**Incorporating an Innovative Health Promoting Model into Lebanese Public Schools: Impact on Adolescents’ Dietary and Physical Activity Practices**

**Comparison of HPS with Other Public and Private Schools in Lebanon**

**Abstract**

Background: The Health Promoting School Initiative (HPSI) was launched by the World Health Organization (WHO) in 1995 based on the concept of an interrelationship between education and health. In 2010, WHO supported the Lebanese Ministry of Education and Higher Education (MEHE) and established a network of 10 Health Promoting Schools (HPS). This study was undertaken to address the extent to which the HPS model was able to enhance the health of adolescents and prepare them to respond to evolving health challenges.

Methods: A cross-sectional survey was carried out and involved a comparison between the 10 HPS network, and 10 other public and private schools. The Youth Risk Behavior Survey (CDC, 2011) and anthropometric measurements were used for data collection.

Results: Findings revealed that the current School Health program (SHP) failed to address issues of concern to adolescents. Neither the HPS nor control schools had a strong impact on students’ health-behaviors.

Conclusion: The HPS network needs reassessment for project outcomes. Revision of the health education curriculum is needed in order to integrate issues concerning healthy nutrition and physical activity.

**List of Key Words**

Health Education

Health Promotion

Health Promoting School

School Health Program

Health Behavior

Risk Behavior

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**Authors**

Sawsan El Halabi, BSN, MA Ed, PhD

**Title:** Dean of the College of Nursing and Health Sciences

**Makassed University of Beirut**

**Address:** Beirut-Lebanon

P.O. Box: 6301

**Phone No.:** Office +961 1 646 505

Mobile +961 3 160 578

**Fax No.:** +961 1 646 589

**e-mail:** [**nursingschool@makassed.org.lb**](mailto:nursingschool@makassed.org.lb)

[**sou59@hotmail.com**](mailto:sou59@hotmail.com)

Pascale Salameh, pharmD, MPH, PhD

**Title:** Associate Dean for Academic Affairs -School of Pharmacy

**Lebanese American University**

**Address:** Byblos campus

**Phone** No.: +9613385542

**e-mail:** [**pascale.salameh@lau.edu.lb**](mailto:pascale.salameh@lau.edu.lb)

**Biographical Information**

Sawsan El Halabi Ezzeddine, B.S. N, MA. Ed, PhD. Ed

Dean of College of Nursing and Health Sciences  
Makassed University of Beirut

Email: nursingschool@makassed .org.lb

Telefax: +961 1 646 505

Dr. Sawsan El Halabi Ezzeddine: Dean of the College of Nursing and Health Sciences-Makassed University of Beirut since 2014. President of the Federation of Nursing Associations in Lebanon from 1992-2000. Member of many national and international professional and academic societies and associations, to amend practice acts, and close the gap between education and practice.

Pascale Salameh, B.S. Pharm, Pharm.D., M.P.H., Ph.D.

Professor  
Associate Dean for Academic Affairs  
Pharmacy Practice  
Campus: Byblos  
Email: [pascale.salameh@lau.edu.lb](mailto:pascale.salameh@lau.edu.lb)  
LAU Extension: 2461

Dr. Pascale Salameh is the Associate Dean for Academic Affairs at the Lebanese American University, School of Pharmacy since January 2015. Previously, Acting Dean of the Faculty of Pharmacy, and coordinator of the Research Master in Clinical Pharmacy, Epidemiology/ Biostatistics at the Lebanese University. Dr. Salameh is extensively published and has delivered numerous international presentations.

**Primary Manuscript Author**

Sawsan El Halabi, BSN, MA Ed, PhD

**Title:** Dean of the College of Nursing and Health Sciences

**Makassed University of Beirut**

**Address:** Beirut-Lebanon

P.O. Box: 6301

**Phone No.:** Office +961 1 646 505

Mobile +961 3 160 578

**Fax No.:** +961 1 646 589

**e-mail:** [**nursingschool@makassed.org.lb**](mailto:nursingschool@makassed.org.lb)

[**sou59@hotmail.com**](mailto:sou59@hotmail.com)