



# PromeSS: Improving School-Based Health-Promoting Interventions (HPIs)



PromeSS I (2017-19) was a cross-sectional study of school principals in a convenience sample of 171 elementary and 48 high schools in Quebec, Canada.

PromeSS II (2023-24) examines social inequalities in HPI availability and implementation, whether HPIs available in schools have changed since PromeSS I, and whether any changes related to COVID-19.

➤ Health-promoting interventions (HPIs) are activities, programs, or special events for students and/or school staff that encourage the development of healthy lifestyle behaviors.

## PromeSS studies HPIs related to:

- School culture
- Health policies
- Equity, diversity, and inclusion (EDI)
- Nutrition
- Mental health
- Physical activity
- Student health
- HPI funding
- Sleep
- Extracurricular activities
- Sedentary behaviour
- Alcohol use
- Cannabis use
- E-cigarette use
- Illicit drug use
- Best practices
- Teacher/ staff health

"Looking forward to hearing about the results! Hopefully studies like these will lead to increased funding to offer more HPI for both students & staff"

- PromeSS II participant

"The promotion and prevention are at the heart of well-being and success among students."

-PromeSS II participant

## Selected PromeSS I Findings

### Health-promoting school culture

- As school social deprivation increased, teacher commitment to student health and parental engagement with the school decreased

### Social inequalities in HPI availability

- Schools with more disadvantaged students were less likely to have mental health HPIs

### What relates to HPI success?

- Lower teacher turnover
- Health-promoting physical environment at school
- Strong commitment to student health
- Principal leadership
- School developed the HPI (rather than an organization outside the school)

### What relates to HPI institutionalization at school?

- Positive school culture
- Number of competencies addressed in HPI
- Teaching strategies employed
- Modifications made to adapt HPI to school
- Perceived success of HPI

## PromeSS II Addresses Critically Important Issues

### COVID-19

- Did the COVID-19 pandemic affect availability of school-based HPIs in Québec?

### Social Inequalities

- Are there social inequalities in the adoption, implementation, sustainability or scale-up of school-based HPIs?

### HPI importance

- Do school-based HPIs align with broad public health policies that aim to foster health-promoting behaviors and promote physical, emotional and mental health among youth and school staff?

## PromeSS Data Translate into Action

PromeSS data are used by public health practitioners, policy makers, and clinicians at the:

- Institut national de santé publique du Québec
- Ministère de la Santé et des Services sociaux du Québec
- Breakfast Club Canada
- COMPASS Canada and Quebec

## It Takes a Village!

We thank our funders and participants.



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