

Celostni inovativni model za zagotavljanje zdravega življenjskega sloga

Irena Simčič

Zavod Republike Slovenije za šolstvo, Dunajska 104, Ljubljana

Izveček

Nezdravo prehranjevanje, nezadostna telesna dejavnost in debelost predstavljajo ključni javno zdravstveni problem v Sloveniji. Podatki Svetovne zdravstvene organizacije kažejo, da imajo otroci v Sloveniji enega od najhitreje naraščajočih trendov povečevanja telesne mase. Zaradi slabih prehranjevalnih navad in nezadostne telesne dejavnosti se otroci in mladostniki že srečujejo s težavami uravnavanja telesne mase in tudi z boleznimi gibal. Slovenija se po deležu čezmerno hranjenih in debelih 15-letnikov uvršča na tretje mesto med državami Evropske unije, ki so vključene v raziskavo Z zdravjem povezano vedenje v šolskem okolju in presega povprečje vrstnikov vseh vključenih držav v raziskavo. Pomanjkljivosti obstoječega sistema izobraževanja, zagotavljanja šolske prehrane, športne vzgoje in obšolskih dejavnosti ter nadgradnja sistema s ciljanimi ukrepi, programi in aktivnostmi v okolju vzgojno-izobraževalnih zavodov omogoča optimalno koriščenje sistemskih ukrepov za spodbujanje in omogočanje zdravega življenjskega sloga vseh vključenih v sistem vzgoje in izobraževanja ter hkrati zaznavanje in ustrezno obravnavo posameznikov in skupin, ki potrebujejo specifične intervencije. Oblikovanje in izvajanje inovativnih programov intervencije (nemedikamentoznega zdravljenja) za otroke in mladostnike z nezdravim življenjskim slogom in debelostjo, je kot rezultat projekta že vgrajen v sistem zdravstva in šolstva ter omogoča ob hkratnem preprečevanju debelosti tudi ustrezno obravnavo, ki vključuje podporna okolja.

Ključne besede: nezdrav življenjski slog, debelost, šolska prehrana, športna vzgoja, obšolske dejavnosti, programi intervencije, sistemski ukrepi

An integrated innovative approach for providing a healthy lifestyle

Irena Simčič

National Education Institute of Republic of Slovenia, Dunajska 104, Ljubljana

Abstract

Unhealthy diet, inadequate physical activity and obesity represent the key public health problem in Slovenia. The WHO data for Slovenia highlights one of the fastest increasing trends of obesity among children. Due to bad eating habits and inadequate physical activity children and youth already face severe body weight management problems and motoric health issues. According to the share of over-fed and obese 15-year olds, Slovenia ranks third among the EU member states which were included in the research *Health-related Conduct within Schools* and exceeds the trend of average peers in all EU countries, included in the research. The deficiencies of the current education system, provision of school nutrition, physical education and extra-curricular activities, as well as upgrading of the system with targeted measures, programmes and activities within the education institutions' environment enable the optimal exploitation of system measures for the promotion and provision of a healthy lifestyle of all people included in the education system. Moreover, this will provide for an increased detection and treatment of individuals and groups who require specific interventions. The design and implementation of innovative intervention programs (non-medicinal treatment) for children and youth with an unhealthy lifestyle and obesity are integrated in the healthcare and school system and will, besides preventing obesity, also provide for suitable treatment, including all supporting environments.

Key words: unhealthy lifestyle, obesity, school nutrition, physical education, extra-curricular activities, intervention programmes, system measures

Hrana, prehrana, zdravje:

Gojimo, hranimo, ohranjamo. Skupaj

P. Raspor (ur.)

© PR 2020. Vse pravice pridržane.