**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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