

## Introduction:

### **Definition of school health services:**

A coordinated system that ensures a continuum of care from school to home to community health care provider and back.

### **Historical Overview:**

Prior World War I, programs had a narrow focus emphasizing inspection, hygiene, negative messages, and didactic instruction about anatomy and physiology. However, the advent of the war made the problems of poverty more visible: malnutrition, poor physical condition, and the abysmal state of the health and welfare of many of the country's children.

New health promotion philosophies and movements began to spring up to replace the outmoded methods; these new approaches were based on using motivational psychology and an understanding of behavior. During the years immediately following World War I, the image of modern school health programs began to emerge.

Following World War I, the Child Health Organization was one of the most active groups devoted to the health of children, and the organization conducted "a nationwide campaign to raise the health standard of the American School Child." Many programs have followed through throughout the twentieth century, both in the United States and internationally.

Moving a century forward, specifically to Saudi Arabia; the Ministry of Health has recently developed a comprehensive approach that focuses on students in all physical, psychological, social, and religious aspects, in line with the National Transformation Program (NTP) 2020 and Saudi Vision 2030, in terms of education and health aspects, which will later be discussed in this report.

## Components of School Health Services:

### *Development of School Health Service Models:*

#### **THE THREE-COMPONENT MODEL**

Originating in the early 1900s and evolving through the 1980s, the three-component model is considered the traditional model of a school health program, consisting of the following basic components: (1) health education, (2) health services, and (3) a healthful environment.

#### **THE EIGHT-COMPONENT MODEL:**

In the 1980s, the three-component model was expanded into an eight-component model—traditionally referred to as a “comprehensive school health program”, which will be discussed below.

#### **FULL-SERVICE SCHOOL:**

In recent years, additional models, definitions, and descriptions have emerged that build on previous models, including the full-service school model. In addition to quality education, a full-service school model involves a one-stop, seamless institution, where the school is the center for providing.

### *Comprehensive School Health Program (The Eight-Component Model):*

#### **1. HEALTH EDUCATION**

A planned, sequential, K-12 curriculum that addresses the physical, mental, emotional, and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skill, and practices. The health education curriculum includes a variety of topics such as personal health, family health, community health consumer health, environmental health, sexuality education, mental and emotional health, injury prevention and control of disease, and substance use and abuse. Qualified, trained teachers provide health education.

#### **2. PHYSICAL EDUCATION**

A planned, sequential K-12 curriculum that provided cognitive content and learning experiences in a variety of activity areas such as basic movement skills; physical fitness; rhythms and dance; and aquatics. Quality physical education should promote, through a variety of planned physical activities, each student's optimum physical, mental, emotional, and social development, and should promote activities and sports that all student enjoy and can pursue throughout their lives. Qualified, trained teachers teach physical activity.

#### **3. NUTRITION SERVICES**

Access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students. School Nutrition programs reflect the U.S. Dietary Guidelines for Americans and other criteria to achieve nutrition integrity. The school nutrition services offer students a learning laboratory for classroom nutrition and health education and serve as a resource for linkages with nutrition-related community services. Qualified child nutrition professional provide theses services.

#### ***4. HEALTH SERVICES***

Services provided for students to appraise, protect, and promote health. These services are designed to ensure access or referral to primary health care services for both, foster appropriate use of primary health care services, prevent and control communicable disease and other health problems, provide emergency care for illness or injury, promote and provide educational and counseling opportunities for promoting and maintain individual, family, and community health. Qualified professionals such as physicians, nurses, dentists, health educators, and other allied health personnel provide these services.

#### ***5. COUNSELING, PSYCHOLOGICAL AND SOCIAL SERVICE***

Services provided to improve student's mental, emotional, and social health. These services include individual and group assessment, interventions, and referrals. Organizational assessment and consultation skills of counselors and psychologists contribute not only to the health of students but also to the health of the school environment. Professionals such as certified school counselors, psychologists, and social workers provide these services.

#### ***6. HEALTHFUL SCHOOL ENVIRONMENT***

The physical and aesthetic surroundings and the psychosocial climate and culture of the school. Factors that influence the physical environment include the school building and the area surrounding it, and biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise and lighting. The psychological environment includes the physical, emotional, and social conditions that affect the well-being of students and staff.

#### ***7. PARENT/COMMUNITY INVOLVEMENT***

An integrated school, parent, and community approach for enhancing the health and well-being of students. School health advisory council, coalitions, and broadly based constituencies for school health can build support for school health program efforts. Schools actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students.

#### ***8. HEALTH PROMOTION FOR STAFF***

Opportunities for school staff to improve their health status through activities such as health assessment, health education health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved moral, and a greater personal commitment to the schools's overall coordinated health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health Promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs.

## Responsibilities of the School Health Team:

### ***Definition of School health team:***

A school health team is a group of individuals representing different segments of the community, who collectively act to provide advice to a school on aspects of the school health program.

### ***Who represents the school Health team?***

In general, the school nurse functions as a leader and the coordinator of the school health services team. The team may also include a school physician, licensed practical nurses, health aides and clerical staff, school counselors, school psychologists, school social workers, and substance abuse counselors. The health team may also expand to create a coordinated school health team that integrates health services, health education, physical education, nutrition services, counseling/psychological/social services, healthy school environment, health promotion for staff, and family/community involvement

### ***Role of school nurse:***

#### ***The school nurse provides direct care to students.***

The school nurse provides care for injuries and acute illness for all students and long-term management of students with special health care needs. Responsibilities include assessment and treatment within the scope of professional nursing practice, communication with parents, referral to physicians, and provision or supervision of prescribed nursing care.

#### ***The school nurse promotes a healthy school environment.***

The school nurse provides for the physical and emotional safety of the school community by monitoring immunizations, ensuring appropriate exclusion for infectious illnesses, and reporting communicable diseases as required by law.

#### ***The school nurse promotes health.***

The school nurse provides health education by providing health information to individual students and groups of students through health education, science, and other classes.

#### ***The school nurse serves in a leadership role for health policies and programs.***

As a health care expert within the school system, the school nurse is a leader in the development and evaluation of school health policies.

### ***Role of physicians:***

Physicians are involved in schools and school health programs from many vantage points, including serving as public health officials to university teachers and researchers and as generalist and specialist providers of direct patient services. The services they provide include consultation on health policy, health curricula, and evaluation of programs and services; direct consultation regarding individual patients or groups of patients; and participation in provision of health services at the school site.

Asthma specialists have set up asthma education programs, orthopedic surgeons have set up scoliosis screening and sports medicine programs, and pediatricians have advocated for and helped to develop sexuality education and health education programs.

### ***Role of School Psychologists:***

#### ***Consultation:***

Collaborate with teachers, parents, and other school personnel about learning, social, emotional, and behavioral problems.

#### ***Education:***

Provide educational programs on classroom management strategies, parenting skills, substance abuse, and teaching and learning strategies.

#### ***Research:***

Evaluate the effectiveness of academic programs, behavior management procedures, and other services provided in the school setting.

#### ***Assessment:***

Work closely with parents and teachers, using a variety of techniques, to evaluate academic skills, social skills, self-help skills, and personality and emotional development.

#### ***Intervention:***

Work directly with students and families to help solve conflicts related to learning and adjustment. Provide psychological counseling, social skills training, behavior management, and other interventions.

### ***Role of School Counselors:***

School counselors are specialists who assist students, school staff, parents, and community members in problem-solving and decision making on issues involving learning, development, and human relations. Counseling can take place in individual, small group, or large group settings. Counselors provide services, from one-on-one counseling on a student's individual problems to large group sessions with teachers to explore effective cooperative learning strategies.

School counselors typically advise students in course selections, career options, college application procedures, and school-to-work programs.

### ***Role of school social worker:***

School social workers consider themselves the link among the home, school, and community. Although school social workers and school counselors frequently perform similar tasks, the counselor's focus tends to be inward on the internal functions and programs of the school, whereas the social worker's focus tends to be outward on the family and community context. Social workers regularly deal with discipline

and attendance problems, child abuse and neglect, divorce and family separation, substance abuse, and issues involving pregnancy and parenting, suicide, and even family finances. Services provided by school social workers include the following:

1. Individual and group counseling
2. advocacy for students, parents, and the school system
3. home visits
4. professional case management
5. social-developmental assessments
6. parent education and training

## Functions of school health programs and preventive school health services:

### ***Definition of school health programs:***

A comprehensive school health program is an integrated set of planned, sequential, school-affiliated strategies, activities, and services designed to promote the optimal physical, emotional, social, and educational development of students. The program involves and is supportive of families and is determined by the local community based on community needs, resources, standards, and requirements. It is coordinated by a multidisciplinary team and accountable to the community for program quality and effectiveness.

- Integrated means formed, coordinated, or blended into a functioning or unified whole.
- Planned implies a deliberate design, a detailed formulation of a program of action.
- Sequential implies a deliberate ordering or succession of program elements.
- School-affiliated refers to activities that take place at the school or outside but it has a connection to the school.
- Strategies are the overall approach or network of related methods and processes, activities and services are those specific and concrete actions carried out as part of a strategy.

### ***Goals of school health programs:***

1. Promote health and wellness. : by reassuring students if they have any problem and try to fix it with them
2. Prevent specific diseases, disorders and injury: either by vaccines, or it can be as simple as a plaster to prevent infections
3. Prevent high risk social behaviors.: physical self-harm, impulsive, and reckless behaviors like: gambling, , shoplifting, aggression, reckless driving/speeding, engaging in high conflict, and other unhealthy decisions
4. Intervene to assist children and youth who are in need or at risk.
5. Help support those who are already exhibiting special health care needs: like for ex. students with chronic diseases like diabetes you can help them if they got into hypoglycemic coma or even just mentally support them by talking to them
6. Promote positive health and safety behaviors: by for ex. Reward Good Health and Safety Behavior

A comprehensive school health program focuses on priority behaviors that contribute to the health, safety and well-being of students, staff and families, while assuring a supportive and health environment that nurtures academic growth and development.

## *Preventive Services That Can be Provide in School Setting:*

- **Definition:** Preventive Medicine defined as Services that promotes healthy development and wellbeing, helping students reach their full potential.
- **Prevention comes in three types:**
  - **Primary:** It aims to protect healthy individuals and prevents disease occurrence. This includes: Vaccine, Healthy diet, Physical activities, Mediation, Hand washing.
  - **Secondary:** This promotes early detection of the disease and treats it at early stages to prevent complications. This mainly focuses on screening tests such as breast self-examination.
  - **Tertiary:** Those measures aim to improve quality of life of people with the disease. This works on rehabilitation.

## *Optimal outcomes of school health programs:*

### ***1- Student outcomes:***

Students will assume personal responsibility for avoiding social, emotional, and physical health-compromising behaviors and for engaging in health-promoting behaviors. Students' health needs—preventative, emergency, acute, and chronic—will be addressed to allow students to reach the highest possible level of educational achievement and personal health. Particular attention will be given to the health component of Individual Education Plans of students with special health care needs who require special education and related services.

### ***2. Programmatic and organizational outcomes:***

The relationship between health status and educational achievement will be evident in the policies and programs of the school. The school's health emphasis will be integrated across all activities. Linkages among program components, disciplines, and participating agencies will be clearly defined and regularly evaluated. Individual and group health problems will be identified and managed with appropriate prevention, assessment, intervention or referral, and follow-up measures. Services will be organized to provide appropriate and timely responses to emergency, acute, and chronic health problems. The school's education and health programs will be continually reexamined and reformed as necessary to enhance student health, performance, and achievement.

### ***3. Community outcomes:***

The community will be actively involved in determining the design of a school health program and in supporting and reinforcing the goals of the program. This design will include assurance that schools are safe, with an environment conducive to learning and health promotion, and that policies and procedures are in place to enhance the use of schools as a community resource for health. All health-related programs delivered by the school and by community members through the schools will enhance the health status of the students and result in an improvement of the health and quality of life of the community.



## ***Functions of preventive school health services:***

Preventive health care is comprised of activities aiming at finding out and preventing as early as possible various diseases and harmful practices in the area of health. And not only that, it could prevent mental disturbances and aim to ensure the wellbeing of the students. Preventive activities support school children and student's healthy growth and development and guide to lifestyle enhancing health.

According to CDC, the health services which is a component of the coordinated services suggested by the CDC, includes not only daily healthcare management but also the spectrum of health services required by students who have no regular medical care access, including prevention services which include the following:

### ***1- Health Education:***

Defined by WHO: Health education is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes.

### ***2- Physical Education:***

Which is actually a part of health education, and it is extremely important. As it is the fourth leading risk factor for noncommunicable diseases such as heart diseases, cancers such as breast and colon cancers and diabetes which is a huge burden on communities especially here in Saudi Arabia. Physical activity is also fundamental in achieving energy balance and weight control. Recent estimates show that approximately a third of the world's population does not undertake the recommended amount of physical activity to gain protective health benefits. In the Eastern Mediterranean Region, the available data from a couple of countries show levels of inactivity range from about 30% to as high as 70%. Of concern, less than half of the countries of the Eastern Mediterranean Region have systematic monitoring of levels of physical activity in adults and children and very few countries have commenced any comprehensive action aimed at increasing levels of activity through sports, recreation, and cycling and walking.

### ***3- Nutrition Services:***

The school nutrition environment and services can help shape lifelong healthy eating behaviors. CDC recommends that schools implement policies and practices to create a nutrition environment that supports students in making healthy choices. A healthy school nutrition environment provides students with nutritious and appealing foods and beverages, consistent and accurate messages about good nutrition, and ways to learn about and practice healthy eating throughout the time children spend on school grounds including before and after school to achieve the best benefit possible for the children

### ***4- Immunizations:***

Which are provided by physicians or nurses. It's one of the objectives of the Global Vaccine Action Plan from the WHO, which aims that all individuals and communities can enjoy their lives free from vaccine-preventable diseases. is to equitably extend the benefits of immunization to all children, adolescents and adults. School-based immunization is a strategy for reaching older children and adolescents with vaccination services. With the availability of newer vaccines (e.g. human papillomavirus (HPV)) and greater attention to providing booster doses of routine vaccines to older children (e.g. 2nd dose of

measles), there is a growing interest in using schools as a platform for immunization. With increases in school enrolment rates, particularly in low income countries, the school immunization strategy has become even more promising

### ***5- Mental health counseling:***

Provided by psychologists or specialists in that matter. It can be challenging for some families to get mental health care for their children. Nearly 1 in 5 children have a mental, emotional, or behavioral disorder, such as anxiety or depression, attention-deficit/hyperactivity disorder (ADHD), and disruptive behavior disorders. Children with these disorders benefit from early diagnosis and treatment and being in a school where someone provides counseling can be very helpful in diagnosing these disorders early and prevent students from deteriorating which is the Unfortunately, only about 20% of children with mental, emotional, or behavioral disorders receive care from a specialized mental health care provider and we can increase this percentage by providing mental health counseling in schools.

### ***6- Other clinical services that are provided in the schools:***

- 1- Administer first aid
- 2- Monitor vital signs
- 3- Provide screening (height/weight) vision, hearing
- 4- Clean and change dressings
- 5-Child abuse evaluation and follow-up (physical or mental)
- 6- Case management for chronic health problems

## School Health Services in Saudi Arabia:

### ***Vision 2030:***

With the Transformation Program - the Kingdom's Vision 2030, a center for transformation and achievement of the vision and strategic goals was established in the Ministry of Health, as well as the secondary that it achieves. One of these initiatives is achieved by "healthy schools" programs.

### ***WHO?***

The Ministry of Health (MOH), represented by the Public Health Agency, has launched the "Healthy Schools" Program to improve the health of students in concordance with the global standards, policies, and procedures of the World Health Organization (WHO).

### ***WHAT is a "Healthy school"?***

Healthy school can be defined as a place where all school community members, including students, their parents, teachers, and administrators learn, live, and work together to enhance their health. Also, this healthy school takes all measures to promote the student health and educational process through the integrated partnership between MOH and the Ministry of Education (MOE), in addition to adopting all existing measures and a set of basic programs of school health education.

### ***WHY do we need school health services?***

- School age group make up 25% of population
- School students are part of society with all its components and socio-economic backgrounds, and they often suffer from the same health problems
- There may be a positive impact on students through comprehensive awareness programs at these ages.

### ***Goals:***

#### ***GENERAL GOAL:***

Promote students' health and school community in particular, and society in general.

#### ***SPECIFIC GOALS:***

- Acquiring knowledge, developing skills, and promoting healthy habits for members of the school community.
- Motivating students to participate in the activities of school health promotion.
- Creating a healthy and safe school environment.
- Active promotion of school staff health.

## **Components:**

### **1. HEALTH EDUCATION:**

- It is the cornerstone and the beginning of raising awareness and healthy behavior among students and changing wrong behaviors.
- By investing in the health opportunities available in the curricula and initiating health activities within the school in cooperation with the health centers in the neighborhood.
- The textbooks contain a set of planned health messages that provide a real opportunity to gain the information and skills students need to make good health decisions.

### **2. HEALTHY NUTRITION:**

- School feeding services provide meals that meet the standards of the Food and Drug Authority. Schools also market and promote healthy foods and drinks and encourage participation in school meal programs and bringing healthy meals from home and ensure that students have access to clean drinking water for free throughout the school day.

### **3. PHYSICAL ACTIVITY:**

- Schools can create an environment that provides many opportunities for students to be physically active throughout the school day.
- It's achieved through five components:
  1. Physical education
  2. Physical activity during classes
  3. Physical activity before and after school
  4. Staff participation
  5. Family and community participation
- Physical education is the basis of comprehensive school physical activity, and it is an academic subject characterized by a sequential curriculum based on national standards for physical education.

### **4. SCHOOL HEALTH SERVICES:**

- School health services interfere with actual and potential health problems, including providing first aid, emergency medical care, stabilizing them, evaluating and planning for managing and following up on chronic conditions (such as asthma or diabetes, etc.).
- In addition, promoting public health, providing preventive services to the school community, and educating students is what helps them to maintain the highest levels of health, wellness and fitness, and parents' education (through their children or through direct communication) what they must do towards their children to maintain their health and wellness and inform the school about the diseases that the student suffers from, which may be in a dormant phase or under control, with treatments such as epilepsy, asthma, diabetes and other diseases that require follow-up, medical care and prompt intervention by a specialist or trainer present within the school; which may save the life of a student or school employee through the health team or qualified health advisor.
- School health services cooperate effectively with school and community support services to increase the ability of students and families to cope with health and social pressures, such as chronic diseases or social and economic conditions that may have a negative impact on student health, and the ability to manage and overcome these pressures.

### **5. SCHOOL ENVIRONMENT:**

- The healthy school environment deals with physical school materials (such as ventilation, humidity, temperature, noise, natural and artificial lighting). School environments include the following 3 elements:
  1. School building
  2. School canteen
  3. Water (drinking or sewage)

### **6. MENTAL HEALTH, GUIDANCE AND COUNSELING:**

- These services are concerned with preventive measures and therapeutic interventions that support the psychological, behavioral, social and emotional health of students, thus enhancing their ability to learn better. Mental health is one of the most important factors assisting the progress of educational achievement among students. These services require the integration of the mental health aspect with the other aspects, such as the educational and social aspect, and the knowledge of the obstacles that may lead to the decline in academic achievement of students.
- These services need specialists in the field of mental health and counseling to provide counseling services to students, harmonize community efforts in the environment surrounding the school and benefit from them, which guarantees students better health and thus better learning.
- These services are provided by a team of qualified professionals who are:
  1. Psychologist
  2. Student advisor
  3. Social worker
- This guarantees the provision of service with greater skill and effectiveness, so that it will positively affect the psychological and social health of students.

### **7. SOCIAL AND EMOTIONAL ENVIRONMENT:**

- The school's social and emotional environment refers to the psychological and social aspects of students' educational experience, which is an important factor for students' social and emotional growth and may affect students' engagement and participation in school activities and events, as well as their relationships with those around them from other students, their teachers, and the rest of the school staff, and extends also to the family and society.
- The existence of a stable and healthy social and emotional climate inside the school leads to a more effective learning environment and provides great opportunities for continuous improvement through the participation of students in the various activities and events set up and volunteering inside and outside the school such as serving the guests of the two holy mosques "ضيوف الرحمن" and other appropriate beneficial activities that enhance and develop their social and emotional aspects.

### **8. STAFF HEALTH:**

- Schools are not only places of learning, but also sites of work. Promoting the health of school staff through the following four aspects: physical, mental, spiritual and social, this will protect them and raise their academic and functional performance towards students, and supports students' health, success, and academic achievement.

### **9. FAMILY CONTRIBUTION:**

- Family and school members work together to support and improve students' academic achievement, refine them and enhance their health. School staff is committed to making families feel welcome, engaging families in a variety of ways that are more social and emotional than others, and maintaining continuous family contact.
- Families are obligated to provide effective support for their children's education and improvement of their healthy skills and behaviors. This relationship between school staff and families is integrated and promotes student health and learning in multiple places - at home, at school, in programs outside the school, and in the community.

### **10. COMMUNITY CONTRIBUTION:**

- Society and non-profit organizations, companies and private foundations create partnerships with schools and support their own resources and volunteer to support learning, skills-building and health-related activities.
- Examples:
  1. Diabetes charities education for the school community and distributing glucose meters to patients.
  2. Participation in the awareness programs of health authorities on diseases and prevention methods and attending their activities.

## Common conditions dealt with in Saudi Arabia:

### **1-Obesity:**

There are multiple conditions that can be commonly seen in School that the health services deal with in KSA one of them is obesity which is considered a worldwide problem.

Since 1975 obesity patient tripled in number In 2016, more than 1.9 billion adults, 18 years and older, were overweight with a percentage of 39% Of these over 650 million were obese with a percentage of 13%.Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016.38 million children under the age of 5 were overweight or obese in 2019.

According to ministry of health in 2013 the percentage of overweight at school age is 23% and 9.3% obese with a total increase of 30.7% in 15 years and above the overweight percentage 19.5% where males and 20.8% where females while that of obesity was 24.1% in males and 14% in females and Higher prevalence of obesity was observed among adolescents in private schools. Across all ages, overweight and obesity ranged from 39.9% to 45.6% in males and from 30.4% to 38.7% in females. In comparison to governmental school this increase in number is frightening since it can lead to multiple complication such as depression disability sexual problems and social isolation so the government came with a program called RASHAGAH which aims to decrease the weight of school student who are obese or overweight

## ***2-Diabetes Mellitus:***

The World Health Organization has ranked Saudi Arabia as having the second highest rate of diabetes in the Middle East with an estimated population of 7 million diabetic and 3 million pre-diabetics.

With a percentage of 10.1% in males and 9.8% in females at the age of 15 and above in a family survey which can be decreased with a healthy meal in school and good moderate exercise

## ***3-Mental illnesses:***

While the mental health of the student has its own share of importance, a study was conducted in Abha to measure the prevalence anxiety depression and stress on 545 secondary school girl showed that 73.4% had the symptoms of at least one of the three studied disorders 50.1% had at least two disorders. The prevalence of symptoms of depression, anxiety and stress was 41.5 %, 66.2% and 52.5% respectively, the majority of symptoms were mild to moderate in severity.

Another study was conducted in high school students in National Guard Housing, Riyadh, Saudi Arabia, the results of this study showed a prevalence of mental disorders was found to be 48% (41% in males and 51% in females); more than 80% of these cases were mild to moderate. Females showed significantly more severe disorders than males which require a good school counselor who can understand and elevate the pressure from the student.

## ***4-Smoking:***

Another issue is smoking which is a common in Saudi Arabia according to WHO in 2015, over 1.1 billion people smoked tobacco. Far more males than females smoked tobacco. Although it is declining worldwide and in many countries, the prevalence of tobacco smoking appears to be increasing in the WHO Eastern Mediterranean Region and the African Region with prevalence of current smoking in Saudi Arabia ranges from 2.4-52.3% while a study made in adolescent showed that between 2007 and 2018, the prevalence of tobacco smoking among adolescents in Saudi Arabia ranged from 2.4% to 39.6%,13-38% of them are males and 1-16% females while among school student it ranges from 12-29.8% in total the ministry of health in cooperation with the ministry of education they provide visits from smoking cessation clinic team to try to change this habits and provide the support since this habit is due to either one of the following

- 1- social situations
- 2- Family negligence
- 3- stress relief
- 4- pleasure

#### ***4-Physical Inactivity:***

A study showed that the majority of Saudi children, youth and adults were not active enough to meet the recommended guidelines for moderate to vigorous PA. Saudi females were disproportionately less active than males which can be due to the lack of variety of activity at schools

#### ***5-Substance Abuse:***

According to the ministry of Drug Enforcement Administration, the majority of drug abusers in Saudi Arabia fall within the age group of 12–22 years, which is considered a health hazard and the students need the guidance of an expert to get the right treatment and care.

A study showed that the majority of Saudi children, youth and adults were not active enough to meet the recommended guidelines for moderate to vigorous PA. Saudi females were disproportionately less active than males which can be due to the lack of variety of activity at schools.

#### ***6-Asthma:***

lastly asthma which is a common thing that can be seen anywhere and can be triggered at any time which need the rapid treatment at the moment so is the situation with allergy's which needs previous preparation.



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