



***In The Name Of ALLAH,  
The Most Beneficent, The Most Merciful***



# **SCHOOL HEALTH PROGRAM**

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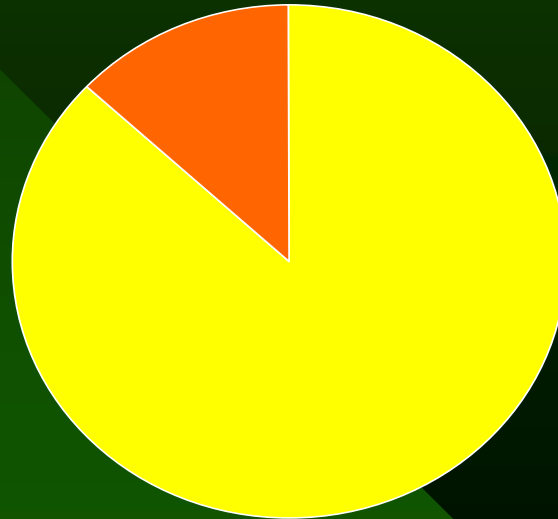
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# **BACKGROUND**

## Who are Primary School Children?

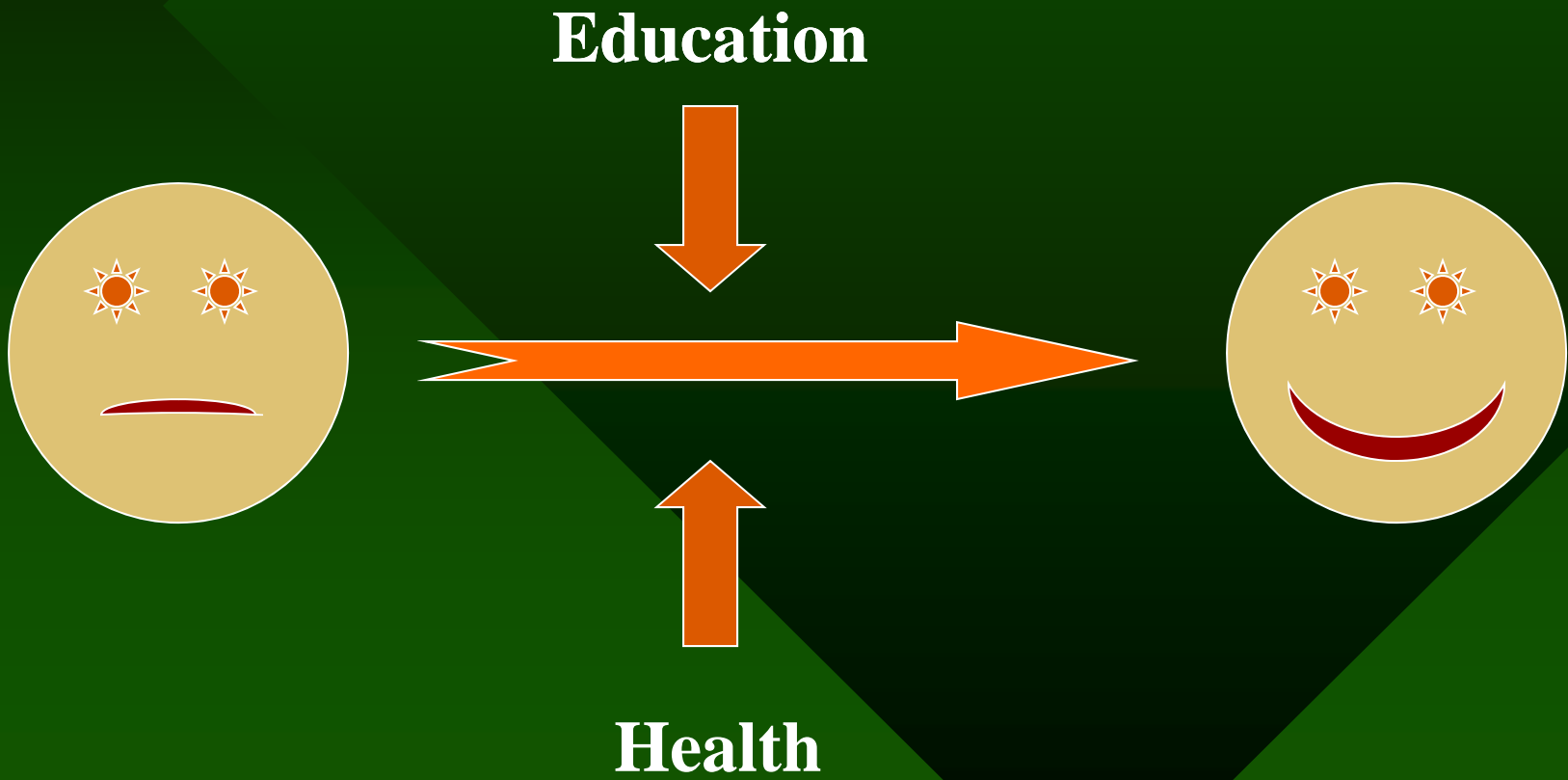
- Age 5 to 11 yrs
- Comprises of 1/8<sup>th</sup> of the population

13%



■ Total Population ■ Primary School Children

# Child Development



# Why are Primary School Children important?

- They are the future of this nation
- They live in a close environment for at least one fourth of a day
- They are more vulnerable to communicable diseases
- They can easily be focused for better health development
- They are more prone to change

# Do we consider Primary School Children important?

- No mention in the National Health Policy Targets 2001
- Neglected segment of population
- Absence of Health Information System covering their health problems
- No effective school health programs



# Common health problems of school children

- Malnutrition
- Diseases of Eye, Ear and Skin
- Dental Caries
- Infectious diseases
- Intestinal parasites

## Need of the day !

- Health Promotion
- Prevention of diseases
- Early diagnosis, treatment and follow-up
- Awakening health consciousness in children
- Provision of healthy environment

# Iceberg Phenomenon – Dimension 1

Symptomatic Disease

Asymptomatic Disease



# Iceberg Phenomenon – Dimension 2

Identified Disease

Unidentified Disease



# **SITUATIONAL ANALYSIS**

# Current Scenario

- Very limited empirical information available for health problems of school children
- The available research highlights the importance of health programs for school children
- However, the available research does not elicit a well designed strategy to integrate health programs in schools

# Current Scenario

- Various school health initiatives have been taken in the public health sector in the past
- Main focus was to establish medical coverage for children along with screening for health problems
- Medical staff exist but majority of them are working at static positions at district or higher level
- There is lack of an effective system to cover all the schools
- CSOs are covering a limited no. of schools sporadically in the private sector

# Common health problems of school children

- Malnutrition
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- Dental Caries
- Infectious diseases
- Intestinal parasites



# Literature Review

- Refractive errors ranging from 13-28%

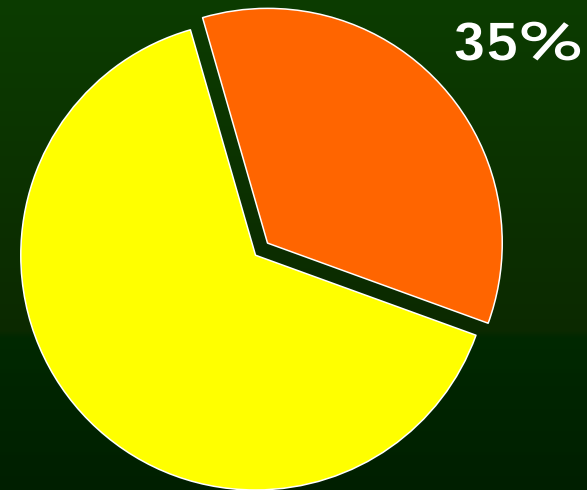
*(Yawn–BP et al. USA 1996, Aktan et al. Turkey 1995)*

- Nearly 15% suffering from hearing impairment

*(Jerry Newton. 1987)*

## Literature Review (Cont'd)

- Refractive errors 26.5%
  - Girls: 32%
  - Boys: 21%
- Only 1/3<sup>rd</sup> cases were already identified



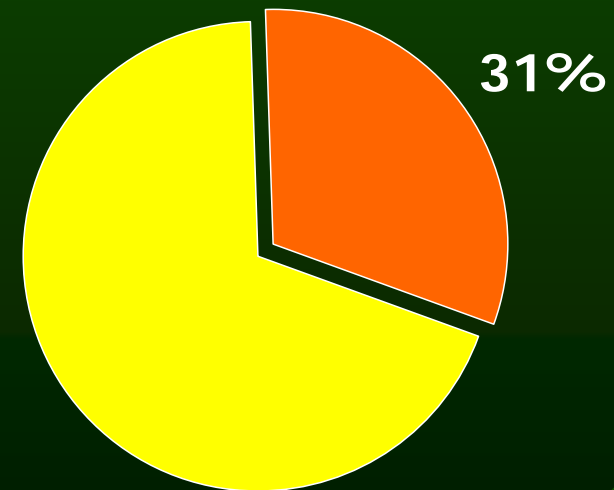
*(Jahan S. Health Services  
Academy , Pakistan – 1998)*

■ Unidentified Cases  
■ Already Identified Cases

# Literature Review (Cont'd)

- Refractive errors 24%
- Less than 1/3<sup>rd</sup> cases were already identified

(Sauto Torres M. Spain – 1996 )

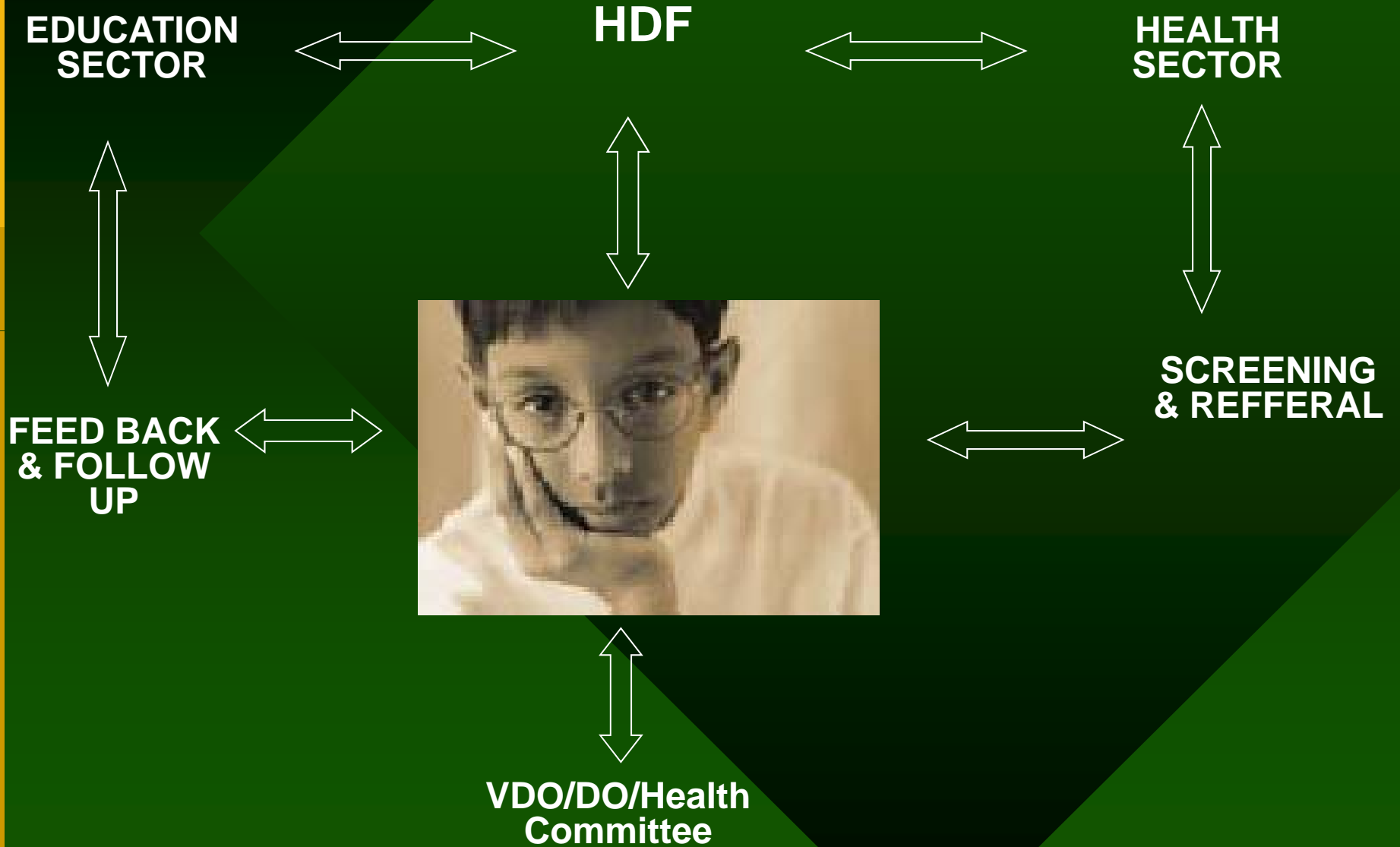


■ Unidentified Cases  
■ Already Identified Cases

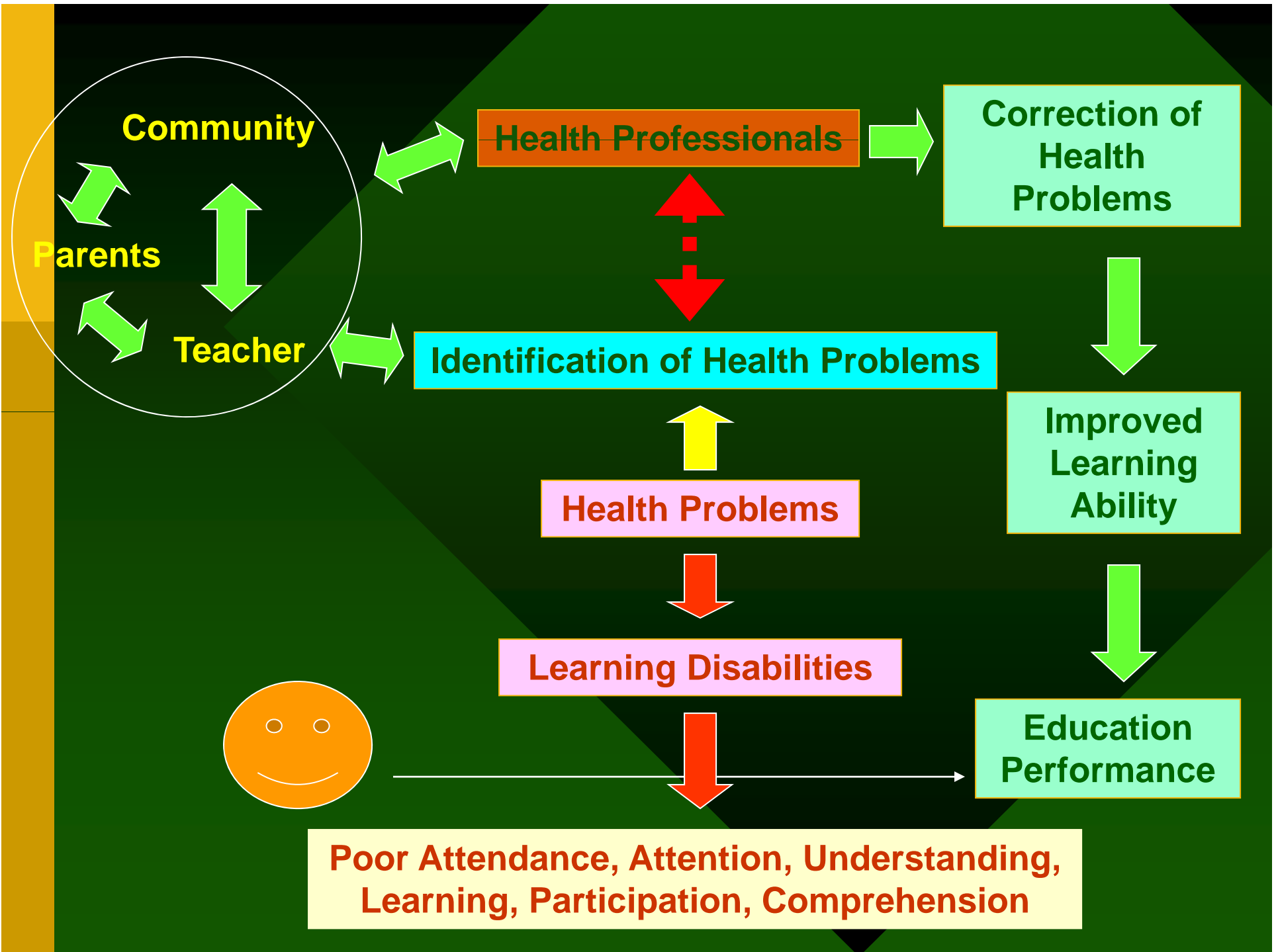
# CONCEPT OF SCHOOL HEALTH PROGRAM

# Concept

## HDF SCHOOL HEALTH PROGRAM



**Improved School Performance**



# Target HDF School

- Formal Schools= 5
- Non-Formal Schools= 193
- Total Schools= 198
- Girl Students = 4731
- Boys Students = 4268
- Total Students= 8999

# Mission

The mission of HDF School Health Program is to promote healthy youth and a healthy community



# Goal

To attain and maintain optimum health of  
all school going children

# Objectives

- 1. Detection and referral of health problems of primary school children**
- 2. Prevention of communicable diseases**
- 3. Creating a healthy environment for children at school**
- 4. Development of healthy attitudes and health behaviours by students**

# Objective wise Targets

## 1) Detection and referral of health problems of primary school children:

- a) 100% Screening of HDF primary school students.
- b) 100 % referral of identified students to concerned speciality.
- C) 80% of referred students will get consultation from concerned specialist.

## 2) Prevention of communicable diseases

100% complete immunization of students entering the schools

## 3) Creating a healthy environment for children at school

- a) 100% of students will be educated about importance of clean drinking water.
- b) 100% of students will be educated about importance of using proper latrines.
- c) 100% of students will be educated about the basic principles of hygiene.

## 4) Development of healthy attitudes and health behaviours by students

- a) 100% of students will be given Health Education about the importance of Physical Training/Sports.
- b) 100% of students will be given Health Education about the hazards of smoking.
- c) 100% of the students will be given Health Education about the importance, spread of Hepatitis/AIDS

# Activities

- Compilation of school data (Class wise no. of children, date of birth, complete address etc.)
- Printing of training material
- Training of regional health staff
- Training of teachers about health messages and first aid
- Training (Health education) of school children by teachers.
- Establishment of referral system (Developing linkages with available health care providers public/private)
- Screening of students by health team (Doctor and LHV)
- Monitoring of School Health Project in the region
- Monthly, Quarterly and yearly progress report of school health project
- Follow up of screened students

# Budget

Year	In PKR	In C \$
2009	5,517,400	82,349
2010	5,221,680	77,936
2011	5,513,534	82,292
Total Amount	16,252,614	242,576
Total Beneficiaries	8,999	
Cost per beneficiary	9	



**THANKS FOR YOUR PATIENCE**