

## Enlightenment to Mainland China about Development of Health Promotion in the School of Taiwan

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### Abstract

The paper thoroughly analyzed and researched the historical process of school health promotion development and the problems appearing in the process of development through reference and by the means of logical analysis etc. Compared with the relevant circumstances of health promotion development in the schools of mainland China, some differences between mainland China and Taiwan can be found. We can learn from Taiwan's advantages to make up for the disadvantages of health development in schools of mainland China, see at the same time some problems of Taiwan whether we exist, and finally come to the enlightenment and reference value from the development of health promotion in school of Taiwan. The career of health development in the schools of mainland China will be developed in the comparative learning.

### Keywords

School Health Promotion, Mainland China, Taiwan, Difference, Enlightenment.

### 1. Introduction

“Health Promotion” is a new concept coming into being in the seventies of last century and now has been identified by the sports staff and researchers around the world after the development of three decades. And it provides new opportunity of theory and practice for human health continually as a kind of new theory, idea, method and strategy[1]. Schools as the oldest and the most widespread social organization are the important places to conduct educational and teaching activities and cultivate talents designedly, organizationally and systematically. The development of students relates to the future of a country and the problem of students' health is becomes the focus of social attention. The author found that there are some different problems of development in the way of health promotion of school because of different developing phases of economy and social in various areas via reference analysis and interview surveys. With the earlier development of economy in Taiwan, there are some problems in the way of school health promotion which appeared earlier in Taiwan than in mainland China, meanwhile, it showed that health promotion of school in Taiwan has a long history of development and built relative mature system of school health promotion. But both the development of school health promotion in Taiwan and mainland China are almost synchronous. Only in the direction of development has some differences for each other so that the efforts we saw are different. With the continuous development of idea about health promotion and the widespread attention to teenagers from society, plenty of schools have carried out the strategy of health promotion in varying degrees and developed the mode of health promotion, but compared with Taiwan, there are some diversities and differences in mainland China[2]. Health promotion of school developed from basis of health education of school. Health promotion of school provides complete, positive experience and structure of acknowledge which includes to set formal and informal courses of health education, create the safe and healthy learning environment, provide prompt health service, take part in the courses with families and communities and promote health of teachers and students together, which emphasize to make efforts with schools, parents and all the members of community which they belong[3].

## 2. History Review of School Health Promotion in Taiwan

The Kuomintang government started to use the word of “Hygiene Education” which can be named “Health Education”. But Taiwanese prefer the word of Hygiene Education rather than “Health Education”. The activities of health promotion in Taiwan began to rise gradually in the seventies of last century, meanwhile, reform and opening-up had not been implemented in mainland China so that the people's living standards is generally low and they had no ability and sense to carry on the activities of health promotion. People still influenced by the Great Proletarian Cultural Revolution with captives thought, stagnant development of schools, lower pursue for matter and spirit and weak sense of strengthening physical training activities to promote good health. But Taiwan is in the ascendant from the beginning to now. The work of health education in Taiwan made a transformation in the process of development and continuously promoted the development of various work of health education and health promotion. There are plenty of places to implement health education in Taiwan, which provides certain material insurance for the development of health promotion. All kinds of places made a contribution to health promotion such as schools, communities, working places and medical organizations etc. and some other respects. And schools are the earliest and the most influential places among the places to develop the activities of health promotion which then were expanded to other places. Therefore, health promotion of school has an earliest history of development and achieved a significant result. Laws in Taiwan are relative perfect, which has also developed to be perfect slowly for a long time. Although they thought that development of school health promotion need legal protection of various laws and regulations, School Health Association entrusted by Ministry of Education in Taiwan researched and enacted School Health Law until 1997 which was issued and implemented in 2002. The contents of educational plans, goals and work of school health promotion, all kinds of organization, the formulation of some problems such as funds and compilation etc. and the standard of evaluation Strategy etc. were protected by the form of Legislation.

The government of Taiwan attaches great importance to development of school health promotion. Ministry of Education as the main force to develop health promotion of school shall act in close coordination with Environmental Protection Administration and Health Organization. School health promotion shall be regarded as the first choice of place and given primary importance among priorities in four places. The development of school health promotion is conducted by shaping a policy which was put forward with students as the subject, living experience as focus, applying the practical strategy of healthy life, teaching basic health acknowledge, enlightening the values of appreciating life and form the ability to adapt to modern life so as to lay a solid foundation of national health via teaching activities of different learning fields[4]. The leading roles of ministry of Education mainly embodied as follows: construction of teaching staff, training of professional and technical personnel, operation of organizations, formulation of various plans about the relevant health promotion, organization and implementation of various plans and supervision and evaluation of various aspects of plans. Department of Health and Environmental Protection are responsible for protect different aspects of school life so as to provide healthcare for students when they check health and get sick and meanwhile, provide safe and healthy living environment for teachers and students. Close coordination of different departments plays its part in school health promotion. But the effectiveness of health promoting school in Taiwan did not reach the goal of implementing the generalized issue of health by the organized and integral consideration which was put forward by WHO[5]. The people taking part in health promoting school organized the inner questions by the method from top down and barely pushed the questions from top down as school-based. It is the statue of strong dependence, inherit and using stereotypes; most of activities are still planned, designed and promoted by team leader of health and paramedic of schools. There are some degree of difficulties to request new changes under the circumstance of limited manpower and material resources; it is the scattered phenomenon for schools to implement health promotion, lack of the demands and evaluation of health issue and priority of processing. while there are lots work of sustainable development to make effort such as building up the management model of school

working team, establishing anticipated target and common vision, formulating implementation strategy and evaluation method and forming health supporting system of community resource[6].

### **3. Organization & Implementation and Personnel Training of School Health Promotion in Taiwan**

Ministry of Education in Taiwan is responsible for the health education of school. Committee on School Health and Health Education setting up inside takes the main charge of the ploy, supervision and evaluation of school health education. Department of Health Care set up in Physical Education Office of Ministry of Education is responsible for the school health and health of education in the range of management. Committee on School Health set up in facility of school takes the charge of the affairs related to school health. Group of Health Care set up in Dean's Office of school is responsible for planning, implementing and promoting the work of school health, educational teaching of school and guaranteeing the healthy environment of school etc. Administrative Institution of Health Education is set up in all levels of Health Administration Agency. For instance, Health Education Office is set up in Section of Health Care of Department of Health, Executive Yuan and takes the charge of managing the work of health education throughout the district with close contact to Ministry of Education. Health Center is set up in school and responsible for the check of students' health, the Prevention of disease, simple first aid and corresponding health consultation etc.

Health promoting schools pay more attention to build a pretty living environment so as to make students are willing to connect to schools and have a sense of belonging with schools. They can grow happily and feel happiness and reassurance of their school life. Thus, students regard school as an important place and believe that both they and school have the same goal to show the school-social environment constructed by health promoting school, which make students feel integrate with schools and are willing to make promise to schools. The research written by JIANG Yiqun and Huang Yawen etc. showed that there is a still lot of space to make effort on health promoting school although it made outstanding achievements in the fields of School-linking. Some aspects such as promoting the sense of belonging from students to schools, the relationship between teachers and students, taking part in school's activities and students' faith to schools etc. are still improved further in the respect of connecting students with schools. The overall environment of health promoting school is good for students to implement to safeguard their own safety behavior. There is a still lot of space to make effort on health promoting school although it made outstanding achievements in the fields of health promoting behavior. Guidance on some aspects such as behavior of nutrition, sport, stress-management and health responsibility etc. shall be given to students to maintain or improve the knowledge, altitude and behavior related to health promotion so that they can be responsible for their own health.

It can be popularized according to the site which is divided into communities, hospitals, workplaces and schools in the process of popularizing health promotion. And now, Schools in Taiwan is positively popularizing the work of school health and health promoting school. Summerfield (1995) pointed out that popularizing the work of school health is the most effective method to help schoolchildren build acknowledge and altitude of health and lay a foundation of national health. Policies which are good for health will be formulated through the cooperation from all walks of life of school; the school environment which is beneficial for health will be built up; the education strategy which is conducive to develop healthy behavior will be carried out so as to reach the goal of health promotion. The importance of school health is to build up good living environment, make students be willing and glad to live in schools and feel happiness of school life and daily life<sup>[7]</sup>. The personnel working on health education and health care of schools at all levels are full-time staffs and most of them graduated from Department of Education in National Taiwan Normal University. Department of Education in National Taiwan Normal University is the only one university to develop persons working on health education, therefore, which is different from mainland China. There are some certain advantages and disadvantages of the developmental method. Focus on developing talents is conducive to integrate educational resources so as to the work of education and teaching. But it will

cause the deficiency of relevant talents and the speed of development will not adapt to the requirements of society. It is easy to make students homogenization and lack of corresponding novelty and innovation under the same environment of development. Department of Physical in National Taiwan Normal University was renamed to Department of Physical Health Education in 1954, and then Health Education and Physics was divided into two parts formally in 1957 and Department of Health and Education was built formally in July, 1959. Department of Health and Education in National Taiwan Normal University has been developing and improving continuously in teaching facilities, teaching contents and teaching, promoting the continuous development of academic research staff since decades of development from the date of founding to now. Department of Health and Education has been developing all the time over decades and founded Doctor class of Health Education Research Institution in 1993, thus, the development for professional talents of health education has reached a higher level from then on. Students graduated from Department of Health and Education in National Taiwan Normal University are mostly distributed to schools at all levels working on teaching of health education and instruction of health or to government agencies working on management of school health promotion and health promotion of communities. Generally speaking, teacher resources in Taiwan are strong and the eighty percent of teachers working on health education and health promoting education have doctor's degree. Also, the percentage of graduates owing master's and doctor's degree has been increasing year by year.

#### **4. Contents of Health Promotion Program in Taiwan**

In 2000, Ministry of Education in Taiwan drafted the Four-year Program of Improving Student Health, and in 2001, Administration Council approved and renamed it as Health-promoting School Program, which put health education throughout nine-year education of primary and secondary schools. Health promotion works shall be carried out at all stages of primary and high schools, and universities, with different education key points in different education stages. Health education shall be enforced in primary school to cultivate students to foster healthy lifestyle, working and learning mode from childhood. Three aspects summarized from contents of Health-promoting School Program are as follows:

##### **4.1 Goals of School Health Promotion**

School and society shall provide and create healthy and safe living and study environment on campus, actively implement various activities and encourage students to participate in activities to promote development of health education in school. Good health conditions shall be ensured and high-quality health care measures shall be provided at school. Great efforts shall be made for completing infrastructure construction at school, enhancing publicity work and cultivating students to develop healthy living habits to make sure that students will grow up healthily and happily on campus.

##### **4.2 Expected Performance of School Health Promotion**

There are mainly 20 indexes in four aspects including health education, health environment, health service and health research. Health environment contains 7 indexes including setting up first-aid education center by school, participation rate of regular exercise of primary and secondary school students and promotion of their physical ability, ratio of students from senior high school receiving cardio-pulmonary resuscitation training, ratio of nurses and nursing teachers from schools and colleges receiving cardio-pulmonary resuscitation training, decreasing rate of overweight students, banned smoking rate on campus, and cognitive rate of primary and secondary school students on harm of chewing betel nut. Health education mainly contains 4 indexes including popularity rate of lunch for students, covering rate of water supply, standardized management of foods on campus and incidence rate of food poisoning on campus. Health service mainly contains 4 indexes including rate of poor vision of students, decreasing rate of average decayed tooth amount, rate of physical examination of students and equipment configuration of health center at school in remote areas. Health research, the last one, mainly contains 5 issues including recurrent education for nurses, proceeding situation of health promotion week, training to health team leader at school by education

administration organization, structure of "school - family - community health" and training to health-promoting seeded teachers and "little angles" by schools.

#### **4.3 Implementing Methods of School Health Promotion**

The first is constructing and maintaining school environment including measures of creating a healthy and safe school atmosphere and environment, enforcing supervision on food safety at school, increasing quality of water for students and strengthening management on safety out of school. The second is focusing on publicity and education, enhancing health education and disseminating behaviors of building health. The main points lie on popularizing education of balanced diet and weight control, increasing attention to physical fitness and sex education and training about emergency treatment and survival, and strengthening education on preventing abuse of tobacco, alcohol and drugs. The third is enhancing health service and paying attention to health. On campus, great efforts shall be made for improving physical examination and inspection, treating special students with special methods, strengthening disease control, paying attention to eyesight health and care for students, keeping a watchful eye on dental problems of students and enhancing dental health care. The last is innovating research on health promotion in school and improve health quality. The most important is enhancing ability of professionals, strengthening publicity of and research on students' health, developing assessment system of school hygiene and building up healthy mode of school - family - community. During concrete implement on campus, such as campus transport, some schools divides sidewalk and running lane, and forbids vehicle parking to ensure transport safety for students. In terms of teaching facilities, all the students shall have suitable seats which can be renewed for students to fit it when they are growing up. The classroom shall be zoned into teaching zone, individual operation zone and rest zone to give students free spaces. In respect of management on students, schools shall adopt method of common management by school and parents and invite parents to participate in managing affairs related to school, such as supervising food safety in canteens, daily necessities and health care on campus. Health center shall be set up at school, with relevant essential items, publicity materials and professionals. It shall be ensured that students will have enough time for free activities due to less time of taking courses. In summary, Health-promoting School Program in Taiwan has its own features. Although there are differences in areas and schools, the Program, with abundant contents and various styles, is worth studying for reference.

#### **5. Reference and Enlightenment from Health-promoting School Program in Taiwan**

We could find out that scholars at home and abroad have made outstanding contributions to developing school health promotion. Jeanine (2010), based on analyzing ways of current health promotion of sports at school, proposed a relevantly reasonable assessment method which provides a new thought on health promotion of sports at school [8]. Zhang Hechuan (2006), taking 742 students as subjects, conducted empirical research on health promotion of sports at school and put forward positive effect of comprehensive community intervention of health education combined with sports reform on students' physical fitness [9]. Yan Chang (2007) proposed content structure and organizational function of "health-promoting sports" at school and states "comprehensive interventions of guiding health promotion idea to support school sports and encouraging students to foster scientific sports lifestyle through intervention theory and method" [10]. Liu Jiexin (2006) suggested that health-promoting school will make students and teachers feel powerful. Students will live and study happily at schools with healthy environment which will be set up through sharing, dialogue and participation of students, teachers and surrounding residents, as well as building of sense of belonging and action capability. Everyone in health environment for studying, living and working will enjoy safety, peace and vitality [11]. Cai Xiufeng's thought on health-promoting school is creating healthy and safe campus environment through health-promoting activities at school to cultivate students to foster healthy living habits and ensure them to grow up healthily, safely and happily so as to accumulate health capital and obtain academic achievement as well as health and national competitiveness [12]. People on both sides of the Taiwan Strait have the same source and root,

with same race and culture and similar conditions. But owing to historical reasons, two sides are divided and ruled by different parties which lead to differences in social development [13]. We shall seek common points in differences, find out merits of each other and remedy own demerits to make contributions to developing health undertaking at school.

### **5.1 Performing Roles of Functional Departments and Embodying Leading Ability**

Students are future and hope of a country. Different generations of leadership in China had paid great attention to education development and formulated laws and regulations to ensure it, in which there are difficulties and gains. And all the changes are for development and growth of students. In recent years, the state government, through formulating laws and regulations, confirms the responsibilities and obligations of education and health departments for health education and health promotion at school. But the results and expectation are unsatisfactory. The reasons may be bad cooperation between education department and health department. The responsibilities of education and health departments shall be clear. And health education and health promotion at school shall be brought into school's daily work in forms of regulations. Education department shall be able to perform its administrative ability and health department shall be able to perform its supervision responsibility to implement various tasks actively and effectively.

### **5.2 Enhancing Cultivation of Professional Teachers**

Health education discipline shall be set up in higher education nationally to cultivate professionals in the field of school health promotion. Superior resources shall be concentrated in developing course construction to cultivate relevant professionals to adapt to social congress and improve professional skills of graduates. Meanwhile, teaching level and capacity of teachers shall be enhanced to develop innovative ability, improve teaching methods and advance scientific research quality<sup>[14]</sup>. Professional teachers shall be cultivated in order to propel the development of health education at school.

### **5.3 Changing Traditional Thought on School Education and Advancing Health Education with the Times**

Ideas of teachers, community workers and parents shall be updated. The attention shall not be paid only to the proportion of students entering schools of a higher level; otherwise, the students will suffer from overloaded schoolwork and bad health conditions. In recent years, health of teenagers in China is not in good conditions, with higher morbidity of shortsightedness, obesity and malnutrition due to lack of exercise. There is a decrease in results of physical fitness test of teenagers. Therefore, school health shall be promoted to advance transformation of education ideas, changing score first into health first [15]. Stimulating the development of physical health of students is not only the main task of school but also its responsibility.

### **5.4 Developing School Health Promotion According to Local Conditions**

China, large in population and vast in territory, has great differences in regional conditions and situations. In terms of developing local school health promotion, special projects with own characteristics shall be developed based on local features in different ways. In addition to general principle, requirements shall be various. In respect of infrastructure, there are differences in development in west China and east China as well as material conditions in rural and urban area. Great attention shall be paid to develop health promotion in both urban and rural. So, school health promotion shall not only be developed in east China, but also in west China, with their own features.

### **5.5 Drawing Lessons from Mode of Parents' Meeting in Taiwan**

Parents shall take responsibility for school health promotion, especially in supervising and co-managing health care at school, helping school to find out and solve problems, and support health-promoting works at school to promote development of students.

### **5.6 Combination of School Health Promotion with Related Laws and Regulations**

Health promotion at schools and colleges shall be carried out based on laws and regulations. It shall be ensured that there are laws and regulations for school health promotion which is carried out under protection of laws.

Growth of teenagers at school is the key to the future of a country. And the health issues of teenagers have gained an increasing amount of concerns from the country and society, which become the most important issues. Health of students may be influenced by various factors. As an important place for students to study and live, schools shall promote its health promotion ideas to provide direction and guidance for youth development. This Paper, based on relevant conditions of and researches on school health promotion in Taiwan, finds out and analyzes influences of school health promotion on students. School health promotion is a systemic project with abundant contents including school health policy, school health, , social environment, community relations, personal health skills and health care at school. Thus, school health promotion shall be carried out based on local conditions. Applicable goals and policies as well as guarantee measures for school health promotion shall be made. Moral, intellectual, physical, aesthetics and labor conditions of students will be developed harmoniously and improved overall through school health promotion. Advanced education ideas of health promotion are breakthrough point for school to put forward quality-oriented education and opportunity to promote integrated development of students. Great efforts shall be made for insisting on development of school health promotion and assimilating various social resources to create bright future for youth health development in China.

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