



ELSEVIER



Available online at www.sciencedirect.com

ScienceDirect

Procedia - Social and Behavioral Sciences 237 (2017) 438 – 445

Procedia
Social and Behavioral Sciences

7th International Conference on Intercultural Education “Education, Health and ICT for a Transcultural World”, EDUHEM 2016, 15-17 June 2016, Almeria, Spain

A cross-border cooperation project between Spain and Portugal to improve the quality of life of the population in Primary School

Emilia Moreno Sánchez*, Estefanía Castillo Viera & José Antonio Rodríguez-Mena

Universidad de Huelva, Facultad de CC. de la Educación, Campus el Carmen, 21071-Huelva, Spain

Abstract

We present a project designed to raise awareness among school community members, encouraging them to engage with a change in their lifestyle and promoting healthy eating habits and exercise. We propose strategies for action on risk factors for several diseases such as diabetes, cardiovascular illness or cancer amongst others, including psychological disorders related with eating habits. The project is divided into four parts to determine the current situation regarding habits of the primary schoolchildren from schools in Andalucía, Algarve and Baixo Alentejo. The aim of this project is to understand the real situation in these areas and put forward a proposal for intervention in accordance with the needs identified, which may serve as a point of reference in the drive to improve health.

© 2017 The Authors. Published by Elsevier Ltd. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).

Peer-review under responsibility of the organizing committee of EDUHEM 2016.

Keywords:

1. Background and current status

In this work we present the justification for a project we plan to carry out over the next school year. The approach to this work sets out from several issues detailed below. First, we believe that education (training) from childhood shapes people for life and in all aspects (physical and psychological). Success of the teaching function depends on the ability of the institution to connect with the current reality, predict future scenarios where their duties will be carried out and steer training according to social needs.

* Corresponding author. Tel.: +0034- 959219225.

E-mail address: emilia@dedu.uhu.es

To achieve these aims, the university must train both university students (through teaching-learning processes) and teachers (through self-education and/or lifelong learning) with conceptual frameworks, tools and techniques that enable them to deal with different situations. In addition to transmitting knowledge, the institution must be trained and able to train in solving problems that arise in the professional environment and to this end, it must rely on training for research focused both on training and action. This approach is what guides our professional development.

Health as the subject of this work goes beyond being a reference to disease and healthcare or hospital settings. Prevention-focused public health is currently undergoing a shift towards positive health (Botello et al., 2013). The traditional trend based on protection and emphasis on reducing risk factors is being reoriented towards a way of seeing healthcare actions linked with development of primary care and encouraging people, families and communities to increase control over their living conditions (Hernán, Lineros and Morgan, 2010). This model revitalizes the promotion of health and the idea of assets to achieve it is gaining ground. These assets are understood as any factor or resource that enhances the capacity of people and communities to maintain health and well-being (Morgan, Davies and Ziglio, 2010). In general, assets are identified on a personal level (values, strength, willpower, self-esteem), at community level (family and friendship networks, community cohesion, cultural tolerance) and at the organizational or institutional level (environmental resources to promote health), as identified by Morgan and Ziglio (2007).

Some empirical works on health habits in schoolchildren have identified a list of assets to the health of students in schools that are related with physical activity, weight, self-perceived health and happiness, as well as with family and peer relations, among others (Lindstrom and Eriksson, 2009).

From our professional scope of action, we understand that educational organizations constitute a privileged space for the promotion of healthy lifestyles.

For all these reasons, we plan to develop a training project and design an intervention with a view to improving the institutional capacity and efficiency of public administration. Our line of work sets out from the consideration that the university must keep up with social changes and the needs of the population.

This project is based on a current situation involving one of the most important challenges to public health, calling for a complex, global, interdisciplinary and multisector approach, based on scientific evidence, incorporating effective measures or good practices, with mobilization and participation of society as a whole.

In another work, we stated our concern regarding the discrimination that may occur due to age, race, ethnicity, ideology, religion, gender or matters relating to physical conditions (Moreno, Moya and Morales, 2014). Teasing and bullying of children due to their differences in physical appearance are a matter for concern, causing them to suffer. Personal psychological consequences due to being overweight have been identified, such as academic failure, social discrimination and low self-esteem (López et al., 2008).

Culture and media send powerful messages to children on body weight and ideals of physical shape. For girls, these messages include the "thin ideal" and a boost for dieting and exercise. For those who are overweight, even the possibilities of sexual harassment tend to increase (Ruiz et al., 2010). Messages for boys legitimize a wider range of acceptable body images, although they run the risk of developing eating disorders and ailments related with physical appearance, such as bigorexia (Castro López, 2013). Emphasis is placed on a "muscular and sculpted body" and pressure to mould the body and perhaps use potentially harmful dietary supplements and steroids. According to recent data (INE, 2015) this gives rise to a notable prevalence of underweight women, especially from 18 to 24 years (12.4%), compared to 4.1% of men in the same age group.

In addition to these psychological problems, the main risk of weight disorders in childhood is their association with other diseases, such as metabolic syndrome (Weiss, Dziura, Burgert & Tamborlane, 2004), inflammatory markers (Burke, 2006) or an increased risk of cardiovascular events in adulthood (Zugasti and Moreno, 2005; Almendro, López, Hidalgo, 2011; Baker, Olsen & Sorensen, 2007; Serra-Paya, Solé, & Nespereira, 2014). Overweight and obesity (abnormal or excessive fat accumulation) are risk factors for many chronic diseases, including type 2, diabetes, high blood pressure and high cholesterol (dyslipidaemia); although admittedly these disorders can occur even in situations of minor weight increases, especially if the extra weight is abdominal.

Obesity is also linked with the development of certain types of cancer (Ballard-Barbash, Berrigan, Potischman & Dowlin, 2010), as well as worsening of respiratory diseases such as asthma (Barranco, et al., 2012). The likelihood of an obese child becoming an obese adult is very high (estimates can reach up to 80%).

In a study by Schwimmer et. al. (2003), overweight boys and girls rated their quality of life with equally low scores to those of young patients with cancer or in chemotherapy treatment. The researchers selected 106 people aged from

Download English Version:

<https://daneshyari.com/en/article/5125762>

Download Persian Version:

<https://daneshyari.com/article/5125762>

[Daneshyari.com](https://daneshyari.com)