

# Health promotion in primary healthcare: how well are French clinicians prepared?

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**EGEA**  
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# French Medical school training

- Until now mostly focussed on diseases treatment.
- Driven by our national exam ( ECNI)
- Few attention paid to prevention
- Few hours devoted to nutrition compared to organ diseases
- Few attendance to nutrition courses...
  
- MDs with little training in prevention
- Few reimbursement of preventive actions ( dietician, psychologist, physical activity monitors..)

# New: government awareness

- Prevention = promoting healthy behaviours
- It is a matter of health but also of justice because of important social inequity
- Young people are not equal towards obesity risk, smoking, unemployment, access to healthy food and physical activity

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The HEALTH SERVICE

# Le service sanitaire

Les formations en santé  
au service de la prévention

**health training for prevention**

Lundi 26 Février 2018

#SERVICESANITAIRE

 [enseignementsup-recherche.gouv.fr](http://enseignementsup-recherche.gouv.fr)  
[solidarites-sante.gouv.fr](http://solidarites-sante.gouv.fr)





# KEY NUMBERS

12%

17 year olds drink alcohol on a regular basis

66%

of young people have been drinking in the past month

25%

17 y ear olds smoke daily

Obesity in children

3,5%

But is

4,5 fois

More frequent in kids from workers compared to high social class

+ de 80%

Of adults are sedentary

# Health service a large scale project



- A Mission given to Pr Vaillant
- 125 professional have given their advices
- Concerned 47 000 students in 2018
- 50 000 in 2019
- All health professionals : MDs, dentist, Pharmacist, nurses, physiotherapists  
Missing dietician



# Objectives of the Health Service

- Initiate all health professionals to primary prevention and health promotion to be able to carry out actions in all type of population
- To carry out actions in different places: schools, business Cie, retirement home... on nutrition, physical activity, sleep, tabacco, alcohol, sex life....
- Pay specific attention to disadvantaged population to fight against inequalities
- Promote autonomy and commitment of health students
- Promote inter disciplinarity and better inter health professional knowledge with collaborative projects between different health students

# After being late we will be the first ...

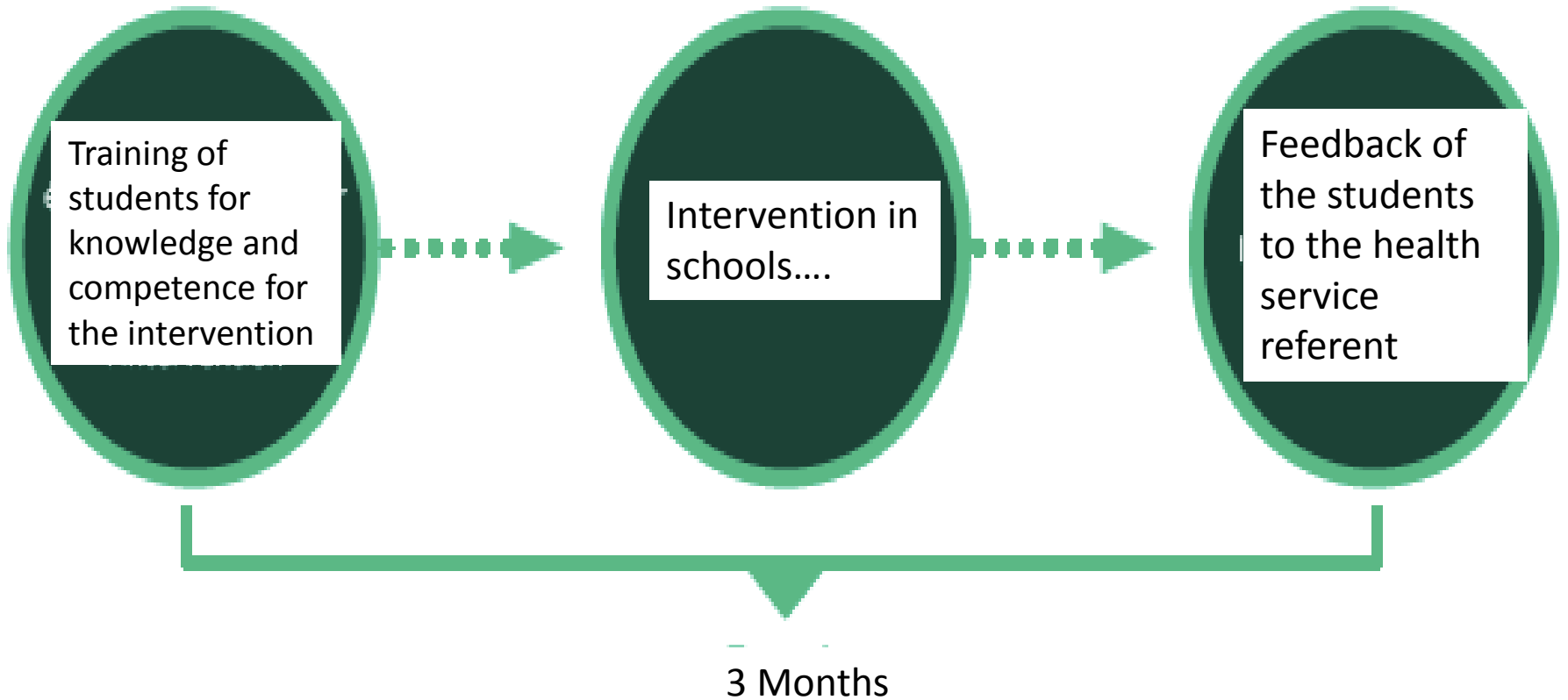
## UNE PREMIÈRE EN EUROPE

**FIRST IN EUROPE!**

La mise en place d'une politique publique de service sanitaire à l'échelle nationale est inédite. Des initiatives proches ont été développées sous forme de modules optionnels dans des formations de santé au Canada et aux États-Unis, mais concernent le plus souvent un nombre réduit d'étudiants.



# Process



# Pilots in Angers



Un service sanitaire dans un collège à Angers.

# Starting in Lyon- Medical School program

1. Training of the trainers by IREPS/ADES/ED Nationale/IFSI (130)
2. Training of the students  
E-learning: 25 h  
Directed teaching: 2 days  
Group 20-24 students
3. Contact with the schools  
( students, referent)
4. Feedback at university:  
(Group 20-24 students)

Action of prevention  
and health promotion  
in school college and high  
school

Intervention : 1 -5 d

## THEMA

Nutrition- physical  
activity  
Lifestyle

Action by 4 to 12 st  
+ (university Referent +  
educational referent)  
Preparation, realisation,  
evaluation

FEEDBACK and VALIDATION  
Group reporting



# HEALTH SERVICE

## PRACTICAL TRAINING OF STUDENTS

16 H in January, before local training schools...

### Day 1 Morning

Identify representations about prevention, and the determinants of health

- Become aware and share their representations about prevention.
- Become aware of the complexity of health behaviors.
- Understand and know how to rely on the determinants of health, in a broad vision of health.

### Day 1- Afternoon

Know how to adopt an educational posture

- Work on representations and clarify educational intentions.
- Identify different approaches: injunctive, transmissive, participatory.
- Discover animation techniques according to the chosen educational approach.



# HEALTH SERVICE

## PRACTICAL TRAINING OF STUDENTS

### • Day 2-Morning

**Know how to build and animate a session in class**

- **To know how to place one's intervention within the framework of a project approach.**
- **Identification of the stages of construction and animation of a classroom session**
- **Case Study: Building the Content of a Session**

### Day 2 – Afternoon

**Understand group dynamics**

**Understand the function of a facilitator.**

- **Appropriate the key elements of the animation of a group, anticipate any delicate situations.**
- **Know how to evaluate your action**
- **Know how to build the key elements of evaluation of his classroom animation session..**

# Elearning and documents

## Videos :

- Food Pyramid
- Nutrition and health
- Binge drinking and alcohol games



# Health service a big change for health promotion?

- It is the first step of big changes that are coming in health training
- More interactions between all health professionals
- Health promotion should be shared by all health professionals.