

# SMART HEALTH SCHOOL PROGRAM



## PARTNERING FOR LEARNING AND WELLBEING

Computers, tablets and screen time are commonplace for the school-age students of today. Rather than hide students from the associated risks, the Smart Health School Program will educate the school community about the risks of increased computer use and help students to set healthy patterns of use and behaviours that will serve them well as they continue to grow and use I.T. devices more.

Increased sitting, sedentary activities, screen time and computer use has been shown by researchers around the world to have significant negative general health and musculoskeletal health implications for both adults and school-aged children. In particular, increased sedentary, screen time and computer use in children has been shown to directly link with increased body mass index (BMI) and poorer cardio-respiratory fitness compared to those children that have less sitting based screen time. It has also been conclusively shown that when children sit in front of a computer, many of them do so with poor posture and many of them will get sore from their computer use. Looking into the future, the postural and physical habits they develop as children will continue into their working lives.

The Smart Health School Program aims to develop and support a culture of well being through various education courses such as seminars and/or e-learning courses. The Smart Health School Program provides information to support teachers, parents and students in order to assist every student to develop safe and healthy postural habits and sitting based screen time behaviours when using I.T. devices.

Smart Health run a series of seminars to teachers, parents and students on these issues ensuring that the faculty, parents and students hear the same information and strategies to help lessen the potential negative impact on both general health and musculoskeletal health that can be caused by sitting based work and computer and tablet based study and play.

It is also important to consider that this training occur on an ongoing basis, side by side with the strategic roll out of new technology.



Written by Greg Campbell, B App Sc (Physio)  
For more information about the Smart Health  
School Program go to  
[www.smarthealthtraining.com.au](http://www.smarthealthtraining.com.au)