

Your PEL - promote and empower for literacy in health in young people: from investigation to action

Background

The “Your PEL - Promote and empower for literacy in health in young people” project focus on a health approach, supported by the new technologies, including three different areas: feeding, harmful consumption and sexuality. It is based on scientific evidences of health pro-motion, on which the need to refocus the action on the results implies the development of appropriate interventions [1, 2]. It is a multi-regional project outlined in the national strategy of smart specialization ,in a partnership between IPSantarém–ESSS and ESGT, IPLeiria–ESSLeIPViseu–ESSV, the Agrupamento de Escolas da Chamusca, the Agrupamento de Escolas da Golegã and ACES Lezíria–UCC Chamusca/Golegã. The students’ participation reveals itself in the project construction, framed in the curricular program and valued by the knowledge mobilization and by the skill gaining on real context.

Objective

Develop a tool for impact evaluation of health education programs for school in the feeding, harmful consumption and sexuality areas, at ages between 12 to 15 years old and monitoring the health determinants and the effectiveness of the developed strategies.

Methods

A research-action study divided in three phases: I) construction of the data collection tool and web communication platform; II) evaluation of the intervention needs of the students, development and implementation of the intervention program using the web platform; and III) evaluation of the impact of the program developed. The valuation of the knowledge generated by the project is based on a plan of actions different from the diffusion and dissemination of results, involving the institutions plots and adapted to the very essence.

Results

The project strategic impact is situated at two levels. One, evaluated after execution, corresponding to the expected results: tool development for impact measurement of the program and intervention pro-gram creation, supported by the web platform. The other, longer in time, that will be evaluated by health gains of the populations in the future.

Conclusions

The project’s relevance and originality support themselves on scientific evidence, reviling the monetarization as an essential component of the promotional health program [3, 4], valorising the innovation and sustentation of the action on the results, including more suitable interventions for the young population on a school environment. The scientific and technological knowledge impact generated and disseminated by the project will contribute for regional and national valorisation, on a logic translation of knowledge.

References

1. Amendoeira J, Carreira T, Cruz O, Dias H, Santiago MC. Programas de educação sexual em meio escolar: Revisão sistemática da literatura”, Revista da UIIPS. 2013;1(4):198-211.
2. André C, Amendoeira J. Intervention programs for the prevention of smoking in children and adolescents: A systematic literature review. Atención Primaria. 2013;45(Especial C):23.
3. Matos M, Simões C, Camacho I, Reis M. A Saúde dos Adolescentes Portugueses em tempos de recessão. HBSC; 2015. Acedido em: www.aventurasocial.com
4. Ministério da Saúde. Plano Nacional de Saúde - Orientações estratégicas para 2012-2016. Lisboa, Portugal: DGS; 2012. Keywords Health promotion, Empowerment, Health literacy, Young population.