

## Combining Health Prevention With Education In Science and Social Studies Classrooms

### The experiences of teachers in the Cook Islands in the Pacific Science for Health Literacy Project

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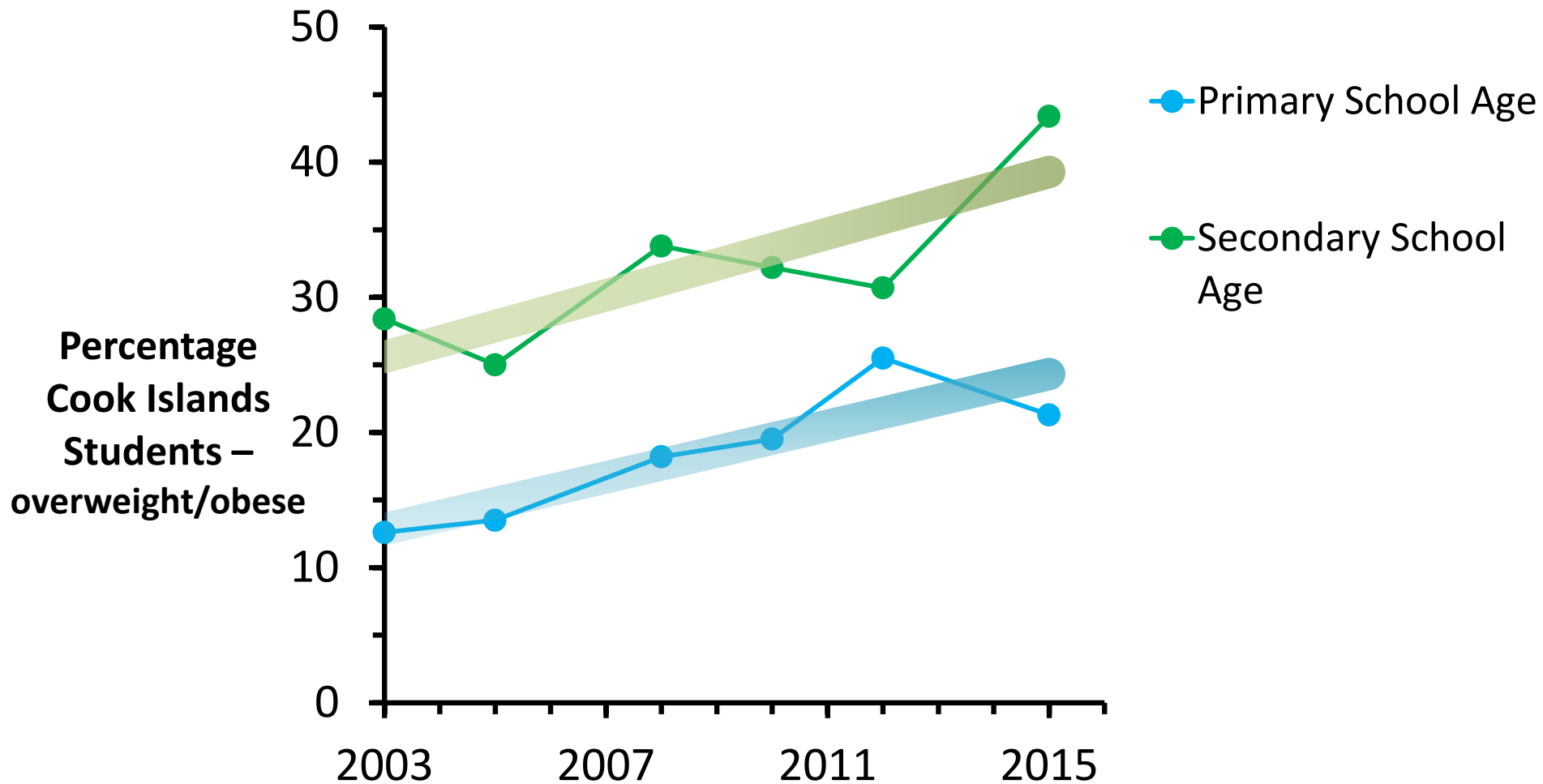
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## NCDs: Why do we need to act?

- Overweight/obesity in adults 25-64 (2004) 88%/61%
- Overweight/obesity in adults 25-64 (2015) 91%/72%
- Diabetes 24%
- Raised blood cholesterol 75%
- Hypertension 33%
  
- 74% of deaths in the Cook Islands are from NCD's
  
- NCD mortality prior to age 60 is 36%
  
- Globally NCD mortality prior to age 60 in low and middle income countries is 25%

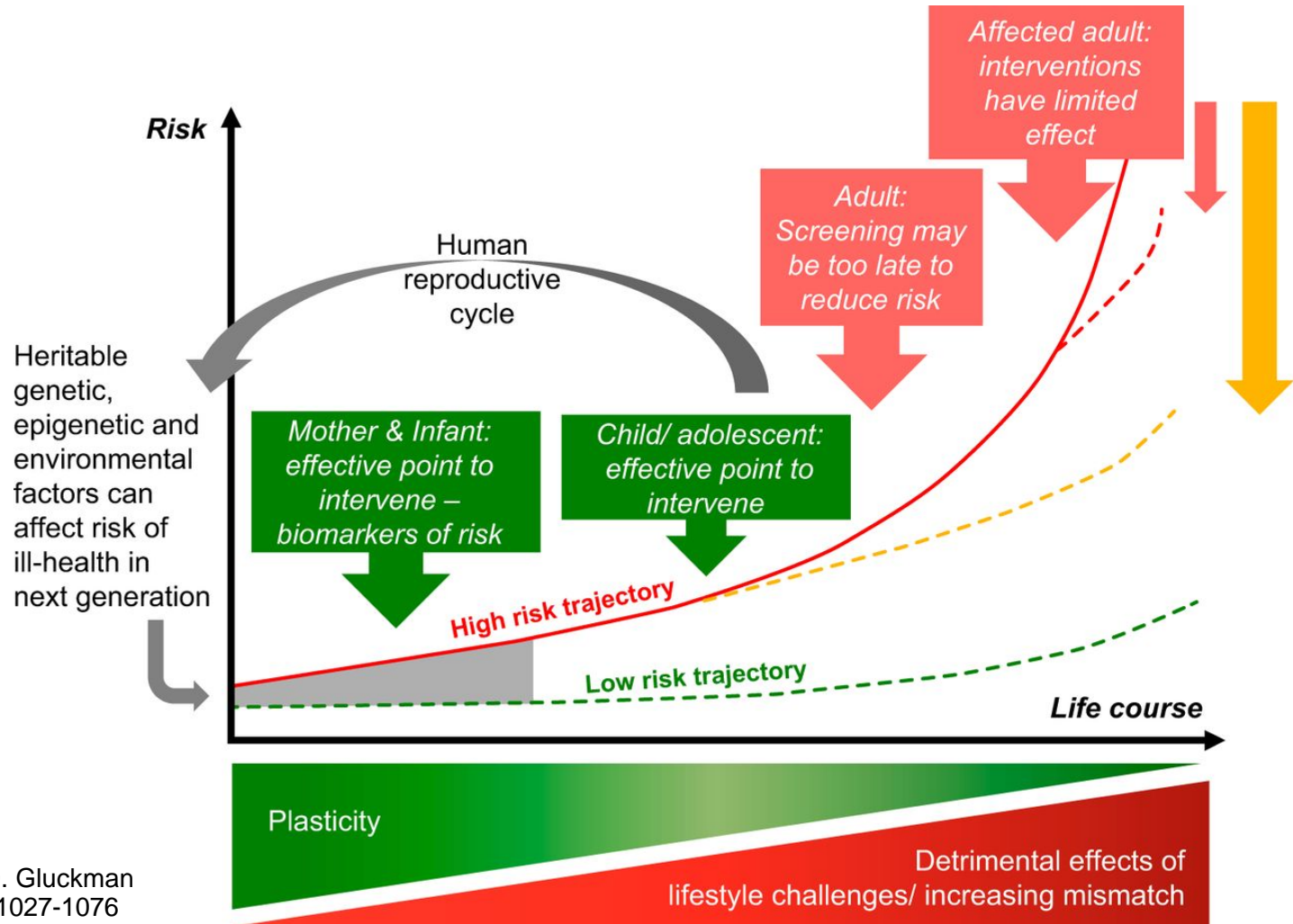
# PACIFIC SCIENCE FOR HEALTH LITERACY PROJECT

## And for our students...



# PACIFIC SCIENCE FOR HEALTH LITERACY PROJECT

## Life course view of noncommunicable disease (NCD) risk.



## 2011 UN High-level Meeting on NCDs: [Political declaration](#)

Clause 21: *Recognised social and environmental determinants of NCD risk*

Clause 26: *Recognised the contribution of **developmental processes***

Clause 43: *Recognised the need for **multisectoral population wide interventions***

Clause 43b: *Recognised the **role of education in & out of schools in furthering prevention & control of NCDs***

## 2013 [WHO Global Action Plan for Prevention & Control of NCDs](#)

*Develop, strengthen and implement, as appropriate, **multisectoral public policies and action plans** to promote **health education and health literacy**, including through evidence-based education and information strategies and programmes **in and out of schools.....***

## 2015: Commission on Ending Childhood Obesity: [Final Report](#)

*Implement comprehensive programs that promote healthy schools and **health and nutrition literacy** among young people.*

*As teenagers are the next generation of parents, **the importance of health and nutrition literacy in the teenage years cannot be overestimated** – indeed the school years and **the mainstream curricula** offer important opportunities for progress.*

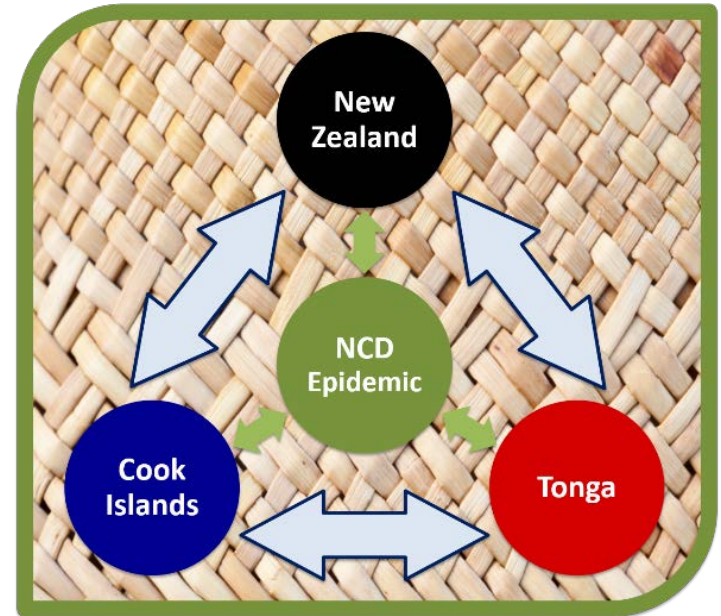
***Life course education in schools should be co-constructed with teachers, according to educational criteria and embedded in core curricula subjects.***



## Project Goals

Via collaboration between education, health & science:

- Develop and test culturally appropriate learning resources to enable context-embedded science for health literacy education in the Cook Islands and Tonga, within the context of the NCD epidemic.
- Measure programme impact on:
  - Teaching practice
  - The development of scientific and health literacy in adolescents
  - Health knowledge, attitudes and behaviours in adolescents
  - Attitudes towards and behaviours relating to multi-sectoral collaboration in participating institutions
- Enable the **potential** for prospective studies to examine long term health and education impacts



## The Education Challenge: Critical Engaged Citizenship *Enabling the potential of adolescents as lifelong engaged citizens*

**Engagement**

Cognitive and psychosocial  
**capability**  
development

Transformative  
**Learning**

Informed  
**Decision-Making**

**Actions**  
leading to improved long-term health and wellbeing

Key Competencies + Self Efficacy

Sociological  
Literacy

Health  
Literacy

Scientific  
Literacy

Context

# *Reflections*