

Mind the gap!

Building bridges to better health for all young people



EUSUHM 2017

The 19th EUSUHM Congress Youth Health Care in Europe

Leuven, 6-8 September 2017

WEDNESDAY SEPTEMBER 6, 2017

15:00 – 16:15 Welcome and opening of the Congress: Suzanna Struhal (President EUSUHM, Care Hospital/Universitair Ziekenhuis Gent), Geert De Maesseneer (Organising Committee)

16:15 – 18:30

Opening lectures: Lecture I: Most health risker (The Netherlands) – A new, organic concept of health and its operationalization into 'Positive Health'; Beyond prevention (Sweden) Strong learning (Spain) and resilience: Lecture II: Buro van Oordeligen (Belgium) – Health Care from a Child's Right Perspective

THURSDAY SEPTEMBER 7, 2017

09:00 – 10:15 Plenary Session I: Keynote lecture I: Karen Dani Herzig (The Netherlands) – The Amsterdam Healthy Weight Program, an example of an integrated programmatic approach on tackling health inequalities; Keynote lecture II: Steven Eggermont (Belgium) – Growing up in a resubbed media culture – effects of media on adolescent's sexual development

10:45 – 12:30

Parallel Sessions I and Workshop 1:

S1: High Quality Youth Health Care: competent professionals, evidence-based care and client involvement

S2: Health and education in schoolchildren

S3: Prevention and early detection of non-communicable diseases

S4: Mental health: good practice for adolescents and students

W1: 'Look, a chair' – let us together we construct an integral, person-centred '2017-Child Care Model'

13:45 – 15:00 Plenary Session II: Keynote lecture III: Eka Leirund (Belgium) – Maternal immunity – protection of the young child through vaccination of the mother; Keynote lecture IV: Kiri Kohl (WHO, Switzerland) – Accelerated Action for the Health of Adolescents (AA-HA!) and the role of school health

15:30 – 17:15

Parallel Sessions II and Workshops 2-3:

S5: Good practices in Youth Health Care

S6: Preventive care for vulnerable children and adolescents

S7: Infectious disease and vaccination

S8: Mental health: intervention strategies for students

W2: Supported self-help school a challenge for Youth Health Care

W3: Youth health: future school a challenge for Youth Health Care

17:30 – 19:00 General Assembly EUSUHM

FRIDAY SEPTEMBER 8, 2017

08:30 – 09:45 Plenary session III: Keynote lecture V: Paul Endin (Belgium) – Religion and sexual development during emerging adulthood: should we focus on 'problems or pleasure?'; Keynote lecture VI: Koeny Buijlaerts (Belgium) – Dealing with mental disorders in college: a 21st century public health approach

10:15 – 12:00

Parallel Sessions III and Workshops 4-5:

S9: CBT in Youth Health Care

S10: Preventive care for vulnerable infants, toddlers and families

S11: Growth and development

S12: Sexual and reproductive health in adolescents and young adults

W4: Building Optimal Models for Primary Child Health Care

W5: HPV vaccination programs in Europe: lessons learnt and the way forward

13:00 – 14:45

Parallel Sessions IV and Workshops 6-7:

S13: Early detection of vision impairment

S14: Equal access to care and education for children with special needs

S15: Health-related behavior in schoolchildren and adolescents

W6: Youth Health Care guidelines for anxiety and depression

W7: Early detection of parenting and developmental problems in young children: development, results and implementation of the SPARK method

15:15 – 17:00

Parallel Sessions V and Workshops 8-9:

S16: Early detection of hearing impairment

S17: Overweight and obesity in children: risk factors and prevention strategies

S18: Mental health: risk assessment for adolescents and students

W8: Youth Health Care (YHC) and its professionals: Incompatible cooperation, what about your country?

W9: "Don't shelter them too much": Environmental enrichment for children with developmental disabilities: from theory into practice

17:15 – 17:50

Plenary Session IV: Keynote lecture VII: Hub Simonz (The Netherlands) and Andreea Busa (Belgium) – EUSCREEN: the evaluation of Vision and Hearing screening programs in Europe

17:50 – 18:00

Closing Ceremony

EXPLORING THE EXPERIENCE OF NEWLY ARRIVED MIGRANT AND REFUGEE STUDENTS WITH THE PREVENTIVE SCHOOL HEALTH SERVICE AND REFERRAL TO PRIMARY HEALTH CARE

Jo Hertogen¹, Guido Van Hal²

¹ Pupil Guidance Centre (CLB GOI Antwerpen), MECHELEN, Belgium

² Epidemiology and Social Medicine, University of Antwerp, ANTWERPEN, Belgium

Background and aims: Previous studies showed that referral of newly arrived migrants and refugees to the primary healthcare services is less effective than referral of Belgian adolescents. This study would like to explore the experience of these newly arrivants with the referral from the school health service to primary healthcare, and to check which are thresholds and promoting factors according to these adolescents in referral.

Methods: A qualitative study based on 2 focusgroups and 9 interviews with newly arrived migrant and refugee adolescents who are attending school. The focusgroups tried to explore the actual knowledge of the adolescents on the Belgian healthcare system. The interviews focussed on the individual experience with referral through the school preventive health care to primary health care.

Results: Ongoing results seem to show that adolescents who stay with their parents in Belgium, are likely to be supported by their parents to reach primary healthcare. The knowledge of the adolescents on the Belgian Healthcare system seems to be rather poor.

Conclusions: Unaccompanied minor refugees seem to be the most vulnerable group to slip through the net. Otherwise, a good and effective structure around these adolescents can be a support to augment the success rate of the referral. Within the framework of preventive school health care, it's primordial to check the residence status of each adolescent and the rights accompanied with it. Familial support is important according to the questioned adolescents to get a successful referral.

HEALTH AND WELLBEING FOR PORTUGUESE YOUTH: CONTRIBUTION OF THE NATIONAL SCHOOL HEALTH PROGRAM

Gregoria Amann¹, Paula Leal²

¹ Diretoate General of Health, LISBOA, Portugal

² Health Sciences School, Nursing Department, SETUBAL, Portugal

Background and aims: The salutogenic paradigm, as a positive perspective of health, is the focus on empowerment of youth to increase their health literacy, make responsible decisions and promote/protect their health. The new Portuguese School Health National Program (PSHNP) operationalises health promotion in schools, through six pillars: (1) capacitation, (2) school environment and health, (3) health conditions, (4) quality and Innovation, (5) formation and research in School Health and (6) partnerships.

Methods: The PSHNP is carried out through indicators of the educational community (including children, students, teachers and others) who have been targeted by school health intervention.

Results: The PSHNP covered 73% students (n = 886.490); 46% teachers (n = 53.557). The outcome indicators for the three first pillars are the following: *Capacitation:* (Issues/Projects: healthy hood and physical activity 26,2%; sexual education 25,8%; environment & health 18,3%; mental health 9,7%; prevention of tobacco (8,3%); alcohol (6,4%), drugs (5,3%). *School environment and health:* evaluated 2.230 schools in order to safety, hygiene and health and the overall assessment was considered good. *Health conditions:* the PSHNP approach contributed to the improvement of health indicators for children and young people: toothbrushing 31%; health surveillance 85%; vaccination (66%) and individual health plan (58%) of children and young people with special health needs. The other 3 pillars of the PSHNP have not yet produced outcome indicators.

Conclusions: Evaluation demonstrates the great investment of the School Health Program in the improvement of health literacy of students. In the future it needs to investing in school health promotion: means developing evidence-based projects as projects of socio-emotional learning, because this is the most cost-effective investment that a country can make in schools.