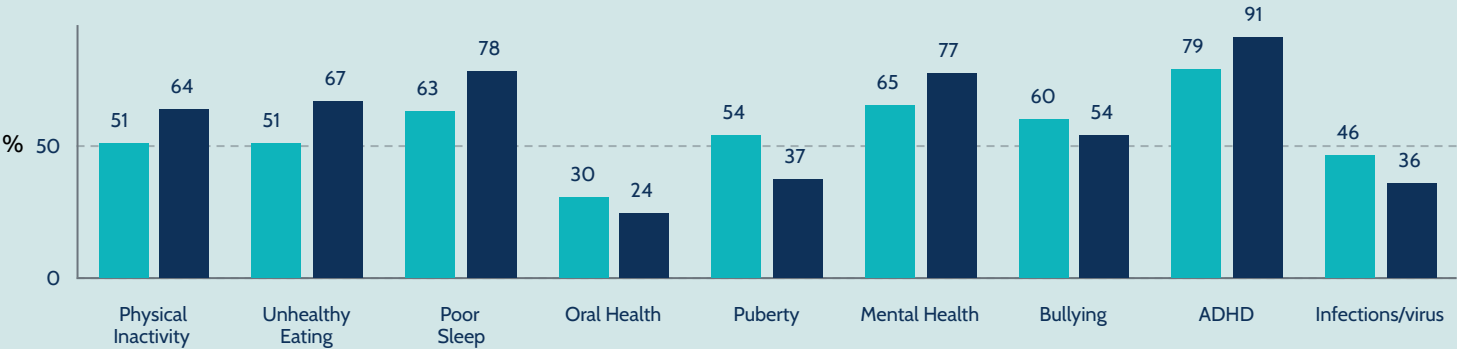


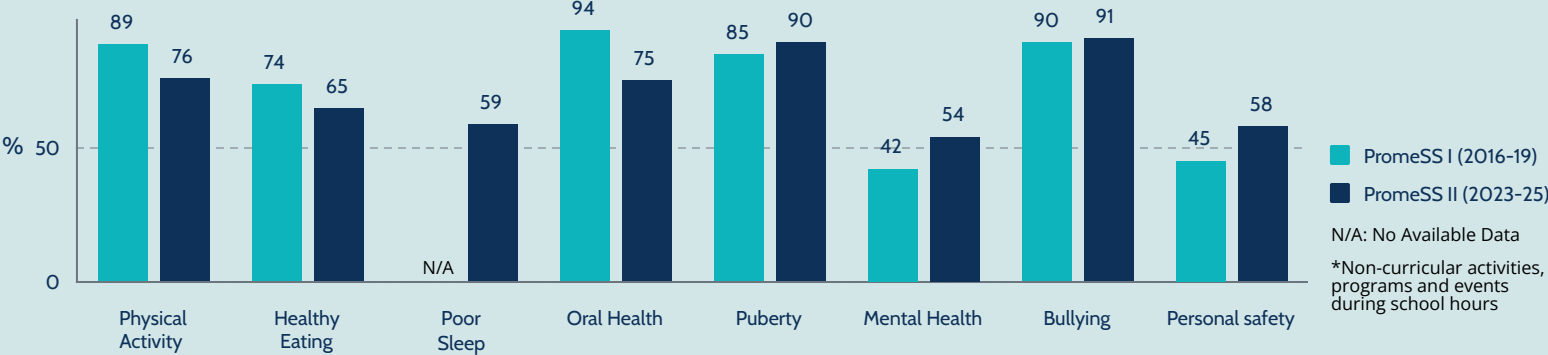
Together, We're Improving Health Promotion Interventions (HPIs) in Québec Primary Schools

Trends From 2016 to 2025

Percent of Schools Reporting Student Health Issue As Important



Percent of Schools with HPIs* Addressing Issue



Alignment of School HPIs with Evidence-Based Practices



Mental Health HPIs implemented in...

37% of schools

HPIs fit well with...

- School values
- Core competencies
- Institutionalization
- Use innovative strategies

Gaps

- Low parent, teacher, student involvement in planning and implementation
- Lack of staff training
- Limited evaluation

PromESS recommends

- Increase staff training
- Evaluate



Physical Activity HPIs implemented in...

89% of schools

HPIs fit well with...

- School values
- Core competencies
- Staff

Gaps

- HPIs are short-term
- Low student involvement in planning and implementation
- Limited evaluation
- Low institutionalization

PromESS recommends

- Long term multi-session HPIs
- Increase student involvement
- Evaluate



Nutrition HPIs implemented in...

70% of schools

HPIs fit well with...

- School values
- Core competencies
- Staff

Gaps

- Mostly one-time activities
- Low student involvement in planning and implementation
- Limited evaluation

PromESS recommends

- Multi-session HPIs
- Increase student involvement
- Evaluate

PromESS data are used by...

- Institut national de santé publique du Québec
- Ministère de la Santé et des Services sociaux du Québec
- Breakfast Club Canada
- COMPASS Canada

It Takes a Village

Help us make a difference by completing the next PromESS Questionnaire. Your input is invaluable.

Thank you for your commitment to student health!



For more information:
<https://www.celphie.ca/promess>

We thank our funders, collaborators and participants.

