

3RD INTERNATIONAL CONFERENCE ON
PEDIATRICS AND NEONATAL CARE
MARCH 15-16, 2023 | (Hotel Crowne Plaza Dubai - Deira)



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Welbin Index: Innovating for Health and Well-being in schools

It is known that childhood and adolescence represent a unique window of opportunity to promote health and well-being throughout the life cycle and prevent different risky situations at the individual, family and community levels. However, the lack of information on school conditions and practices prevents us from making the necessary changes to ensure that all children can access inclusive, equitable and quality education, and to enjoy good health and well-being. The challenges to ensuring child health and well-being, exacerbated by the pandemic, are an urgent call to be innovative, agile and flexible to make fast, evidence-based decisions that lead to schools where children everywhere can enjoy a happy life with opportunities. The Welbin Index is a tool developed guide evidence-based decision-making, and improve, in a measurable way, the conditions of school well-being that affect learning, coexistence, and life projects. In 2022, 1556 schools in Colombia and 478 schools in Jamaica participated in the Welbin Index. The results are a call to action determined by having an education focused on well-being: eight out of ten schools consider that they are not adequately accompanying the physical, mental and social health needs of students. At the same time, 53% of the schools report that situations of coexistence school and school health (health situations or illnesses) are the main cause of school absenteeism and, therefore, its main concern about school welfare. School well-being requires comprehensive and systemic interventions.

Keywords: Welbin Index, Digital tools in healthcare, School health, children's wellbeing.

Biography:

Lizeth Adriana González Vega, Nurse from the National University of Colombia with a master's degree in Systemic Analysis from the University of Chile. With 12 years of experience implementing and researching public policy in health, Mental Health, and School health. Co-author of the Welbin Index and member of the technical team of the National Study of school health and well-being Colombia 2020-2022.