Fall 11-17-2013

Health and Nutrition Education in Czech Republic (Poster)

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Health and Nutrition Education in Czech Republic
Jana Koptíková, Visiting Scholar

ABSTRACT

The average one-year health expenditure per capita in the European Union (EU) has doubled in the last 15 years. Prevention is less expensive than treatment, and changes in diet and lifestyle remain the most effective way to reduce the financial health care costs. However, European health systems are primarily treatment systems, not preventive systems. Improper diet and lack of physical activity are the most critical factors contributing to the overweight and obesity problem. Change of lifestyle, health and well-being across the entire life span, from the earliest stages of fetal development, at birth, and throughout infancy, childhood, adolescence and on to adulthood (WHO, 2013).

METHODS

This study’s primary focus is to analyze the Framework Educational Program for primary education (FEP PE) in Czech Republic focusing to Nutrition Education. FEP PE is a key tool for educators in class preparation and realization of Health Education and Nutrition Education. Czech educators became independent to comply the prescribed curriculum for all lectures, but as they gained the freedom, they became more responsible for the design of lectures that would meet the prescribed curriculum.

RESULTS: EXAMPLE OF NUTRITION EDUCATION CURRICULUM

<table>
<thead>
<tr>
<th>The Educational area</th>
<th>CURRICULUM LINKS</th>
<th>EXPECTED OUTCOMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>HUMAN AND HIS/HER WORLD</td>
<td>health care, healthy nutrition - daily routines, fluid intake, exercise regime, healthy diet plants, mushrooms and animals - signs of life, nature, critical engagement to life, lifestyle, nutrition, body structure of familiar animals; the importance of plants, mushrooms and animals for people</td>
<td>student: - applies essential skills and habits related to health promotion and prevention</td>
</tr>
<tr>
<td>HUMAN AND HEALTH</td>
<td>nutrition and health - the principles of healthy eating, the influence of environment and diet on lifestyle disorders lifestyle diseases - health risk factors, prevention and treatment holistic understanding of human in health and disease - health components and their interactions, basic human needs and their hierarchy (Maslow’s theory)</td>
<td>student: - understands the relationship between the diet and eating habits and the development of lifestyle diseases and applies healthy eating habits as much as possible</td>
</tr>
<tr>
<td>HUMAN AND SOCIETY</td>
<td>new Europe political organization and role of U.S.A. in the world - the formation of Czechoslovakia, its economic and political development, social and national problems</td>
<td>student: - explains the importance of agriculture for humans, as well as animal husbandry and processing of metals</td>
</tr>
</tbody>
</table>

CONCLUSIONS

The Nutrition Education Curriculum undertakes each educator to meet the requirements, but lacks to provide sufficient educational materials, which would help to implement the right tools to reach goals of education. Nutrition Education national curriculum for grammar schools in Czech Republic calls for specific suggestions of what to teach and how to teach, it would help to fulfill prescribed subject matter of curriculum properly, broaden Nutrition Education by incorporating of missing topics and promote proper diet effectively.

REFERENCES

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