

**SCHOOL OF HEALTH SCIENCES**  
JÖNKÖPING UNIVERSITY

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**Pupils' and School nurses' perceptions of using a health and lifestyle tool in health dialogues**

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**School Health Service in Sweden**

The School health service is part of the children's public health programme and includes every child and adolescent aged 6 – 19 years.

The purpose is to follow the pupils development, maintaining and improving their mental and bodily health, and promoting a healthy life-style.

**Health dialogues**

The purpose of the health dialogues is to evoke an interest that will lead to a healthy lifestyle.



**The Health and lifestyle tool**

Questionnaire "My Health"      Health profile




*Health Curve for Pupils*

1 = Worst health      5 = Best health

1. School situation      2. Family and friends      3. Physical activity      4. Physical health      5. Bodily health      6. Sleep      7. Tobacco and alcohol      8. Perceived health



**"My Health"**

- School situation
- Family and friends
- Physical activity/ inactivity
- Mealtimes/dietary habits
- Sleep
- Tobacco and alcohol
- Perceived health



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**Findings** 

**Constitutes a structure for the dialogues**

- Focuses on individual aspects
- Visualizes the understanding
- Transmittal of health information

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