

A Study on the Cognitive Effect of Improving Healthy Behavior among School Children and Adolescents

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introduction

Based on the 2011 student health statistics in Taiwan, the prevalence of overweight or obesity in elementary school students was 25.4%. In addition, the prevalence of dental caries among children increases with age, Moreover, the prevalence of tobacco use among junior high students was around 7-8%. Thus, our healthcare team offers a series of health promotion activities for school students. We also conduct quiz contests with reward and actual drills to make it more interesting.

Tobacco harm advocacy

Oral hygiene education



health promotion activities for school students

Purpose and methods

In 2016, our healthcare team implemented the policy of "Health Promotion Programs for Adolescent". We took the initiative to contact the section chief of hygiene in elementary and junior high schools in Tamsui District. We totally received replies from 12 schools, and arranged the age-appropriate health promotion lectures and activities for each group. These activities included virtual tours of dental offices, oral hygiene education, prevention and control of smoking, healthy eating tips and so on. We created quiz competitions with prizes and actual drills to ensure effective learning and knowledge retention.

Basic life support(BLS)practice



Provide prizes to encourage students to answer the question quickly by raising their hand.



encourage by prizes



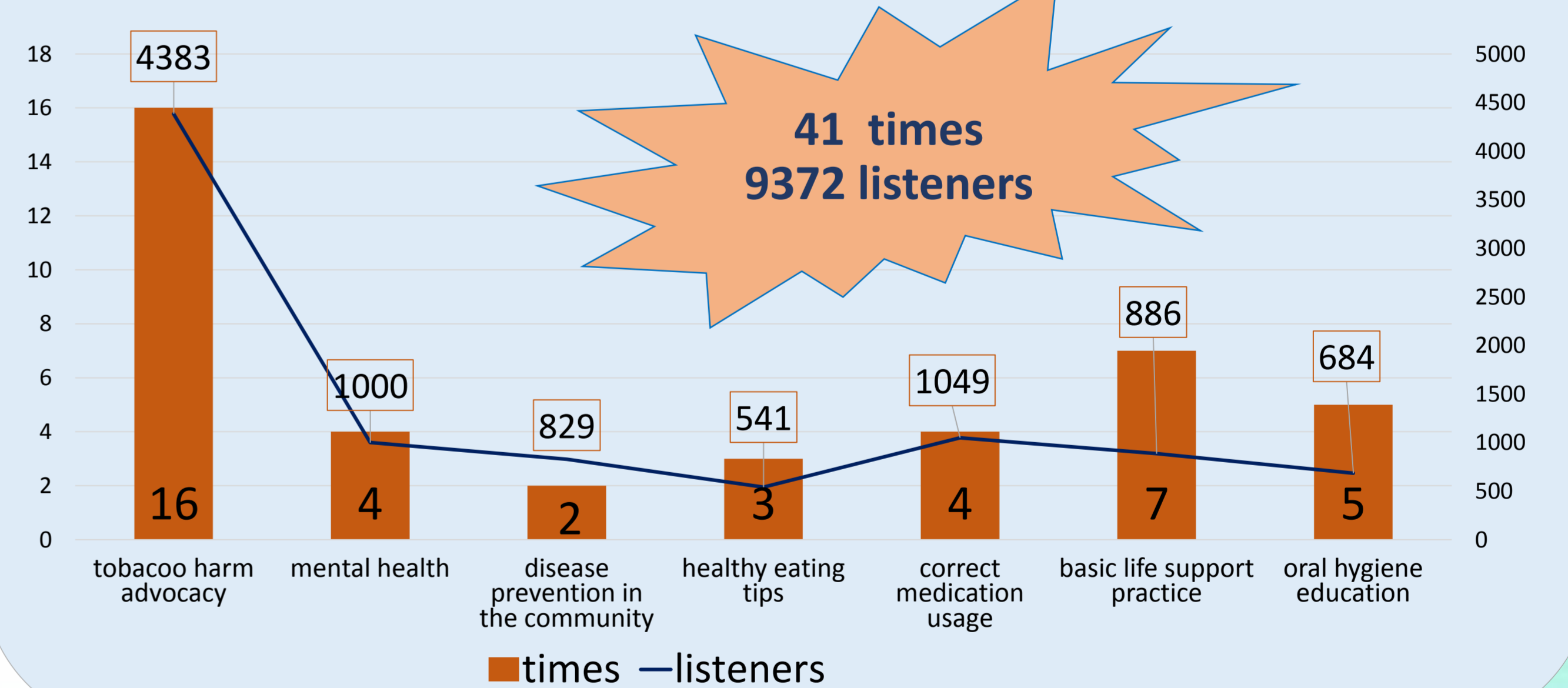
Use fun cartoon as a textbook

Methods of Enhancing Learning Motivation

Results

We totally organized 41 health promotion activities. We provided health talk on tobacco harm advocacy 16 times (4383 listeners). We collected 423 satisfaction questionnaires by sampling, which result showed that 95% of students thought this information was helpful. We gave oral hygiene education 5 times. And there were 95% of 684 students who said that they were not afraid to see the dentist anymore. Approximately 90% students answered the questions correctly during the quiz of the contest.

health promotion activities



Conclusion

Our healthcare team provided age-appropriate health promotion lectures and activities to let the students acquire the knowledge, skills, information, and make healthy choices. We also used quiz competitions and rewards to enhance learning motivation. Caring their body, developing health behaviors, and cultivating the health attitude in their whole life were our final purpose of these activities.

Satisfaction Survey of Dental Offices Virtual Tour

