

Providing access to health services: How school health management can improve health outcomes.

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Schools play a critical role in the physical, emotional, and mental well-being of children. In order to support students' health, schools must prioritize school health management. School health management refers to a comprehensive approach to promoting health and well-being in the school setting. It includes a range of activities, policies, and procedures aimed at creating a safe and healthy environment for students, staff, and the wider community. School health management covers a wide range of areas including nutrition, physical activity, mental health, hygiene, safety, and emergency preparedness. By addressing these areas comprehensively, schools can create an environment that promotes the health and well-being of all students [1].

One of the key components of school health management is health education. Health education is the process of imparting knowledge and skills to students that help them make informed decisions about their health. It includes a range of topics such as nutrition, physical activity, sexual health, substance abuse, and mental health. By providing students with accurate and relevant information, schools can help them develop healthy habits and behaviours that will benefit them throughout their lives. Nutrition is one of the most important areas of school health management. Schools can promote healthy eating habits by offering nutritious meals and snacks, limiting access to unhealthy foods and drinks, and teaching students about the importance of a balanced diet. By providing access to healthy foods, schools can help students develop healthy eating habits that will benefit them throughout their lives [2].

Physical activity is also an important aspect of school health management. Schools can encourage physical activity by providing opportunities for students to participate in sports and other physical activities. In addition, schools can promote physical activity by providing safe and accessible environments for physical activity, such as playgrounds and sports fields. Another important aspect of school health management is health promotion. Health promotion refers to the process of creating an environment that supports and encourages healthy behaviours. This can include activities such as promoting healthy eating and physical activity, providing access to health services, and creating a safe and supportive school environment. By promoting health, schools can help prevent illness and disease and improve the overall health and well-being of their students.

Mental health is another critical area of school health management. Schools can support students' mental health by providing access to mental health services, promoting positive relationships, and creating a supportive environment that encourages open communication. Schools can also teach students about the importance of self-care, stress management, and healthy coping strategies. Hygiene is also important for maintaining a healthy school environment. Schools can promote good hygiene habits by providing access to hand washing facilities and promoting the use of hand sanitizer. In addition, schools can educate students about the importance of good hygiene practices, such as covering their mouths when coughing or sneezing [3].

Another important aspect of school health management is the management of environmental health risks. This includes ensuring that the school environment is safe and healthy by monitoring air quality, water quality, and other environmental factors that can affect health. Schools can also promote environmental health by encouraging sustainable practices such as reducing waste, conserving energy, and promoting environmentally-friendly transportation options. In addition, school health management includes emergency preparedness. This involves developing and implementing plans to respond to emergencies such as natural disasters, infectious disease outbreaks, and other types of crises. By having a plan in place, schools can respond quickly and effectively to emergencies, which can help protect the health and safety of students and staff.

Safety is another key area of school health management. Schools can create a safe environment by implementing policies and procedures to prevent bullying, violence, and other forms of harm. In addition, schools can prepare for emergencies by developing emergency response plans and conducting drills to practice these plans. In order to effectively implement school health management, schools must involve a range of stakeholders, including administrators, teachers, parents, and community members. By working together, these stakeholders can create a comprehensive approach to school health management that addresses the unique needs of each school community. Finally, school health management involves the collection and analysis of health data. This includes data on health behaviours, health outcomes, and environmental factors that can affect health. By collecting and analysing data, schools can identify health trends and develop targeted interventions to address the specific health needs of their students [4].

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In conclusion, school health management is a critical aspect of promoting the health and well-being of students. By addressing a range of areas including nutrition, physical activity, mental health, hygiene, safety, and emergency preparedness, schools can create an environment that supports the physical, emotional, and mental well-being of all students. By involving a range of stakeholders in the development and implementation of school health management policies and procedures, schools can create a comprehensive approach to school health management that meets the unique needs of each school community [5].

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