



## **The European Network of Health Promoting Schools**

The Council of Europe, the European Commission and the World Health Organization Regional Office for Europe joined forces in 1991/ 1992 to create the European Network of Health Promoting Schools. Beginning as a pilot project in four of the countries of central and eastern Europe, the Network now includes over 500 pilot schools with 400.000 students, in 38 countries. More than 5.000 schools are linked to the Network through national or regional arrangements. The Network does not belong to the three sponsoring international organisations, but is supported by them. It belongs to the actors in the project. The project's primary objective is to improve and protect the welfare of pupils, teachers, non-teaching staff and the wider community.

Over the past years the Network has expanded rapidly. The reason for success? The health and education sectors see the Network as a consolidating initiative, gathering together knowledge and understanding about health promotion in the school setting within a network of pilot schools. With partnership as both method and goal, the Network provides a flexible framework in which schools can determine their needs and work to meet them in their own ways. Health promoting schools commit themselves to promoting health in schools by making them safe and health-enhancing social and physical environments.

### **Partner Organizations**

The Council of Europe, the World Health Organization Regional Office for Europe, and the European Commission formed a partnership to promote the health of youth in schools. This partnership resulted in the European Network of Health Promoting Schools.

*The [Council of Europe](#) is a political intergovernmental organization, which groups 41 European pluralistic democracies, and has headquarters in Strasbourg, France. Its principal objectives are:*

- *to protect and reinforce pluralist democracy and human rights;*
- *to seek solutions to today's social challenges;*
- *to favour the emergence of a genuine European cultural identity; and*
- *to assist central and eastern European countries with their political, legislative and constitutional reforms.*

*The Council works to harmonise policies and adopt common standards and practices in member states. Its activities cover any subject concerning European society, except defence. It operates by bringing together parliamentarians, ministers, government experts, local and regional representatives, young people's associations and international non governmental organisations to pool their knowledge and experience.*

*The [World Health Organization](#) (WHO) is a specialised agency of the United Nations. The WHO Regional Office for Europe serves 51 Member States, helping them pursue their goal of health for all and to meet the particular health needs that they have identified. The Regional Office's governing body is the WHO Regional Committee for Europe. Through the Regional Committee, all the European Member States collectively formulate regional policies, supervise the activities of the Office and approve the budget.*

*The [European Commission](#) works to safeguard peace and promote economic and social progress. In June 1997 the heads of state and governments of the 15 member states of the European Union (EU) drew up the Treaty of Amsterdam to establish a Europe that is more democratic, that addresses social needs and makes clear progress on foreign policy, the movement of its citizens, institutional reforms and EU enlargement. The European Commission acts as guardian of the treaties and has the power to initiate and implement legislation.*

## **Evaluation**

Evaluation - as means of measuring progress, maintaining quality and indicating needed changes - has been an important part of the work of ENHPS from the start. There is a need to address not only traditional indicators of health behaviour but, more importantly, the structural and practical aspects of schools, such as the quality of teaching, process evaluation methods, and the evaluation of management practices and their impact on health and educational outcomes, curriculum development and the involvement of the community in school life.

Evaluation is even more important in the second phase of the process: it is vital to taking ENHPS into the mainstream of education and ensuring its sustainability.

### **Publications related to evaluation**

[Evaluation in Health Promotion: principles and perspectives](#)

[Tracking down ENHPS success for sustainable development : the EVA 2](#)

[First workshop on evaluation of the Health Promoting School](#)

Eighty two people from 35 countries attended the workshop generously hosted in the beautiful Swiss town of Thun. This was a first workshop on evaluation conceived and organised on the basis of expressed evaluation needs of the health promoting school in countries of the network.

### **Publications**

You are welcome to consult the following list of key documents and publications produced by the European Network of Health Promoting Schools:

### **Reports**

- [Models of health promoting schools in Europe](#)

Models of health promoting schools in Europe - edited by Bjarne Bruun Jensen and Venka Simovska

- [Second workshop on practice of evaluation of the Health Promoting Schools – models, experiences and perspectives](#)

- [Conference Report - Education and Health in Partnership. A European Conference on linking education with the promotion of health in schools.](#)

- [Network News](#)

- [Conference Resolution 1997](#)

Resolution from the first conference of the ENHPS on the Health Promoting School an investment in education, health and democracy

- [Conference Report - The Health Promoting School an investment in education, health and democracy](#)

- [Gender and health in adolescence](#)

Gender and health in adolescence - WHO policy series: Health policy for children and adolescents, Issue 2 1999

- [The European Network of Health Promoting Schools - the alliance of education and health](#)

The European Network of Health Promoting Schools - the alliance of education and health

- [Drinking among young Europeans](#)

A Health Behaviour Among School Aged Children (HBSC) study on drinking among young Europeans

- [Case study book: First conference of the European Network of Health Promoting Schools](#)

Case studies presented at an ENHPS Conference held in Halkidiki, Greece, May 1997

- [First workshop on practice of evaluation of the Health Promoting School - Models, experiences and perspectives](#)

Models, experiences and perspectives of evaluation practice in the Health Promoting School - results from a workshop held in Bern/Thun, Switzerland, 19 - 22 November 1998

## **Manuals**

- [Healthy eating for young people in Europe](#)

A school based nutrition education guide

- [Promoting health in second level schools in Europe - a practical guide](#)

This manual is designed to help school health education project managers. It aims to support them in developing planning, implementing and evaluating health promotion programmes in second level schools in Europe. It could be used as a resource material for the development of health promotion in schools generally, but it is of particular help in supporting programmes which address the issue of cancer prevention.

- [Promoting Mental and Emotional Health in the European Network of Health Promoting Schools](#)

This manual is for use on training courses for teachers and others working with young people. The aim of the manual is to help participants take practical steps to improve the mental and emotional health of all who work in schools.

## **Links**

- [Strategy for child and adolescent health - discussion forum](#)
- [Fifty-third session of the WHO Regional Committee for Europe](#)
- [Child and adolescent health and development at WHO/Europe](#)
- [Department of child and adolescent health and development at WHO Headquarters](#)
- [Fourth Ministerial Conference on Environment and Health, 23-25 June 2004](#)
- [National coordinators](#)
- [Young Minds](#)
- [HBSC](#)

The Health Behaviour in School-Aged Children Study is a World Health Organization (Regional Office for Europe) collaborative cross-national study.

## **Young Minds Project**

Young Minds - is an Internet based project in which young people from a number of countries in Europe communicate and explore links between youth, and health.

A book, "[young-minds.net/lessons\\_learn](#)", documenting the "Young Minds 2000-2001" and discussing the evaluation findings has just been published. Click on the link to read more and order.

Participants in the project in 2002 were students, teachers and facilitators from the following countries: [Denmark](#), [Czech Republic](#), [Holland](#), [Iceland](#), [Finland](#), [Macedonia](#), [Portugal](#), [Scotland](#), [Slovenia](#), [Spain](#), [Sweden](#) and [Switzerland](#).

Students were working in teams and collaborating across classes with an aim to explore the following health topics:

- [Alcohol, youth and culture](#)
- [Nutrition, food, culture](#)
- [Well-being and school environment](#)

Their findings, reflections and discussions are presented in different sections of the web site.

We hope that this project will inspire young people, teachers and schools to engage in educational dialogue aiming at both promoting meaningful learning and making a difference with regard to health.

### **Key features of the project**

- **Student participation:** students are genuinely involved in dialogue and decision making about specific aspects of the topic they are working with.
- **Action and change orientation:** the student project-work is directed towards action and change. Students' ideas and visions have a crucial role in deciding about actions to be taken with regard to promoting the health in their schools and communities.
- **The use of ICT:** students use WWW and other new technologies to investigate the topics, exchange and discuss ideas, present their findings and reflections and initiate a broader debate.
- **Cross cultural collaboration:** students cooperate in order to explore cultural differences and similarities with regard to the health topics, with an emphasis on global interconnectedness and social responsibility.

The coordinating centre for the project is the **Research Programme for Environmental and Health Education at the Danish University of Education.**

The project is linked to the European Network of Health Promoting Schools (ENHPS), a programme jointly supported by the European Commission, Council of Europe and WHO regional office for Europe.

Representatives of the students and their teachers presented the project through a special kind of action at "**Education and Health in Partnership**" - European conference on linking education with the promotion of health in schools, which took

place in September 2002 in the Netherlands. For more information about the conference visit [www.egmondconference.nl](http://www.egmondconference.nl). "Young Minds" actions at the conference are presented under "[Conference Highlights](#)" on this site.

In 2003, "Young Minds" classes from Denmark, Scotland and the Netherlands continued their collaboration on the issue "food, school and culture". Their work is published on the site under the title "[Visions for Food at School](#)". The students and their teachers from this "Young Minds" team took part at the conference organised by the Council of Europe, titled "**Eating at school - making healthy choices**". The conference took place in Strasbourg, France, on 20 and 21 November 2003.

In 2004, "Young Minds" will invite 8 new schools to work within the frames of the approach, focusing on the issue of "[environment and health](#)". The action component this time is linked to the Fourth Ministerial Conference of Environment and Health, titled "**The future for our children**", that is to take place in Budapest 23-25 June, 2004. "Young Minds" are invited to actively participate in this conference.

### **Contact**

ENHPS Technical Secretariat  
c/o WHO Regional Office for Europe  
8 Scherfigsvej  
DK-2100 Copenhagen Ø  
Tel: +45 39 17 12 35  
Fax: +45 39 17 18 18  
E-mail: [bdm@who.dk](mailto:bdm@who.dk)