Providing Health Literacy Among School Populace

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Promoting health consciousness in schools has been given emphasis for the past years. However, its impact has not been gauged as to the level of health and wellness among the school populace is concerned. While promoting exercise and good nutrition has been one of the most disseminated information at the school level, sustaining the program seemed futile.

School health programs are numerous. The challenge is if the programs are implemented effectively and whether the effects are lasting. Yearly, pupils are weighed, teeth are checked up, pediculosis and deworming are implemented, teachers and non-teaching personnel undergo physical assessment like the pupils, and nutrition information is disseminated, among other efforts. But are the efforts being felt? Is there lasting effect? Does the clientele integrate into their lives what they hear and learn from the school health personnel?

The challenge to the school health personnel is to ensure that the health services provided at the school level leaves significant marks among the clientele. Health promotion is a great foundation that should be laid at the beginning of all health programs and should continue until health seems to be part of the daily lives of the school populace being served.

Health promotion roots from the many efforts of health education and communication activities. In promoting health, health education is geared to deliver improved health literacy. One who is literate with good foundation of health education is an indication that health programs work and leaves a mark on its recipients.

More than going to schools and conducting health education activities, health appointments are necessary to successful health promotion. Health appointments with the entire school personnel, although huge at sight is doable. Proper scheduling is a must to succeed. Bottom line is setting goals, willing it, and to take actions can bring lasting results.
Coordination and partnership with the school administration, the teachers, the local officials, and parents can help in implementing the health literacy. A clearly defined goal can be used as compass to know the path in achieving successful health literacy program.

References: