

THE NETWORK: TOWARDS UNITY
FOR HEALTH & FACULTAD DE MEDICINA,
UNAM, PRESENT



THE NETWORK
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



TUFH2020 MEXICO

VIRTUAL CONFERENCE

"PRIMARY HEALTH CARE: A PATH
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED
RESPONSES TO COVID-19

SEPTEMBER 23-25, 2020

#TUFH2020
TUFH2020.COM



TUFH 2020 Abstracts

Title	Empowering the next generation: students supporting schools in deprived areas to raise aspirations and healthy lifestyle education
Type	Oral Presentation <i>Working with Underserved Populations towards Community Empowerment</i>
Presenting Author	Charlotte Watson
Co-Authors	Davinder Singh
Country	United Kingdom
Abstract N^o	TUFH111
Content	<p>Background Sheffield University situated in South Yorkshire, UK has some of the highest indices of deprivation, often located adjacent to areas of affluence with a similarly diverse student population. The "Live Well Outreach" project extends undergraduate involvement in health and wellbeing promotion across South Yorkshire, specifically targeting Barnsley, Doncaster and Rotherham (former "coalfields"). Methods Schools identified for targeted participation were based on objective deprivation measures (Free School meal and Pupil Premium index). The population needs within these schools were identified both through discussion with local public health teams and direct consultation with the head teachers. Our students developed resources including bespoke interactive activities to pupils across a range of ages from 6 to 16 years old meeting local needs. One of the anticipated outcomes was positive role modelling of health care professionals and raising aspirations for further education. Outcomes Over 48 visits to schools will deliver input to over 1000 pupils in this pilot by July 2020. Sessions included material designed to support young people to recognise and consider healthier lifestyle choices and long / short term impact: sex education, drug and alcohol awareness, diet and lifestyle choices and dental hygiene. Mental health and wellbeing underpins all sessions. Additional student visits allowed informal interactions and personalised near-peer support. Evaluation Initial teacher and pupil feedback confirmed strong alignment with local needs and early evidence of impact upon understanding of lifestyle choices. Teachers identified vocalised reduced fear of healthcare professionals and recognition of healthcare career options. Longer term evaluation is planned.</p>