



Perceptions of Students' Parents in a School Health Approach in Quebec: Two Case Studies

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Abstract

In Quebec, the *Healthy School* and *Global Health* approaches, situated at the crossroads of education and health, draw attention for their global and integrated promotion of young people's health. Within the context of these emerging approaches, this questionnaire-based study aims to describe how parents (N=573) perceive the role of the school in terms of health and the ways they engage with their child in this regard. The collected data have been analyzed based on a socio-ecological framework; findings reveal that the parents have a positive view of school health, but do not necessarily associate it with the approach recommended in the environment as a whole. Generally speaking, they link health to lifestyle habits, particularly physical activity and nutrition, whereas they demonstrate their engagement in various ways based on their socioeconomic status. This discussion examines the communication strategies employed to familiarize parents with said approaches in school-family relations, and highlights the importance of developing their critical thinking so that parent-child interactions will prove relevant and constructive in the promotion of health. Concerted action and a shared vision regarding health education among stakeholders in the school and family environments are suggested to optimize the impacts on young people's day-to-day life.