

Disparities in Health-Promoting Interventions in Québec Schools

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CPHA
Ottawa, May 1 2019

Disclosure Statement

I have no affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.

Healthy Behaviours in Childhood and Adolescence Prevent Chronic Disease

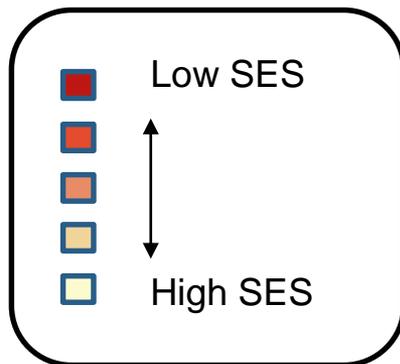
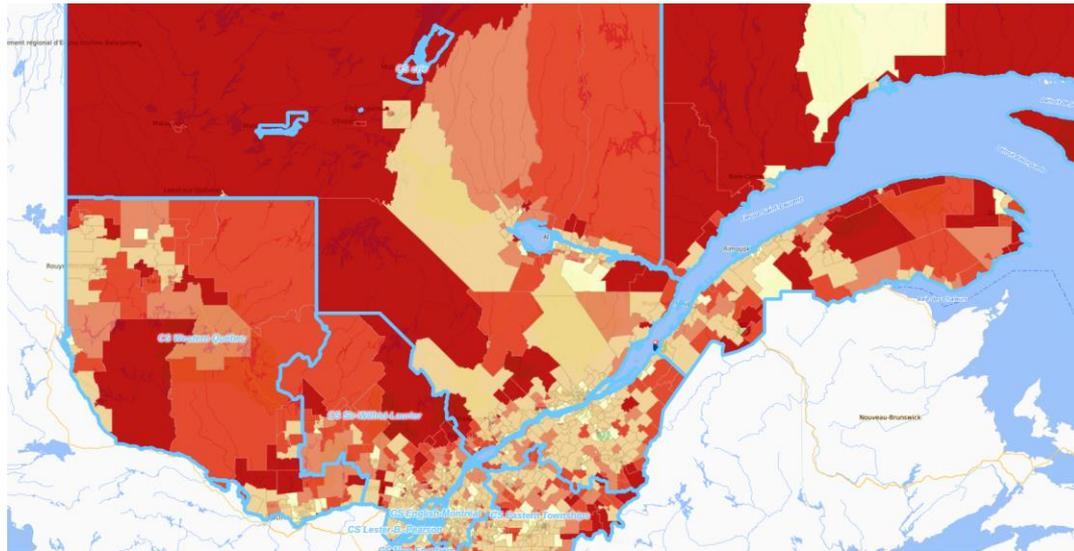
**ADOLESCENTS
ARE THE GREATEST RESOURCE
FOR A SOCIETY TO THRIVE**



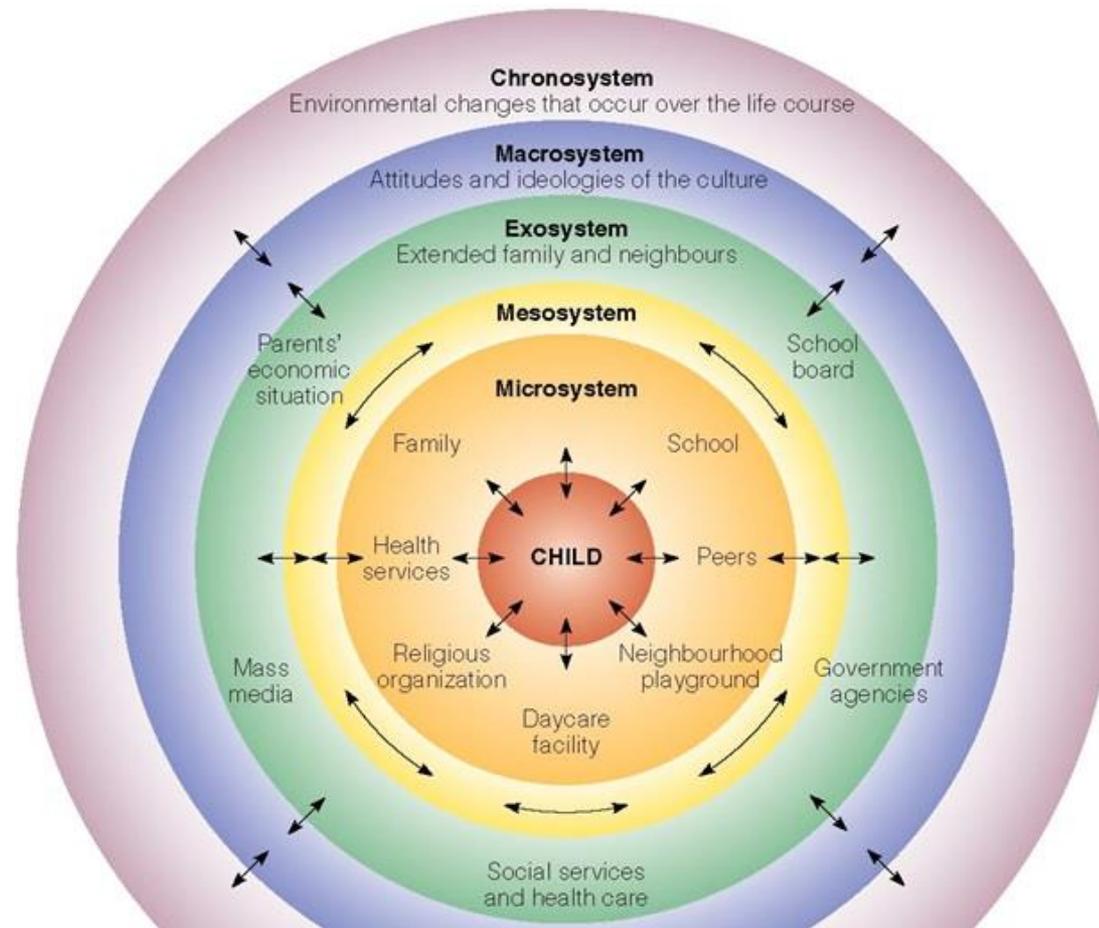
Investments in adolescents
bring a triple benefit:



Reducing Inequalities is a Public Health Priority in Québec



Schools Are Highly Influential in the Lives of Students



Bronfenbrenner's Ecological Model



Objective

To determine if, in Québec elementary and high schools, there are social disparities in:

- Presence or types of health-promoting interventions (HPI) and extracurricular activities (EA)
- Process of adopting HPI & EA
- Barriers and facilitators to implementing, sustaining or scaling up HPI & EA.

Definitions

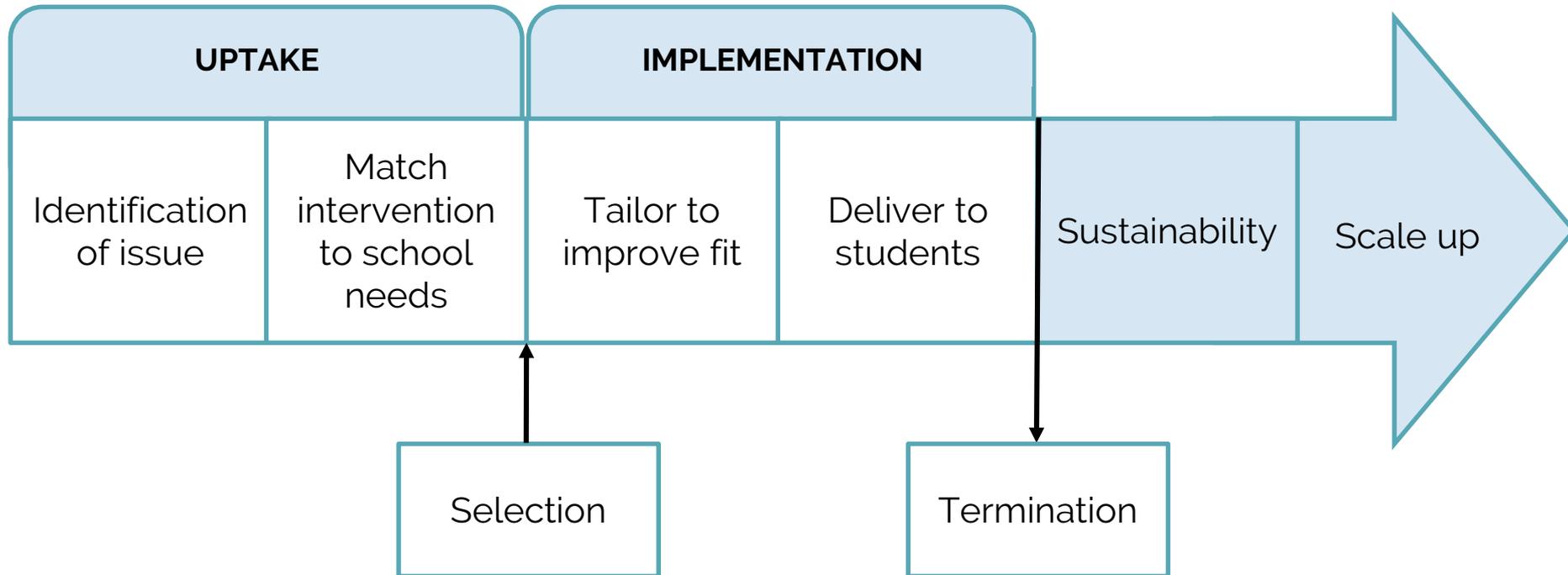
Health-Promoting Interventions (HPI)

- Separate from Ministry-mandated curricula
- Participation is **compulsory**
- During class hours

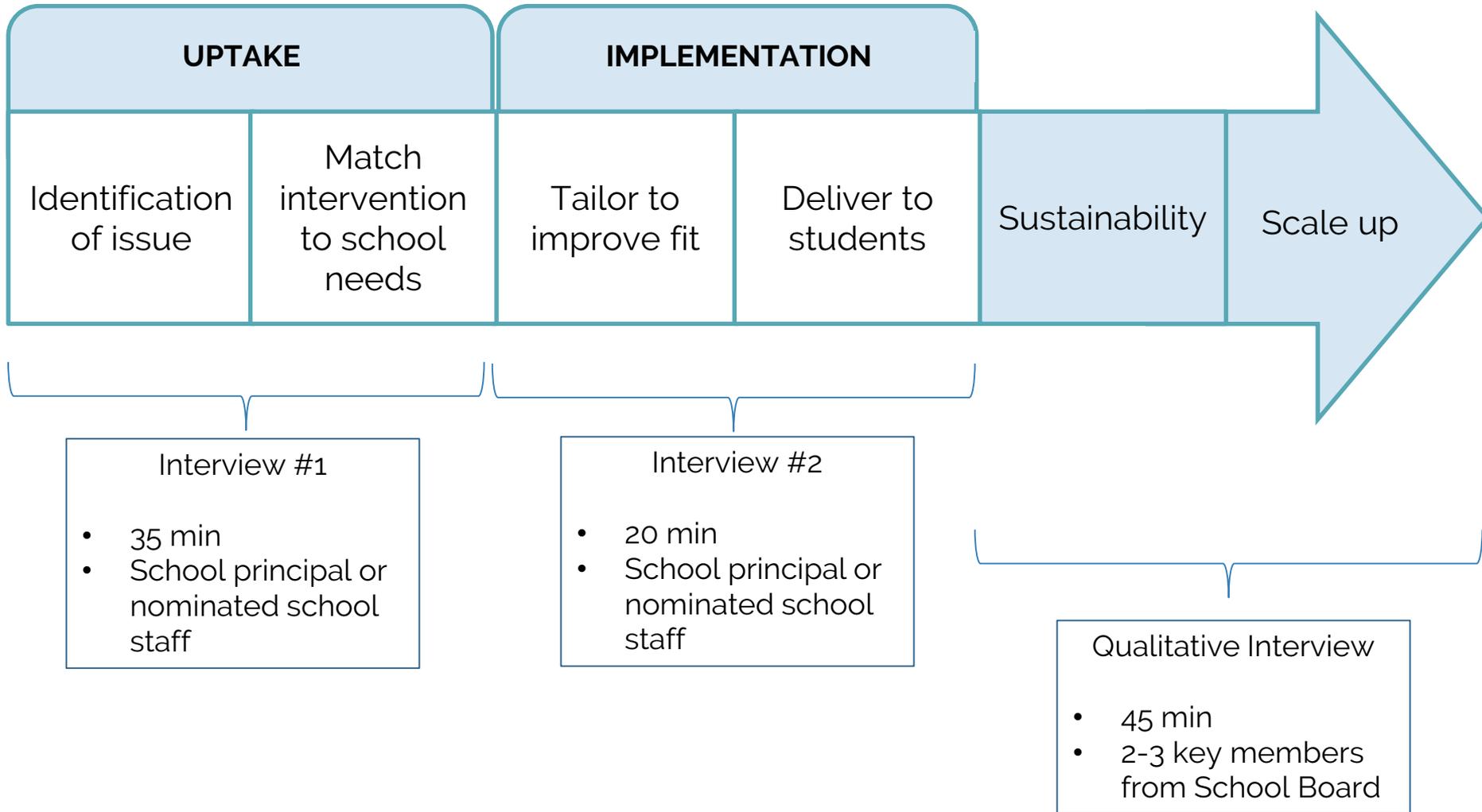
Extracurricular Activities (EA)

- Contribute to student well-being
- Participation is **voluntary**
- Outside class hours

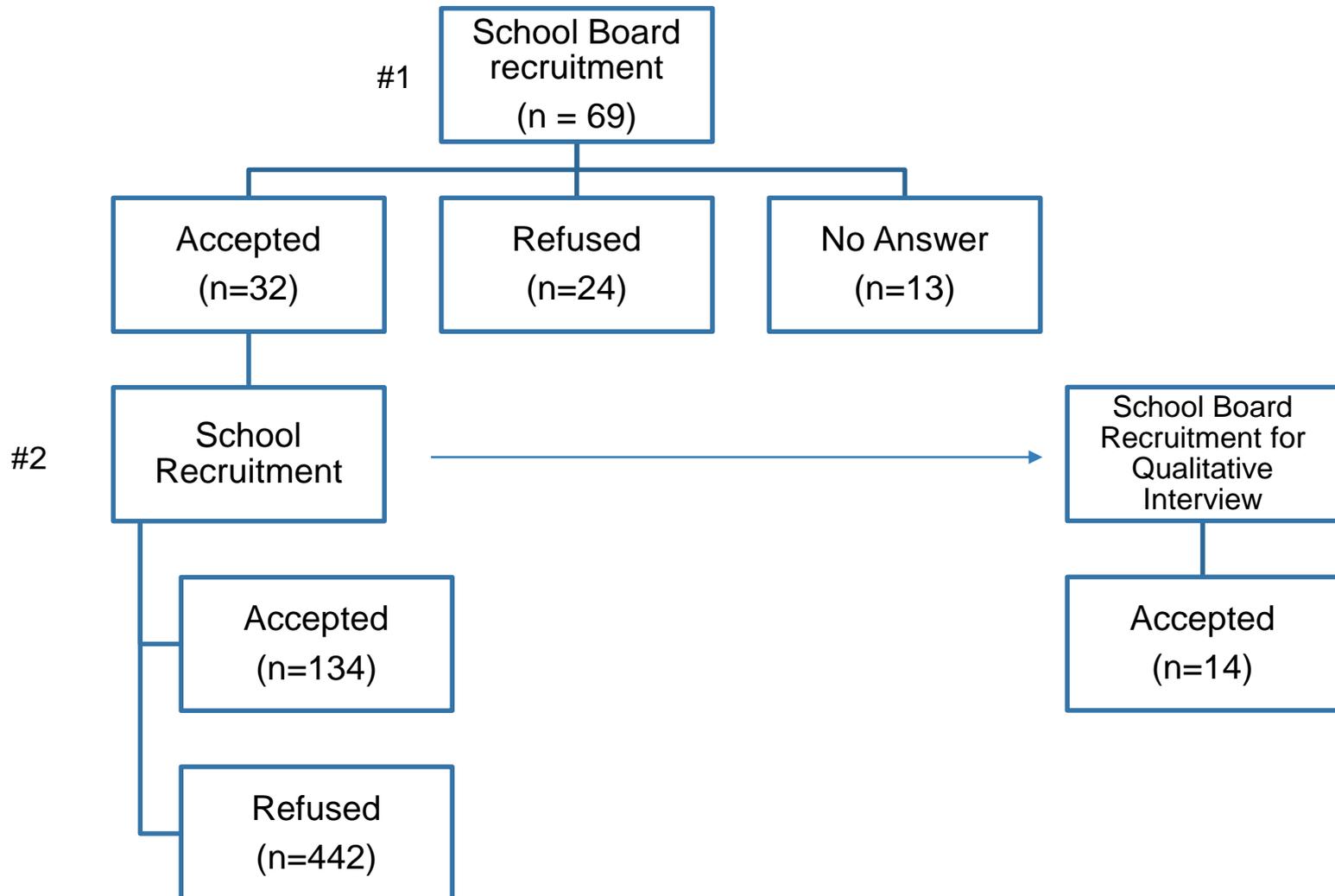
Diffusion of Innovations



Methods



Recruitment



Indice de Milieu Socio-Économique (IMSE)

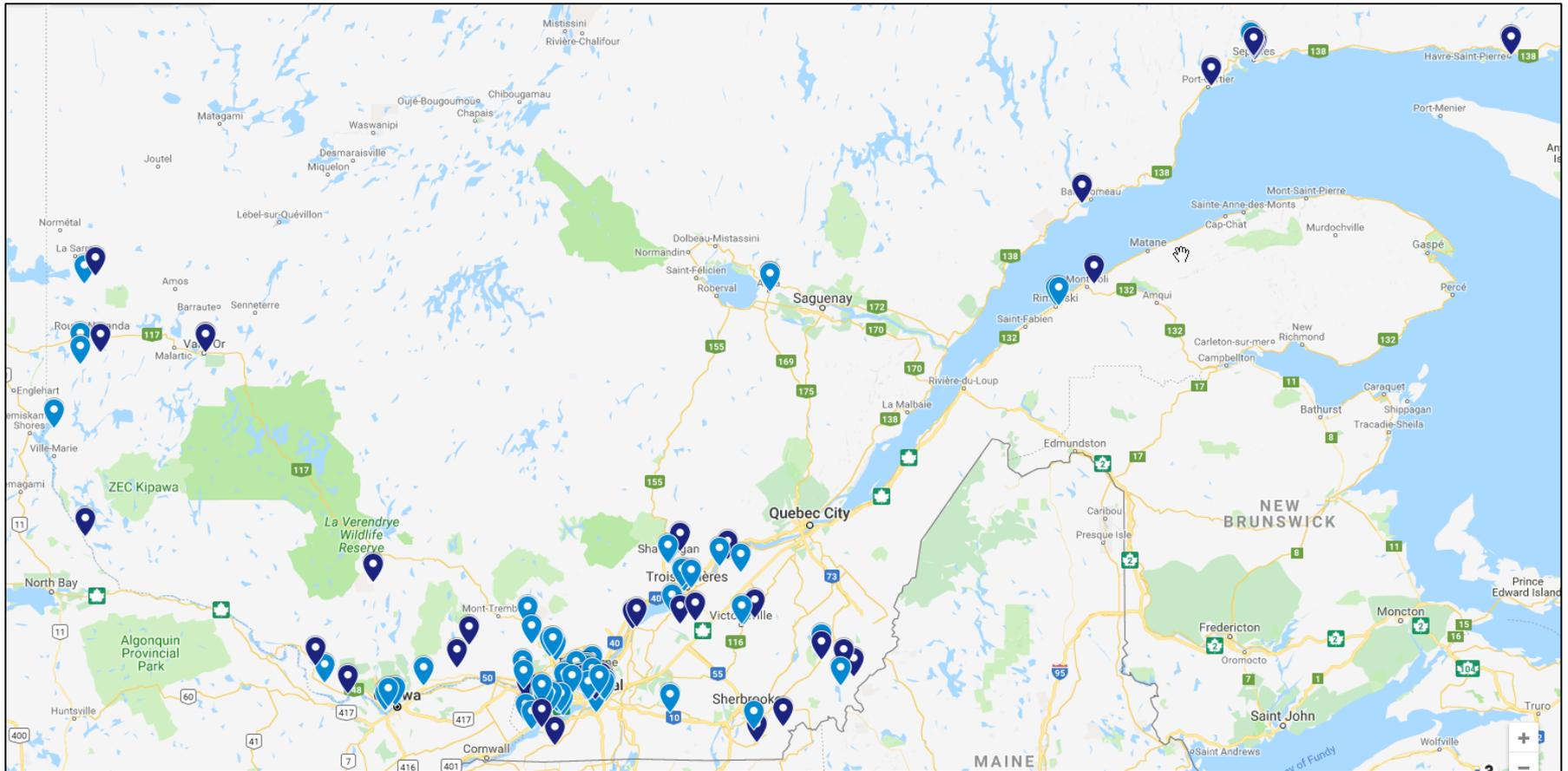
Proportion of families with mothers who did not complete high school & one parent inactive in the workforce.

SES	IMSE	Québec public Schools %
Low	8 - 10	37
Moderate	4 - 7	38
High	1 - 3	25

School Characteristics by SES

	SES		
	Low (n=44)	Moderate (n=64)	High (n=26)
Elementary, %	88	72	89
Female respondents, %	59	65	65
No. students, mean			
Elementary (Gr. 1-6)	224	327	383
High School (Gr. 7-11)	311	754	1005
Student teacher ratio, mean			
Elementary (Gr. 1-6)	13.4	15.5	14.7
High School (Gr. 7-11)	7.7	14.7	14.1
High teacher turnover, %	7	16	8
High principal turnover, %	2	10	4
Student absenteeism, %	5	4	3

PromeSS Schools



-  Low SES
-  Moderate to High SES

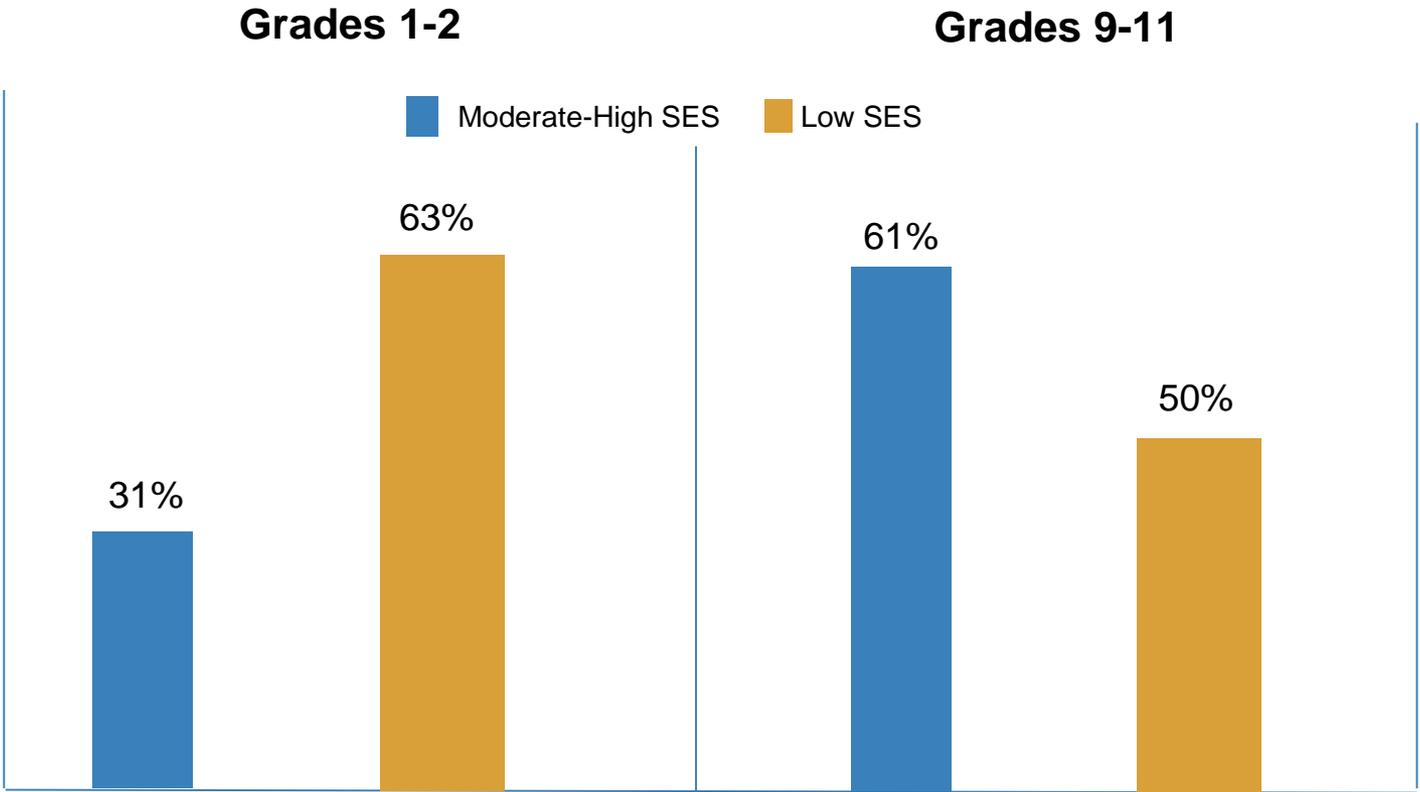
Health Promoting Interventions by School SES

	SES		
	Low (n=44) %	Moderate (n=64) %	High (n=26) %
Physical Activity	82	84	92
Sexual Health	86	72	88
Healthy Eating	89	73	65
Bullying & Exclusion	91	92	92
Personal Safety	61	45	54
Mental Health	36	50	62
Dental Health (elementary only)	95	91	91
Tobacco control			
Elementary	22	11	4
High School	80	50	0

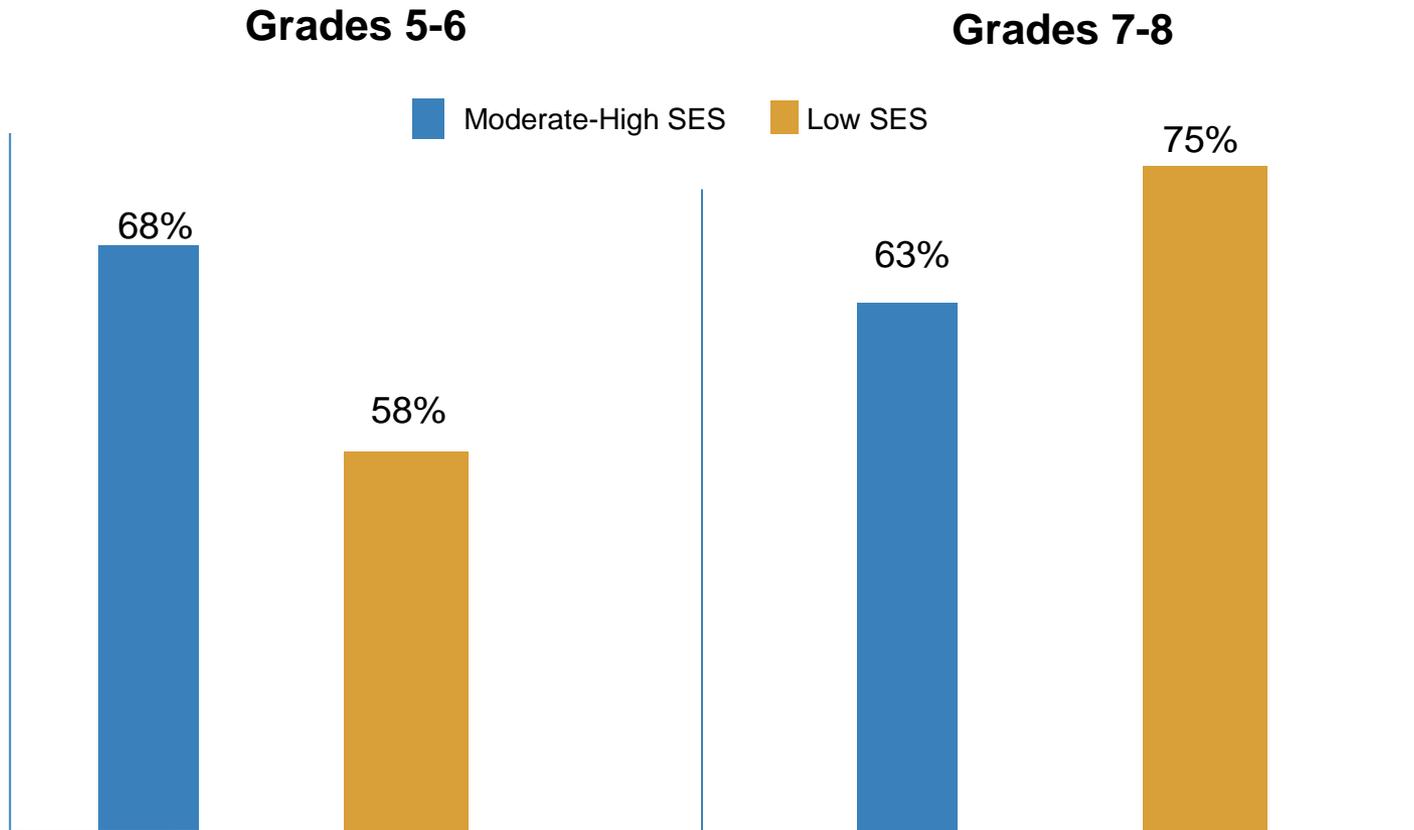
Extracurricular Activities by School SES

	SES		
	Low (n=44) %	Moderate (n=64) %	High (n=26) %
Competitive sports (extramural)	70	75	73
Non-competitive sports (intramural)	82	75	69
Physical activity (dance, ski, martial arts, physical conditioning)	70	81	69
Free gym	65	61	38
Specialized clubs	43	67	54
Artistic clubs	61	69	69

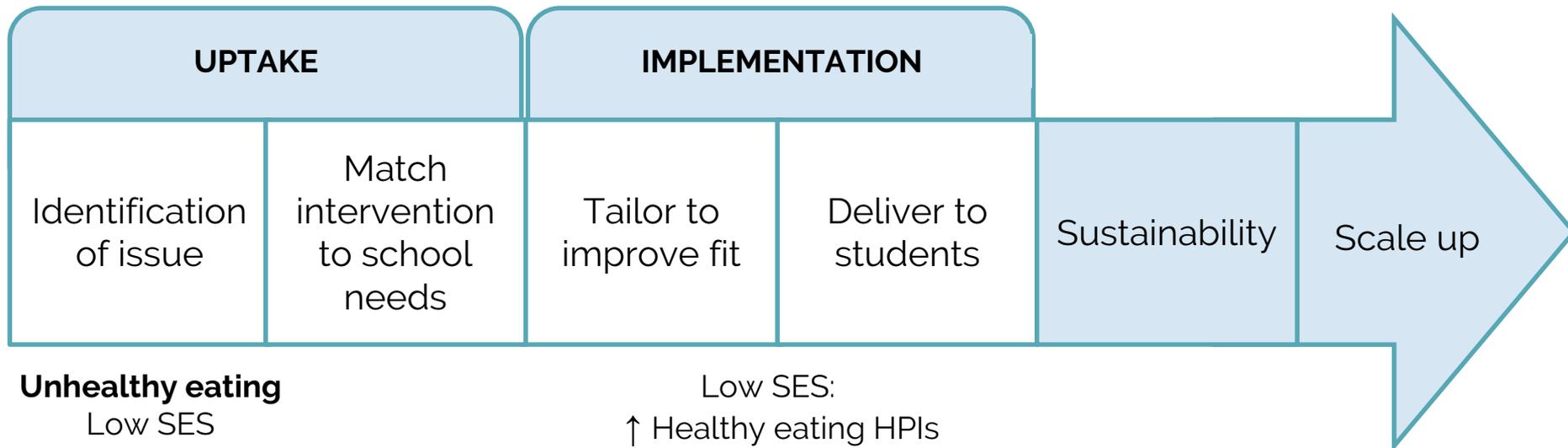
Schools Reporting that Unhealthy Eating is an important issue by School SES



Schools Reporting that Mental Health is an Important Issue by School SES



Conclusion



Unhealthy eating
Low SES
Elementary level

Low SES:
↑ Healthy eating HPIs

Mental health:
All

Low SES:
↓ Mental health HPIs

Next Steps

To determine if, in Québec elementary and high schools, there are social disparities in:

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Thanks to H Dutczak, A Kalubi, N Hanusaik