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## Steps that spell sustainability for health & wellbeing Scottish schools

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JASP, November 2011  
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## Scotland



- Population just over 5 million
- 32 local government regions
- 14 health board regions
- Life expectancy:  
Male from 64 -78 years  
Female from 75 - 82 years

- 376 Secondary schools
- 2,153 primary schools
- 193 special schools
- 2,775 total
- 54,484 teachers
- 676,740 pupils



## Stages of development in health promoting schools

1. Initial experimental / project phase
2. Strategic phase
3. Establishing/embedding phase

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## Early developments – project phase

- History of involvement - ENHPS
- Project or initiative focused
- Regional and local diversity
- Driven by health regionally and nationally
- Lacked sustainability and strategic approach

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## start of a strategic Phase

2 parallel policies = need for strategic thinking

- **New Community Schools Prospectus**  
(Education Dept, Scottish Executive 1998)
- **Towards a Healthier Scotland –A White Paper on Health** (Health Dept, Scottish Executive 1999)

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## catalysts for change

*‘Working with COSLA and Learning & Teaching Scotland, Health Scotland will establish a specialist unit to develop health education and health promotion in schools’. (Scottish Gov’t)*



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## a ministerial target is set

*'All schools will  
become Health Promoting  
Schools (HPS) by 2007'.*

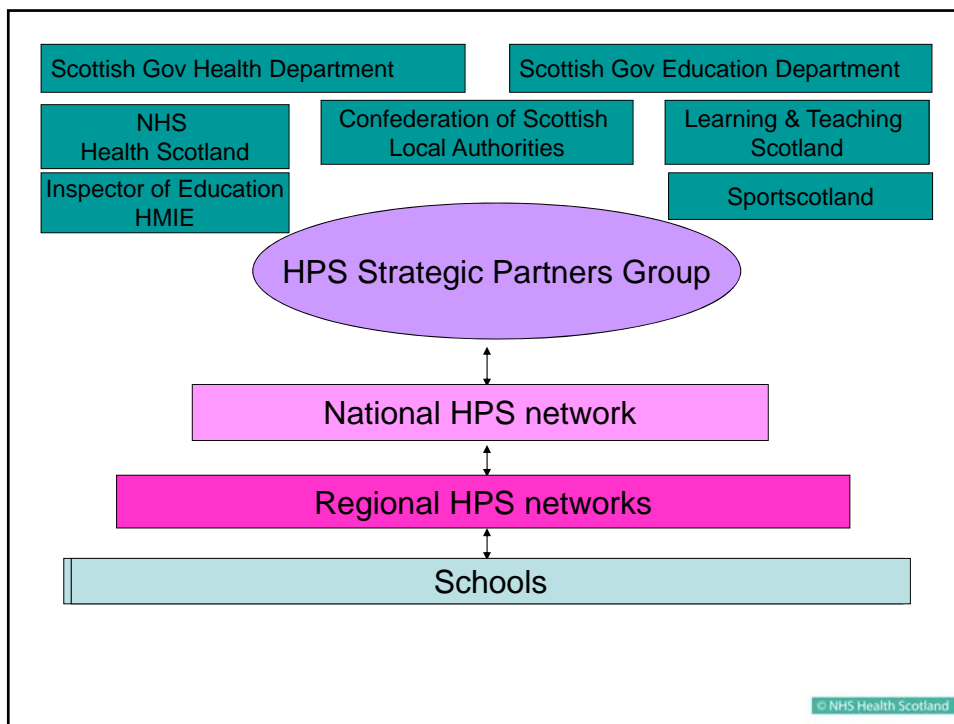
*Improving Health in Scotland  
-The Challenge 2003*

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## tasks for strategic & operational change...

- Establish a common understanding of the 'health promoting school'
- Create and strengthen partnerships and alliances
- Consult with and keep everyone engaged
- Develop a tool to self-evaluate progress – quality/process indicators
- Build on and recognise existing progress
- Establish a standard to fit across the whole of Scotland

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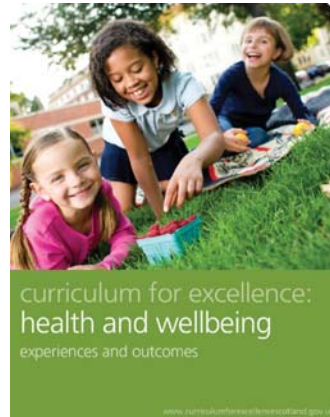
## outcomes

- National HPS Network established
- HPS Strategic Partners Group formed
- *Being Well, Doing Well (2004)*
  - 5 key characteristics
- Self evaluation framework (2004)
- Local HPS accreditation frameworks developed
- National Endorsement process undertaken



## mainstreaming the agenda.....

- Schools (Health Promotion and Nutrition) (Scotland) Act 2007
- Curriculum for Excellence: Health and wellbeing (2009)



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## Some lessons

- Establish common ground
- Utilise existing links and mechanisms
- Embed developments in established practice
- Gain strategic leadership at a national & regional level
- Recognise and appreciate local/regional developments and agenda
- Allow for flexibility
- Celebrate success

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## key points

- Government agreement and support
- Strong cross sector/government collaboration – e.g. health, education, transport, environment and justice
- Strong partnership working at all levels
- Have a clear sense of direction and purpose

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Thank you for listening  
Merci de votre attention

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