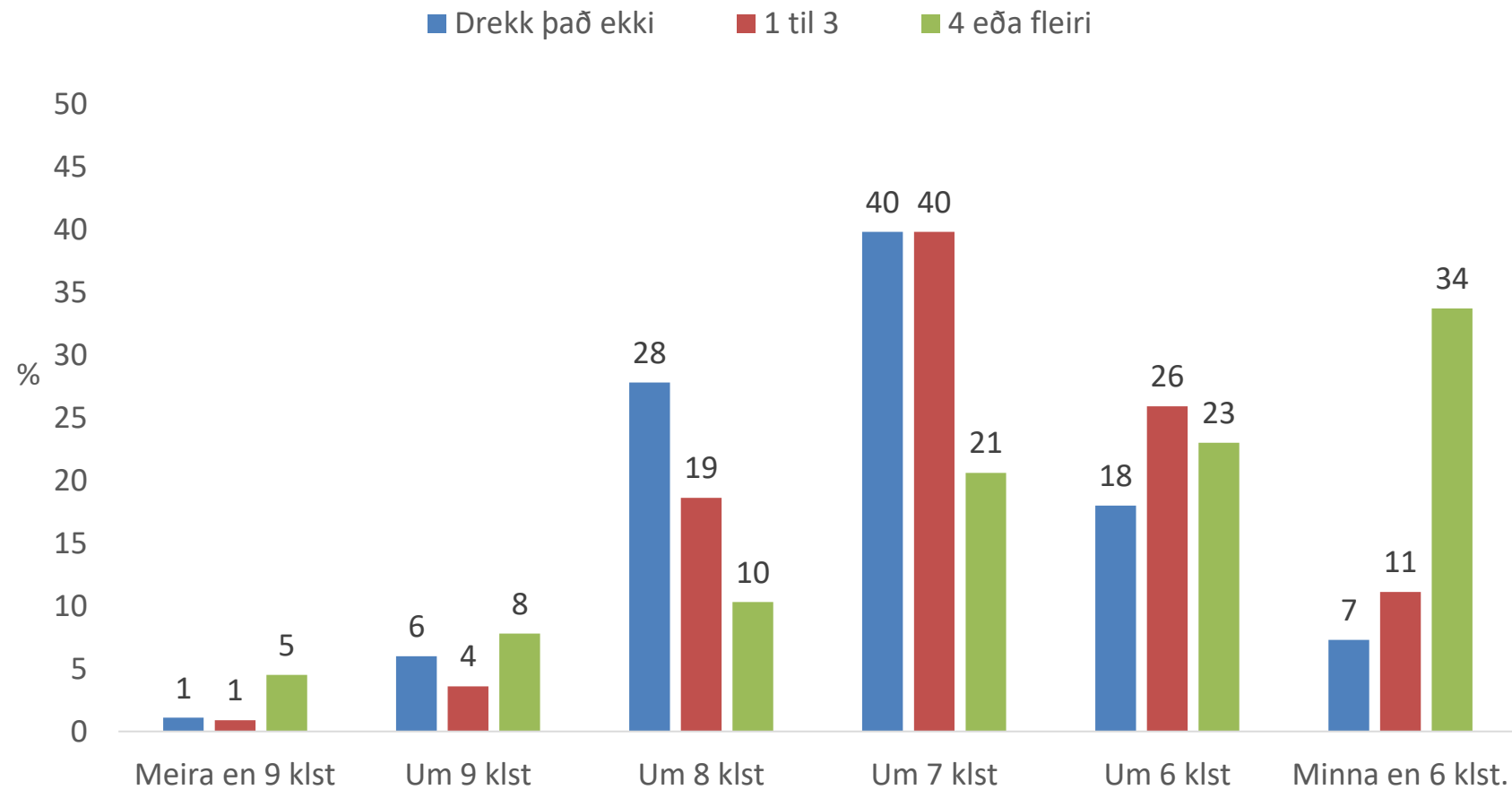
**COMPREHENSIVE APPROACH, ACCROSS SECTORS
AND LEVELS IS THE KEY TO SUCCESS**



Consumption of energy drinks

- Is a known problem
- It has gone up from 22% to 55% in 2 years
- Drinks are sold at some schools
- We do not know about the information the youth is getting on the effects of daily energy drinking – it depends on the interest of the school board and teacher
- Parents are concerned
- We can see that the more drinks they are drinking the less they sleep

How many hours do you sleep per night on average? Energy drink (with caffeine) consumption



Health promoting checklist - nutrition

3 main areas

- Schools strategy on nutrition (6)
- Supply and access to healthy food (15)
- Health education in the era of nutrition (2)



Check list of nutrition



Velkomin aftur,
framhaldsskóli

Dínar upplýsingar ↓

Gátlistar →

Mælikvarðar

Mín gögn

Gátlistar - Grunnlína

S

Mataræði

1.1 Í stefnu skólans er m.a. fjallað um framboð á matvöru í skólanum og gæði matarins sem boðið er uppá. Vitnað er í handbók um mataræði í framhaldsskólum.

1. 2. 3. 4. 5.

1.2 Aðgerðaráætlun til að framfylgja stefnunni liggur fyrir. Samræmis er gætt á milli þess sem gildir fyrir starfsfólk og nemendur.

1. 2. 3. 4. 5.

1.3 Skólastjórnendur hafa kannað og fylgjast reglulega með hvort sá matur sem er í boði í mötuneyti skólans samræmist ráðleggingum Embættis landlæknis. Þetta á við hvort sem reksturinn er í höndum skólans en einnig þegar utanaðkomandi aðili rekur mötuneytið en þá er sérstaklega mikilvægt að gera kröfur um hollustu því skólinn ber ábyrgð á að lögum sé fylgt.

1. 2. 3. 4. 5.

1.4 Nemendur fá fræðslu um hollt mataræði. Stuðst er við efni tengt næringu á vegum Embættis landlæknis (www.landlaeknir.is/radleggingar).

1. 2. 3. 4. 5.

1.5 Starfsfólk í mötuneyti hefur viðeigandi menntun til að sinna sínu starfi og fær endurmenntun árlega í málaflokkum tengdum starfinu, s.s. í næringarfræði og matvælaöryggi.

1. 2. 3. 4. 5.



Examples from checklist

- 1.6 Unhealthy foods including drinks are not advertised at the school, this also includes coolers and vending machines.
- 2.7 Energy drinks, soda drinks, sports drinks, water drinks with citric acid (E330) and sugared drinks are not sold within the walls of the school (including vending machines, shops and cafeteria).
- 2.14 Cold water is accessible within the school and the school encourages water consumption over other drinks in visible places.

Examples from checklist

- 2.15 If there are vending machines then we do not sell unhealthy food or drinks products in them.
- 3.1 Students get educated about healthy nutrition. The recommendations of healthy nutrition from the directorate of health is used as support material (www.landlaeknir.is/radleggingar).

Do health authorities, schools, colleges upper secondary schools and sports clubs need to work together?

**We need to make create supportive environments and conditions that promote healthy behaviour and lifestyle
- Including health literacy**

Cooperation is key

We are all role models





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Thank you!

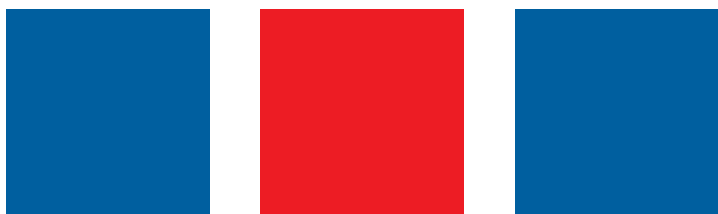
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TAKE OURSELVES SERIOUSLY

FRÍÐA RÚN ÞÓRÐARDÓTTIR
NÆRINGARFRÆÐINGUR





>Why use energy drinks

Stressors in daily life

Stressors at school

Do not consume coffee

>> seek energy

Media influence

Flavor, freshness of drinks

Role models

Sports „heroes“

>> encourages high intake

> Negative effects on body

Disturb sleep

Induce anxiety

Serious effect on teeth enamel

Possible overdosing of vitamins



OF CONCERN



- *Small bodies
- *Addiction and over consumption
- *Nutrient deficiency
- *Lack of real energy, abundance of fake energy
- *Overconsumption of some vitamins and minerals
 - *Can induce neuron problems and tingling with large doses
- *Consumption along with alcohol



OF CONCERN



- *Lack of sleep, vicious cycle
 - *For youth, effects on health and development ect
 - *For athletes, inhibits recovery and physical adjustment to exercise
- *Anxiety due to high caffeine intake
 - *Define where the anxiety comes from
 - *Before we get on a medication or see a specialist
 - *Lower the amount / remove the stressor, in this case caffeine





ACTIONS TO TAKE

Not on one hand to work on the problem

>> rather a joint approach



ACTIONS TO TAKE – FAMILY



- *Advise youth on the effects of energy drinks on development, health and mental status, rest and recovery
- *Teach them and encourage good nutrition
- *Advise adults on the effects of energy drinks on their youth
- *Advise and encourage parents to set a good example themselves



ACTIONS TO TAKE – SCHOOLS



- *Encourage schools to take action and discuss overconsumption of energy drinks openly
- *Evaluate our school system in relation to length of the program, length of the school day
- *Peer education
- *Consensus on the selection in vending machines in the school environment



ACTIONS TO TAKE – AUTHORITIES



- *Kaffeine content more regulated by authorities by risk assessment.
- *Give authorities (MAST) the power to enforce to a greater extent the sales in the market for example the age of consumption
- *More detailed advice on the content of vending machines in school and sports environment



ACTIONS TO TAKE – SPORTS COMMUNITY



- *Educate coaches and PE students on energy drinks and how to explain their effects in an understandable manor to their future students. Encourage them to set a good sample.
- *The Icelandic Olympic and Sports Association, a discussion on energy drinks, included in the online coaches education.
- *Consensus on the selection in vending machines in the sports environment



CONCLUSION



**We have all the data, we know the effects,
we know energy drinks are affecting our youth to the worse**

Take action





Take ourselves seriously
Because the energy drinks are playing tricks on us

