

PREVENTION PROGRAMMES AIMED AT HEALTH IMPROVEMENT OF CHILD POPULATION

Věra KERNOVÁ

***Abstract:** The main aim of school prevention programmes is education of children towards a healthy lifestyle and reinforcing positive social behaviour. Prevention programmes are designed to achieve a defined goal for a specific target population defined in terms of basic characteristics (age, sex, education) in a given time, personal and space scope. The programmes are carried out within the frame of school education programmes, mainly in the field of Health Education.*

***Key words:** prevention programmes, framework education programmes, lifestyle*

The main goal of school-based prevention programmes is education of children towards a healthy lifestyle and reinforcing positive social behaviour. The framework education programmes (FEP) define binding educational norms at the national level for individual stages - pre-school education, basic education and secondary education. The school level consists of school education programmes (SEP), which form the basis of education at individual schools. The aim of FEP is to introduce new trends to schools and enhance the quality of education.

The objectives of basic education

Basic education should help pupils form and gradually develop key competencies and provide them with dependable fundamentals of general education mainly aimed at situations close to real life and at practical behaviour.

Educational area Humans and Health

The educational area Humans and Health is implemented at the second stage of basic education and has two main educational fields:

- Health Education
- Physical education

The aims of the educational area Humans and Health

Instruction in the given educational area focuses on the formation and development of key competencies by guiding pupils towards:

- recognizing health as the most important life value,
- understanding health as a balanced state of physical, emotional and social well-being and feeling a sense of joy from physical activities, a pleasant environment and a climate of positive interpersonal relations,
- gaining a basic orientation in opinions on what is healthy and can benefit personal health, as well as threats to health and what causes damage to health,
- applying the acquired prevention methods in order to influence health in daily life, strengthening decision-making and behaviour in order to actively promote health in all life situations and learning about and making use of sites related to preventive healthcare.

Educational field of Health Education

The educational field of Health Education provides pupils with fundamental information on the human body as related to preventive health measures. It teaches pupils to actively promote and protect their health in all its interconnected forms and to be responsible for their own state of health. In its educational content, this field is closely linked to the educational area of Humans and Their World.

Subject matters related to health include the following:

- **Healthy lifestyle and health maintenance**
 - nutrition and health
 - principles of a healthy diet
 - influence of environment and eating habits on health
 - eating disorders
- **Threats to health and their prevention**
 - lifestyle diseases
 - health risks
 - preventive and medical care
- **Value and promotion of health**
 - health promotion and its forms
 - prevention and intervention
 - influence on change in the quality of the environment and human behaviour
 - individual responsibility for health

Strategies of prevention programmes aimed at health improvement of child population

The main objective of school prevention programmes is education of children towards a healthy lifestyle and reinforcing positive social behaviour. It presupposes a cooperative system (family, school, school establishment, leisure organizations, police) and accessibility and variety of programmes for a wide range of children and youth.

The main and final aim of all prevention programmes is to prevent or postpone hazardous behaviour to a highest age possible and thus minimize the related risks, both from the point of view of an individual and society. An individual must be motivated towards an appropriate lifestyle and, should a hazardous behaviour occur, towards making use of specialized counseling or medical help.

Prevention programmes are designed to achieve a defined goal for a specific target population defined in terms of basic characteristics (age, sex, education) in a given time, personal and space scope. In order to be efficient, it should be run by experts from the area of prevention and be integrated into a wider system of prevention in the field of risks to a healthy lifestyle. For economic evaluation of cost efficiency, criteria and standards of assessment must be set.

The most frequent focus of prevention programmes is the area of diet and prevention of sociopathological phenomena. Education towards a healthy diet must meet certain principles which guarantee its efficiency:

- It must be methodical, systematic, complex and well planned.
- It must be aimed at a specific age of the pupil.
- It must respect the environment in which the pupil lives.
- It must be up-to-date in relation to the latest findings in science and research, even if focusing on the simplest facts.
- It must use such forms that will arouse the pupil's interest and motivation.

Education towards a healthy diet is one the key areas as it represents the most significant health determinant and supports growth, development and immunity. At the same time it serves as prevention against the formation and development of chronic non-infectious diseases. Diet habits, skills and knowledge acquired at an early age shape a significant part of the lifestyle in adulthood. Sensible and healthy diet habits and practices positively influence family habits.

The aim of prevention programmes in the area of smoking and other sociopathological phenomena is to spread knowledge and information about problems related to smoking. It strives to create positive attitudes towards non-smoking and reveal social, health and economic aspects of smoking. The main objective of these programmes is to teach socially acceptable ways to refuse smoking without losing social prestige among peers. The criterion of success is the occurrence of smokers in the group we are trying to influence and deferring smoking until a later age.

PREVENTIVNÍ PROGRAMY K OZDRAVĚNÍ DĚTSKÉ POPULACE

Souhrn: Hlavním cílem preventivních programů ve školách je výchova dětí ke zdravému životnímu stylu, k osvojení pozitivního sociálního chování. Preventivní programy slouží k naplnění cíle definovaného pro přesně vymezenou cílovou skupinu prostřednictvím základních charakteristik (věk, pohlaví, vzdělání) v určeném časovém, personálním a prostorovém horizontu. Realizují se v rámci školních vzdělávacích programů, především v oblasti výchovy ke zdraví.

Klíčová slova: preventivní programy, rámcové vzdělávací programy