

The HEALTH Passport: Trainee teacher Evaluation of a Primary School Approach

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Background

Chronic disease is still a significant burden on the global population. The HEALTH passport has previously been shown to be an effective intervention to help adults modify their chronic disease risk factors through lifestyle changes. This research aims to investigate whether this approach is feasible for primary school age children, and if so, how a newly adapted HEALTH Passport for primary would be best utilised.

Method

A conference of 254 trainee teachers was held to evaluate teaching on risk factors identified, alongside opinions on the new HEALTH Passport. Trainees were provided teaching on the key risk factors and workshops and questionnaires were used to evaluate the new Passport. Thematic analysis was performed on the 95 primary specific responses in NVivo.

Results

The Passport for primary was generally well received. Participants reported it was a “lovely idea” and that they “really liked this approach”. They specifically noted the emotional wellbeing section was “very useful” to “raise awareness and make it personal”. However, trainees did note that it would “need to be differentiated for age groups” they expressed concerns about the mental health impact of weighing children and recording BMI at young ages.

Conclusion

The HEALTH Passport for primary has potential as an intervention strategy but would need to be adapted dependent on the school level and made more child friendly. References to weight/BMI should be changed or removed and emotional wellbeing strategies should be focused on where possible.

