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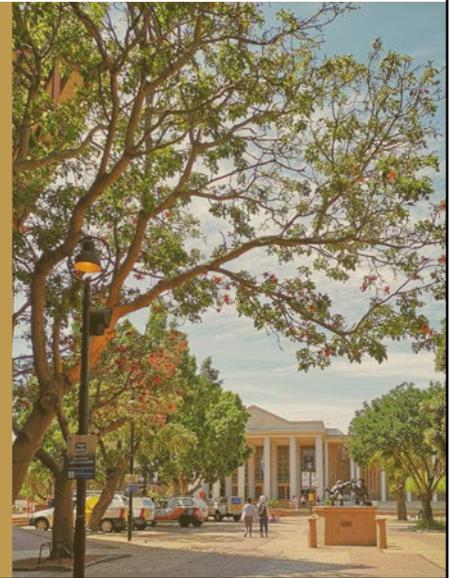
HEALTH PROMOTION

as a principle of Primary Health Care

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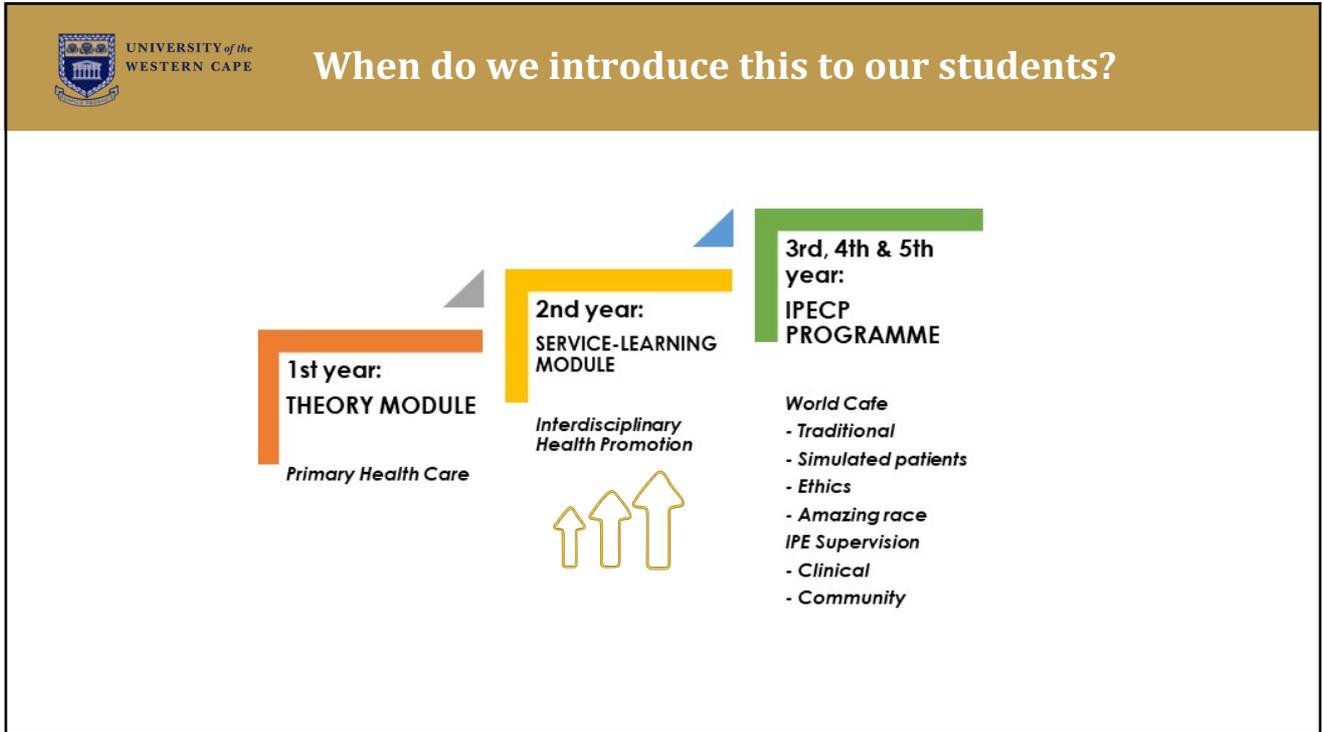


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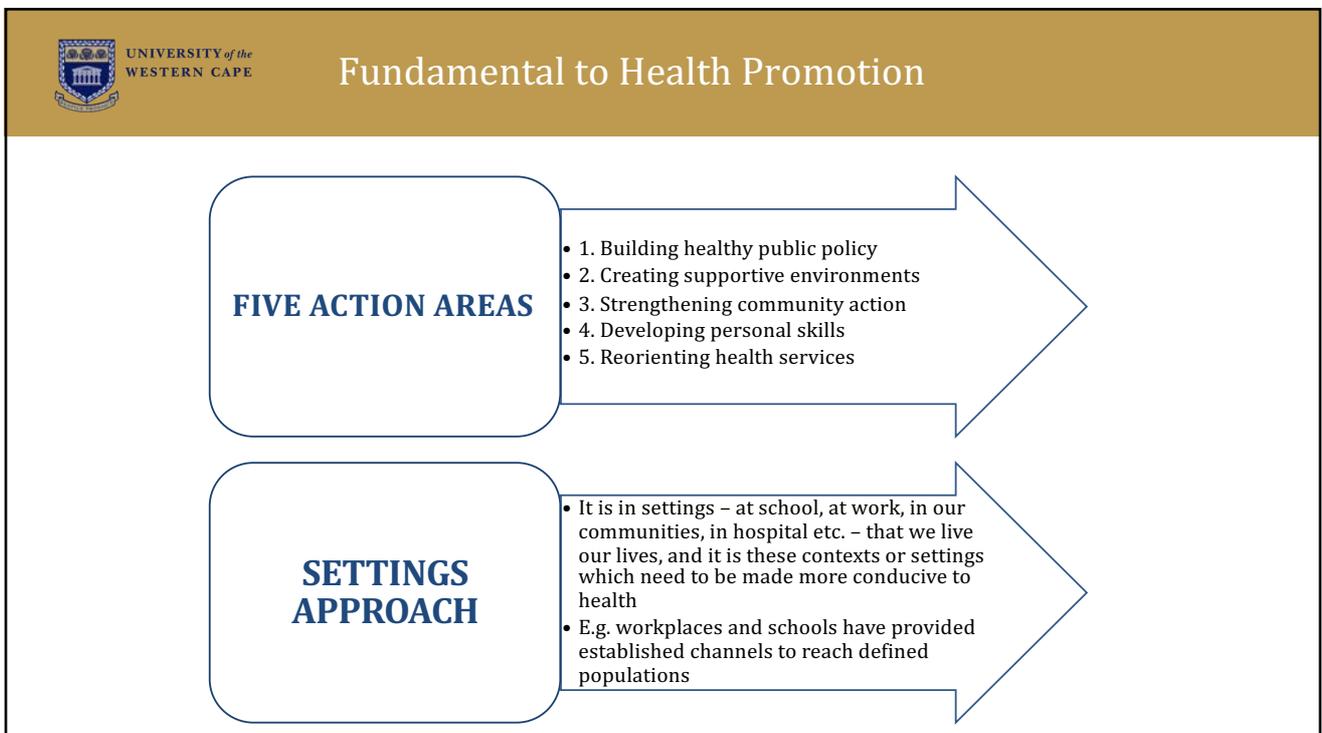
“Health promotion is the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realise aspirations, to satisfy needs, and to change or cope with the environment. Health, is therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Therefore, health promotion is not just the responsibility of the health sector, but goes beyond health lifestyles to well-being”

(WHO, 1986)

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How do we practically ensure this?

COLLABORATION

Students are placed in interprofessional teams

HP PROJECT

Students are required to develop an HP project suitable for implementation in a school setting

REFLECTION

Students are required to reflect on the service-learning experience/a significant experience

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Students' health promotion projects

Who am I?

Personal development and self esteem in Grade six learners

Boujrzadeh, R, Christensen, L, Mazothana, M & Viljoen, S, 2019.
Erica Primary School Belhar

Introduction:

Erica primary is situated in Belhar and ranges from grade 1-7. In our class, Grade 6C, there are 40 children with one teacher. During our 6 weeks with the learners we, wanted to be able to share knowledge help them to develop into successful adults. Positive self-esteem and being able to identify your values and morals is very important in personal growth. We were thankful to Erica Primary for allowing us to share with the learners and that they were so supportive throughout our process. The school allowed us access to their resources of the field, classroom and projection. This enabled us to share the health knowledge and promote positive mental health and growth within the learners.

Situation analysis:

Personal development and self-esteem is a topic that is sadly not covered in most schools. We wanted to help learners develop this important topic to help build their confidence as they move into puberty. Each week we covered a specific topic that fell under our main topic. We drew on experiences from the previous weeks and built on the main idea. We had feedback sessions at the beginning of each new session, and at the end of each session got the learners to summarise what we had told them and answered any questions if they were confused.

Discussion:

Methods: observational, interactive, regular, positive

Strengths and weaknesses: our approach being very engaging was our greatest strength while lack of time could have been considered a weakness as our topic went quite in depth.

Theory: academic growth must be supplemented by personal development according to many intellectuals and philosophers who studied optimal methods for education.

Link to IHP model: empowerment and social participation are encouraged in personal development theory and is core in the IHP model

References:
Personal development Tips, 2019. Iberdrola
<https://www.iberdrola.com/iberdrola/personal-development-tips>
Web.facebook.com. (2019). [online] Available at: <https://web.facebook.com/YWCapeTown/photos/a.427774313879273/427779328997211/?type=3&theater>

Implementation and indicators:

The main focus of our weeks with the school, were on personal development, self-esteem, morals and values with the learners.

Each week we dedicated a main theme that we wanted to cover with the learners.

Process indicators	Outcome indicators
Attitude changes	Changes in Character
Participation	Change in mindset
End session reflections	Class relationships
Weekly personal question	

Week 1: Personal development and self-esteem

Week 2: Explore the topic, share, discuss what learners and their capabilities and capabilities

Week 3: Focus on self-esteem and positive self-esteem

Week 4: Discuss values and how these will inform personal development

Week 5: Building up on the previous week and link to a health promotion project, personal growth and self-esteem

Week 6: Final week consolidate the personal development and self-esteem with the learners

Recommendations:

- Open door and discrete policy with school consultant.
- One on one sessions with learners in order to check up on learners wellbeing.
- Guidance counsellors or educators.
- A minimization of fear in class for a better learning environment.
- Making students aware of mental health and its importance

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Final thoughts



- With the goal of reducing demands for curative and rehabilitative care, health promotion works to build an understanding of the determinants of health in individuals, families, and communities
- Individuals, families and communities thereby develop skills to improve and maintain their health and well-being
- In this module, the desire to empower through health promotion extends into provoking community action via the school setting

How do we choose the most effective setting for our students? Does the school setting have the power to invoke a change in behaviour, when learners have to return to their homes, families, communities who do not necessarily acknowledge the influence of health promotion?

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Thank you



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