



Protection of Health by Increasing the health Literacy of Pupils

R1 – COUNTRY ANALYSIS NATIONAL REPORT SPAIN

Partner organisation: POSTAL 3

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1. SURVEY AMONG PUPILS

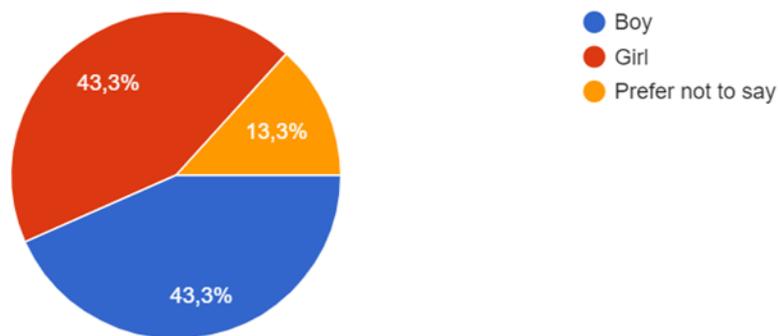
1.1 Introduction

The 30 questionnaires were delivered to the deputy headmistress' mobile. She printed them and delivered them to the students. Once, they were filled in, they were scanned and sent by mail from the deputy headmistress. All the data were inserted in Google forms to analyze the results.

1.2 Questionnaires data

1. What would you say is your sex/gender:

30 respuestas



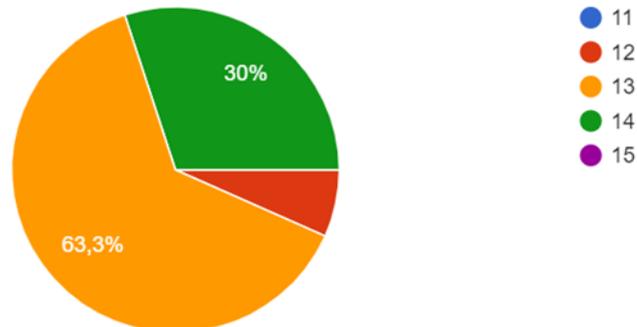
From the total number of surveyed children (30), a total of 43,3 percent were boys, a total of 43,3 percent were girls, and 13,3 percent preferred not to say.





2. What is your age:

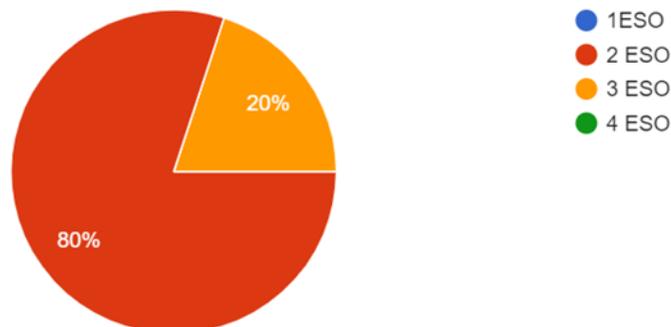
30 respuestas



Most of the surveyed children were 13 and 14 years old (63,3% and 30 %). 6,7 percent were 12.

3. Which class are you attending?

30 respuestas



A total of 100 percent of children surveyed attend secondary, a total of 80 percent attend 2 ESO and a total of 20 percent attend 3 ESO.

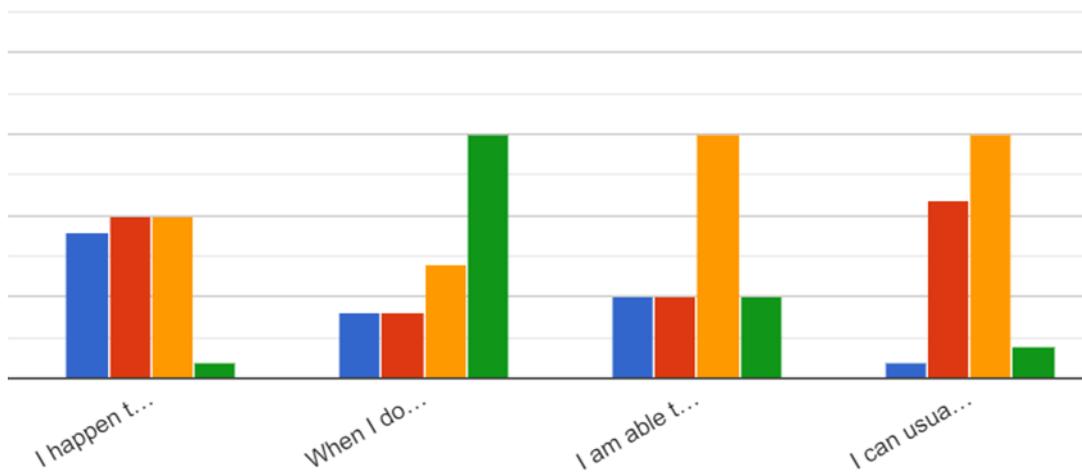
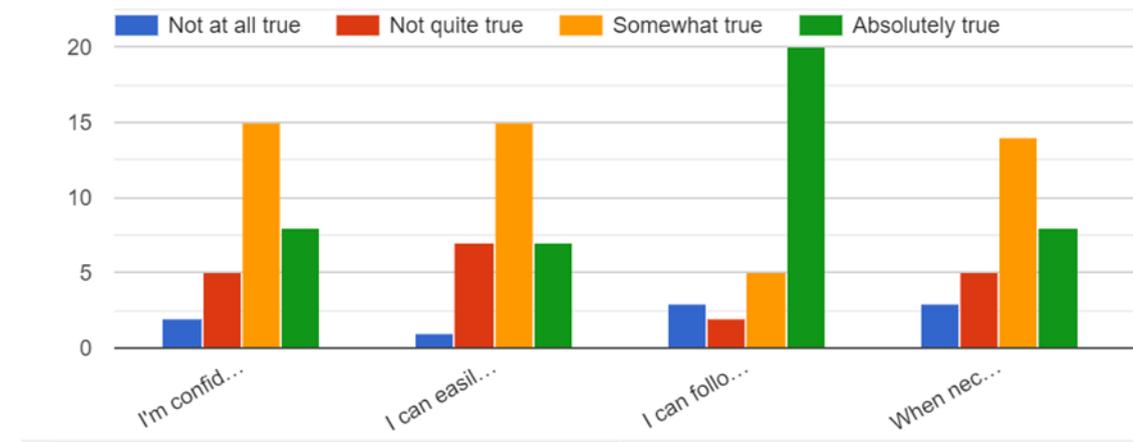
They are students in a school (IES Rafael Puga Ramón) located in a coastal city in the northwest part of Spain (A Coruña, region of Galicia).

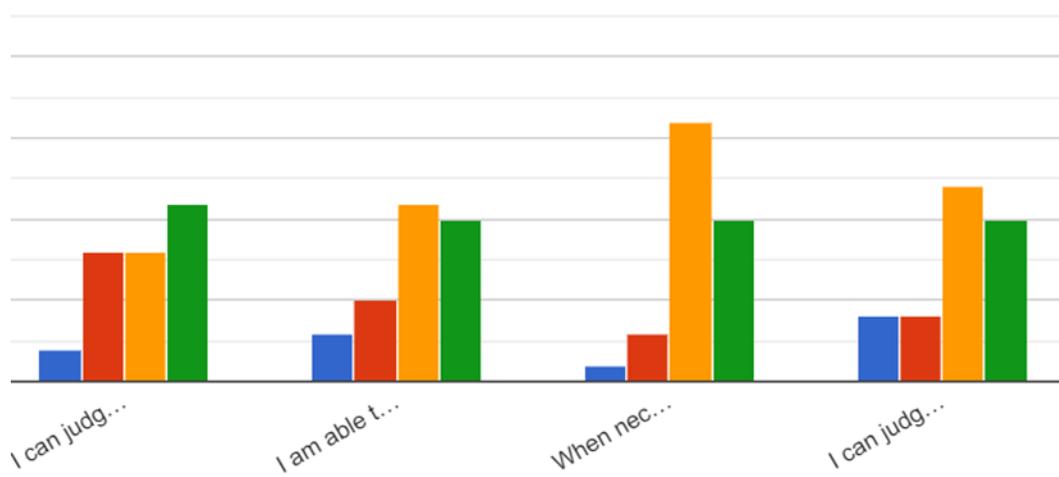
The city of A Coruña has 245,468 inhabitants according to the 2021 Statistics National Institute. The metropolitan area of A Coruña has a population of 419,926 inhabitants and the urban region of A Coruña has 648,983 inhabitants.

At an economic level, the city of A Coruña and its metropolitan area is the economic locomotive of Galicia, generating 43% of the Galician GDP and 58.9% of the GVA.



4. From the following options, choose the one that best describes your opinion:





	Not at all true	Not quite true	Somewhat true	Absolutely true
1. I'm confident to have good information about health. Total answers collected for this line:	2	5	15	8
2. I can easily give examples of things that promote health. Total answers collected for this line:	1	7	15	7
3. I can follow the instructions given to me by healthcare personnel (e.g., doctor) Total answers collected for this line:	3	2	5	20
4. When necessary, I find health-related information that is easy for me to understand Total answers collected for this line:	3	6	12	9
5. I happen to look for health-related information on the Internet or social media Total answers collected for this line:	9	10	10	1
6. When I do not find satisfactory answers on health-related information, I ask my parents	4	3	8	15

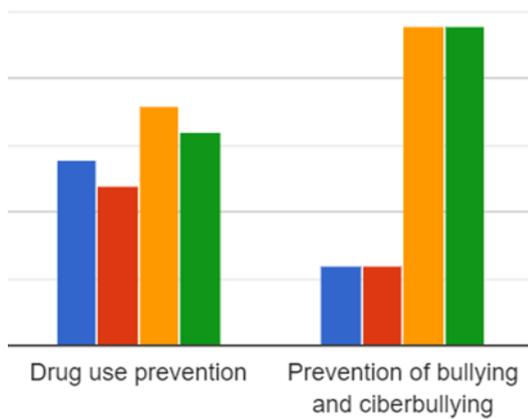
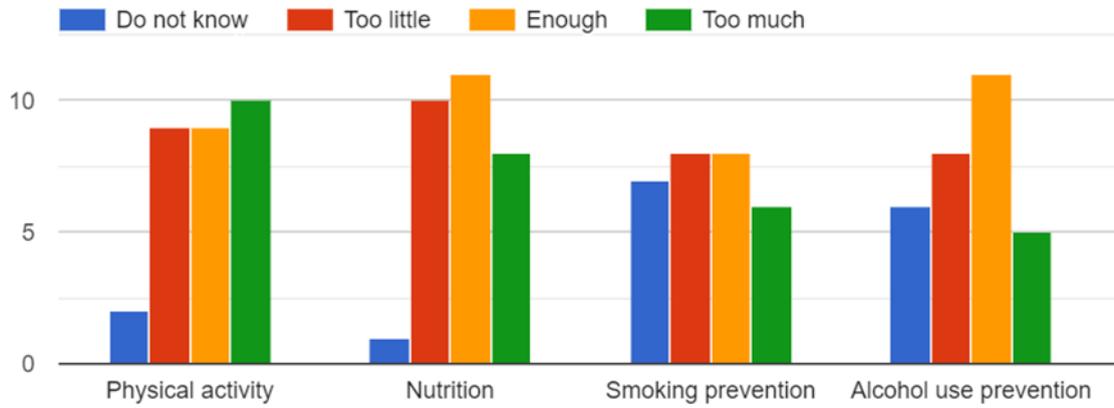




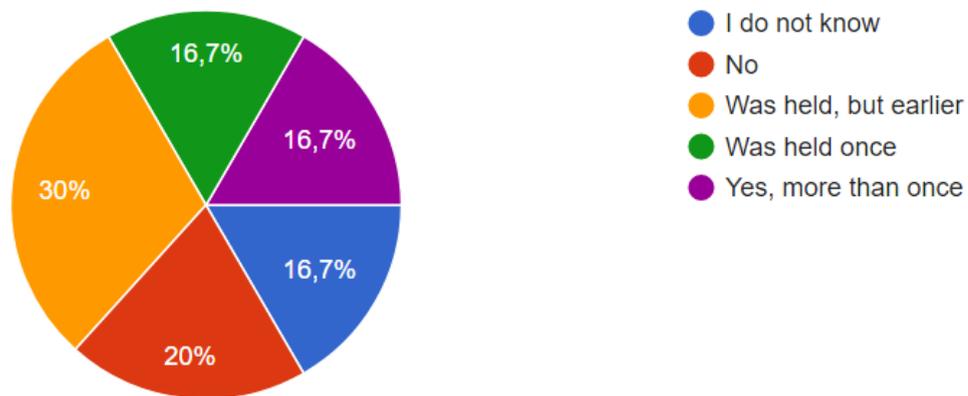
or friends. Total answers collected for this line:				
7. I am able to compare health-related information from different sources. Total answers collected for this line:	5	5	15	5
8. I can usually figure out if some health-related information is right or wrong Total answers collected for this line:	1	12	15	2
9. I can judge how my behavior affects my health. Total answers collected for this line:	2	8	7	12
10. I am able to explain the choices I make regarding my health Total answers collected for this line:	3	5	11	10
11. When necessary, I am able to give ideas on how to improve health in the context I live in (e.g., family, friends, classmates) Total answers collected for this line:	1	3	16	10
12. I can judge how my own actions affect the surrounding natural environment Total answers collected for this line:	4	4	12	10



5. Does your school pay enough attention to the basics of a healthy lifestyle?

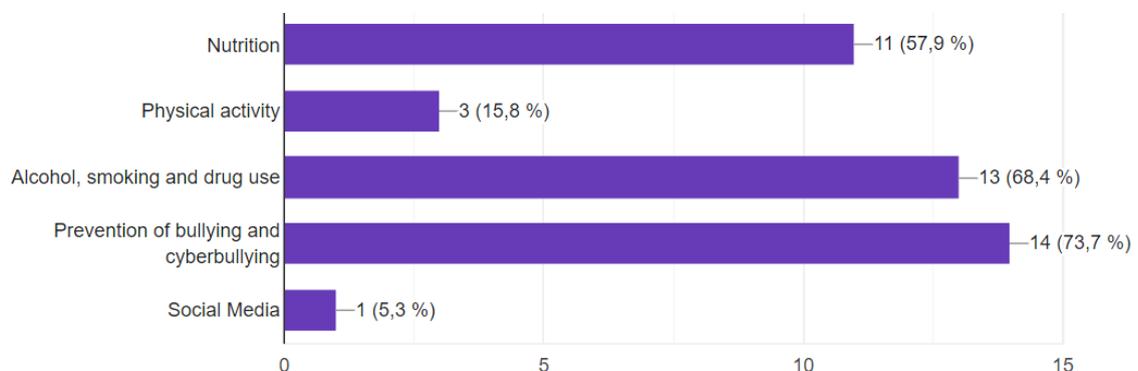


6. Has the school held events for schoolchildren’s health promotion in the current school year?



A total of 16,7 respondents answered that they don’t know if the school held events for school children’s health promotion in the current school year. A total of 20 percent answered no. A total of 16,7 percent answered that the school held events for school children’s health more than once. A total of 30 percent answered positively but it was held in other years. A total of 16,7 percent answered positively but they said it was only held once.

If yes which of the following topics did the school events focus on?





A total of 73,7 percent of the surveyed children that answered that their school held events for school children's health promotion, stated that the most common topic is the prevention of bullying and cyberbullying. A total of 68,4 percent said that alcohol, smoking, and drug use. Nutrition will be the third most common topic according to 57,9 percent. And physical activity will be the less common topic (15,8 percent) followed by social media (5,3 percent). A school held events for schoolchildren's health but they were held once or in other years. The most common topics were alcohol, smoking, drug use, bullying, and cyberbullying.

1.3 Summary/conclusions

The graphics show that most surveyed children can follow the instructions given to them by health personnel. Only a few stated that they looked for health-related information on the Internet or social media. Most students disagreed with this question. This derives from the results of questions six and eight children aren't able to compare health-related information from different sources and they cannot figure out if some health-related information is right or wrong. Nevertheless, most of them can give ideas on how to improve health in their context (e.g., family, friends, and classmates). But in question eight, about 40 percent answered they cannot understand if some health-related information is right or wrong.

In conclusion, most children showed that they don't look for health-related information, but they considered that they can give ideas on improving health in their context.

When they do not find satisfactory answers to health-related information, some ask their parents or friends. But a significant percentage don't ask either their parents or their friends. And it leads to this result; about forty percent of students cannot judge how their behavior affects their health.

According to the student's responses, their school doesn't organize children's health promotion events periodically, and the topics of physical activity and social media are not as common as the prevention of bullying or alcohol, smoking, and drug use.



2 INTERVIEWS WITH RELEVANT STAKEHOLDERS

The selection of the interviewees was based on the topic of the project. So, the most important professional field related to Health literacy among children are education and health services. Professionals in these fields can give a general overview of the topic since they are in touch with children every day. Besides, the topic is interesting for these professionals, as they have to deal with this problem and, sometimes, suffer the consequences of the lack of health literacy. It was easy to involve them to collaborate with the interview.

The interviews were conducted following the next standards;

- Explanation of the main objectives and project results of the project
- Set up a time and date for the interview that the respondent prefers.
- Ask questions with confidence and make interviewees feel at ease so that they would be comfortable and able to confidently respond to challenging queries.
- Clarify some questions with examples.
- Write the answers down and verify them with the interviewees.

2.1 In-depth interviews

Name and surname	Antía Vila
Professional field	Health services
Current occupation (specify your role and how long have been doing it)	Trainee doctor. For two years I have been supporting care for patients of all ages.
What is the level of familiarity with health-related information of children and adolescents you work/have worked with?	Due to my profession, the level of familiarity is high since I have the necessary information. On the other hand, indeed, most of the patients I have seen and given support to our children.
Based on your experience, what is	In general, they show interest in having information, especially information related to sexual diseases, but they have difficulties receiving



<p>the attitude of children/adolescents towards the health-related information?</p>	<p>this information, which is why they tend to go to social networks and transmit the information to each other with the risk that this entails.</p>
<p>What are the challenges children/adolescents face when finding health information?</p> <p>Do you believe the pandemic has affected these challenges?</p>	<p>Since they do not receive information from official sources, they have to look for it on the internet and they do not always find it. In addition, in many cases, this information is not correct. Keep in mind that at these ages most of them look for information on social networks and unofficial pages.</p> <p>The pandemic has affected them because they are overloaded with information and cannot discern what is true and what is false.</p>
<p>Do you think the digitalization can affect on the children health literacy?</p>	<p>Digitization can affect in two ways; positive and negative. The positive is that they have all the information at their fingertips and the negative is that there is so much unverified information, even counter information, so digitization is a double-edged sword. Children and adolescents do not know how to distinguish what is true or not in this information since they lack and/or are unaware of the official health pages such as the WHO or manuals such as the DSM.</p>
<p>What is the sector responsible for delivery of children/adolescents health promotion and education?</p> <p>Please also specify which professionals should be involved.</p>	<p>I believe that the promotion of health education should start from the school since as an educational body it should focus on cross-cutting issues of great importance to children.</p> <p>Other key professions are health workers. The educational and health sectors should coordinate to create and disseminate programs, workshops, etc. in health education and prevention.</p>
<p>Are there initiatives for health education among pupils?</p>	<p>I don't think so. I am 24 years old and during my educational stage in Primary and ESO, I never received information on this subject. I believe that currently things remain the same and knowing how to write correctly (for example) continues to prevail much more than crucial issues for the physical and psychological development of students and r well-being.</p>





If there you have any other relevant information concerning this topic not mentioned above, please use this space to explain it:

We should emphasize sexual health, which is an area that greatly affects adolescents. Although in some schools they give talks on this subject, they are usually very basic and do not specify the type of diseases that can be transmitted, for example. Likewise, mental health is also of great importance, because they are diseases that continue to be stigmatized in the 21st century and affect a large percentage of the adolescent population, not only depression or anxiety but also eating disorders derive from mental illnesses. In many cases, these two topics are still taboo in our society and that only leads to problems that materialize in risks to the health of adolescents.

Name and surname	Lucia Solla
Professional field	Health Services
Current occupation (specify your role and how long have been doing it)	Auxiliary nursing care technician – 20 years
What is the level of familiarity with health-related information of children and adolescents you work/have worked with?	Very high
Based on your experience, what is the attitude of children/adolescents towards the health-related information?	They are not interested at all and turn to the internet for very specific topics





<p>What are the challenges children/adolescents face when finding health information? Do you believe the pandemic has affected these challenges?</p>	<p>The bad information that is on the internet when teenagers go to look for information. This is usually tremendous, sensationalist.</p> <p>The pandemic has affected them because it has made them more aware of the importance of having a good health system.</p>
<p>Do you think the digitalization can affect on the children health literacy?</p>	<p>Yes, because it makes them see bodies that are not real, and creates expectations at a socioeconomic level that do not conform to reality.</p>
<p>What is the sector responsible for delivery of children/adolescents health promotion and education? Please also specify which professionals should be involved.</p>	<p>The educational sector should develop educational programs in different areas related to health.</p> <p>Pediatricians and family doctors should be involved, providing clearer information for children and adolescents, taking their time with them, and making sure they have understood the information.</p>
<p>Are there initiatives for health education among pupils?</p>	<p>No, and if there are, I don't know.</p>

If there you have any other relevant information concerning this topic not mentioned above, please use this space to explain it:

The mental health of adolescents should have special consideration in health education. As a result of Covid, many cases of anxiety and depression have been detected. Information in this area should be the main objective of health education in schools.

Name and surname	María Irene Correia Caballero
Professional field	Education





<p>Current occupation (specify your role and how long have been doing it)</p>	<p>Spanish Language and Literature Teacher: 16 years Deputy Headmistress: 3 years</p>
<p>What is the level of familiarity with health-related information of children and adolescents you work/have worked with?</p>	<p>At the beginning of the course in the center, families are given health questionnaires to collect data that are of interest, such as allergies, intolerances, and chronic diseases... and then each teacher is informed of the guidelines to follow.</p>
<p>Based on your experience, what is the attitude of children/adolescents towards the health-related information?</p>	<p>Generally, they do not show excessive concern about health issues, except for those who have a problem related to it. Although it is true that in this last year and, due to the pandemic, they seem to show more interest in the issue.</p>
<p>What are the challenges children/adolescents face when finding health information? Do you believe the pandemic has affected these challenges?</p>	<p>Probably the biggest challenge is knowing how to discriminate reliable sources from those that are not on the Internet. We have to take into account that the first thing they do is search for any doubt on the Internet and many times they visit unreliable pages. Probably, the pandemic has affected this challenge since as a result of it boys and girls seek more information on topics related to health.</p>
<p>Do you think the digitalization can affect on the children health literacy?</p>	<p>Of course, it can affect negatively. As I pointed out before, teenagers tend to search for everything on the Internet and, on many occasions, they follow the advice they see on Tik-Tok, and Instagram... and trust people without taking into account their training and whether to check the information. This is seen in issues related to food.</p>
<p>What is the sector responsible for delivery of children/adolescents health promotion and education? Please also specify which professionals should be involved.</p>	<p>From my experience, it is usually external organizations that work for the administration that carry out health promotion and education activities. It would be very interesting if, in addition to these organizations, family doctors and/or pediatricians also participated.</p>
<p>Are there initiatives for health education among pupils?</p>	<p>Generally, the local administration carries out activities related to health promotion: healthy eating, prevention of smoking and drug use, and sexually transmitted diseases...</p>





If yes, please provide the following information per initiative: <i>(add rows if you have more than one initiative to report)</i>	
Responsible organisation	1. Healthy nutrition 2. Con-tact with words
Activity description (objectives, results and activities carried out)	1. This activity is intended for students to know the nutrients in the food they eat and thus prevent eating disorders 2. The objective of this activity is to promote the emotional well-being of the students.
Age of pupils/grades	1º/2º/3º de la ESO (11-14 years) 4º de la ESO (15/16 years)
Time allocated	2/3 sessions per year 4 sessions per year
Involved experts leading the initiative	Nutritionists Technicians of ADAFAD

2.2 Summary/conclusions

The professional field of two experts in health services and the third one is education.

One of the experts in health services is a doctor and the other is an auxiliary nursing care technician. In both cases, the level of familiarity with health-related information of children and adolescents is high due to their occupations. The doctor considers that young people show interest in getting health-related information but on sexual illness and the technician states that they only show interest in specific topics.

Among the challenges, adolescents face when finding health information, the main one is the lack of information from official sources. They look for information on the Internet and this information sometimes is wrong, since they look up information on social media or videos made by influencers. For both of them, the pandemic has affected these challenges; the doctor thinks that they are confused about what is true or false due to so much information generated during the Pandemic. The technician is now more aware of the importance of having a good National Health Service System.

Both agree that digitalization can affect children's health literacy. The doctor states that it can affect both positively and negatively. On the one hand, they have the information at their fingertips but the problem is that children don't understand the difference between the truth





and a lie. Instead of looking for information on official websites like WHO or DSHV, they search the internet without any precise criteria. The technician also refers to many problems that could arise due to the beauty canon in the media and the health problems derived from following strict diets to get a perfect body.

Regarding the sector responsible for the delivery of adolescents' health promotion and education, both consider that it must come from schools in coordination with health services professionals. The school's children should attend to the subject on this topic and doctors, nurses, etc should give information as they can be examples of different problems and difficulties derived from wrong information about the topic. It should be a necessary information day to prevent bad habits and behavior.

Regarding initiatives for health education among people, both consider that there aren't any kind of initiatives, at least they know. The doctor is 25 and she was never informed at school about the topic. She considers that education in schools is more focused on Math, Languages, and so on instead of worrying about crucial issues for the physical and psychological development of the students.

Regarding other relevant information regarding the topic the doctor says that it should pay attention to sexual information, some schools give chats but they are basic, and they should be emphasized different sexually transmitted diseases and how to prevent them, as well as mental diseases that are affecting a lot of young people, not only depression, but anxiety and eating disorders and addiction. In some schools, they are still seen as taboo subjects.

The professional field of the third expert is education. She has been a teacher for 16 and vice principal for 3.

She has some level of familiarity with health-related information since at the beginning of the classes they give health questionnaires to the families to gather information related to children's health (f.e allergies, chronic illness, dietary requirements, etc, and from the school inform these students of some guidelines to follow.

Regarding the attitude of children Generally, they do not show excessive concern about health issues, except for those who have a problem related to it. Although it is true that in this last year and, due to the pandemic, they seem to show more interest in the issue.

Regarding the challenges, adolescents have to face probably the biggest challenge is knowing how to discriminate reliable sources from those that are not on the Internet. We have to take into account that the first thing they do is search for any doubt on the Internet and many times they visit unreliable pages.

She considers that the pandemic has affected this challenge since as a result of it boys and girls seek more information on topics related to health.

How digitalization can affect children's health literacy can negatively affect them. As she pointed out before, teenagers tend to search for everything on the Internet and, on many occasions, they follow the advice they see on Tik-Tok, and Instagram... and trust people





without taking into account their training and whether to check the information. This is seen in issues related to food.

According to the sector responsible for the delivery of health promotion she said that there are external organizations that work for the administration that carry out health promotion and education activities. It would be very interesting if, in addition to these organizations, family doctors and/or pediatricians also participated.

Health initiatives among students: local administration carries out activities related to health promotion: healthy eating, prevention of smoking and drug use, sexually transmitted diseases...

Responsible organization: Local administration

Activity description: This activity is intended for students to know the nutrients of the food they consume and thus prevent eating disorders

The objective of this activity is to promote the emotional well-being of students

Age pupils: 12-16

Time allocated: 3 or 4 sessions per year

Involved experts leading the initiative: nutritionist, the association helps families of drug addicts (ADAFAD)

3 MAIN CONCLUSIONS

The responses of pupils show some contradictions. For example, 26 can give examples of how to improve their health, and 21 can explain the choices they make regarding their health, but at the same time 13 pupils cannot usually figure out if some health-related information is right or wrong and 11 cannot judge how their behavior affects their health. And, significantly, a great percentage (23 of the 30) ask their parents or friend about health issues when they don't find satisfactory answers. The information received about health issues seems to come from the knowledge of others but they don't seem to look for information from proper sources.

The interviewees agree that most children don't care about health issues although Covid influenced them on being worried about this topic. The Internet and social media have positive and negative consequences. The problem is that pupils don't look for information on reliable pages and, they, usually, follow influencers' advice which could imply risky behavior.

The events held by the school on children's health issues don't seem to be enough, as many topics are not dealt with. Besides, some of these events were held once or in other years.

The health services employees agree that there is no activity or information enough on the topic in schools, and it is outlined the importance of collaborating with schools to inform about





certain such pics as sexual and psychological diseases. In this case, the educational system must pay attention to this matter.

The teacher considers that government services should be in charge of this, organizing events with the collaboration of doctors to promote health literacy.

In conclusion, there is no agreement about the sector responsible for organizing this kind of event. But the collaboration between the two sectors would be paramount.

