

PH TIROL

Pädagogische Hochschule Tirol



Save the Date!

The future in (y)our hands!

ÖH-Symposium, 8. Juni 2022, 18:00 - 20:15 Uhr



Audimax - Fritz-Pregl-Straße 3, Innsbruck



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The future in (y)our hands

Improved public health arises through better health of every individual

A symposium by students for students about the future of human and planetary health with internationally and nationally recognized experts in cooperation with the [Medical University of Innsbruck](#) (MUI), [University College of Teacher Education Tyrol](#) (PHT), and [Leopold-Franzens University of Innsbruck](#) (LFUI), each with the Austrian Student Union (ÖHs).

Be the Game Changers!

Wann? Wednesday, 8th of June 2022, 18 – 20.15 o'clock
Wo? Audimax, Parterre Medizin-Universität, Fritz-Pregl-Straße 3, Innsbruck
Zielgruppe: Students of all disciplines and all Universities and Colleges in Tyrol, but especially from medicine & health professions, teacher education/training & pedagogy

Line-Up Vorträge, moderiert von Jakob Thaler und Lukas Gatterer, MUI

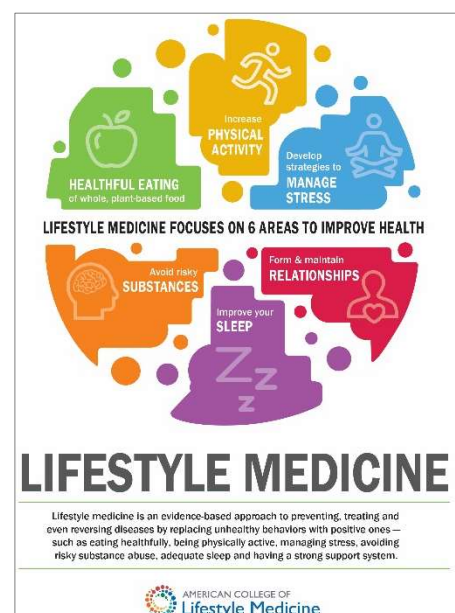
- (1) **What we are learning about adolescent health: the Health Behavior of School-Aged Children Survey (HBSC) in Europe (in German)** – Dr. Martin Weber, WHO [Health Behaviour of School-Aged Children](#) (HBSC) survey, Programme Manager Child and Adolescent Health
- (2) **The responsibility of doctors and teachers for the health of our planet – Medical director of preventive medical check-ups (in German)** – Dr. Bernd Haditsch, [ÖGK](#), Ärztlicher Leiter Vorsorgeuntersuchung
- (3) **Effects of physical activity on weight management and health (in German)** – Dr. Clemens Drenowatz, [Pädagogische Hochschule Oberösterreich](#)
- (4) **The Most Exciting Concept in Medicine Today: Disease Reversal Through Plant-Based Nutrition** – Dr. Michael Klaper, [Moving Medicine Forward](#)
- (5) **Oxford University as a model for transferring science to the everyday life of students (in German)** – Dr. med. univ. Lukas Gatterer, MUI
- (6) **There is a huge major elephant in the room today & – Health is Wealth!** – Derrick R. Tanous, [Dissertant](#) and Mohamad Motevalli, [Dissertant](#), PHT und LFUI
- (7) **The future in (y)our hands – The health potential of our lifestyle (in German)** – Dr. Katharina Wirnitzer, PHT

Motivation. Non-communicable diseases (e.g. cardiovascular diseases such as arteriosclerosis or coronary artery disease, including heart attack and stroke, cancer, respiratory diseases, type 2 diabetes mellitus, etc.) are responsible for 80% of all deaths worldwide¹. Not only adults, but also more and more children and adolescents are affected by cardiovascular diseases, diabetes, cancer and their risk factors (e.g. overweight/obesity, unhealthy nutrition, physical inactivity, etc.).

The good news: These so-called lifestyle diseases are preventable and can be stopped to a large extent!

Arguably the most promising approach to prevent, treat and even reverse these diseases is to establish a healthy lifestyle in the general population, starting with me/you/us ourselves, and based on the so-called lifestyle medicine².

Healthy exercise and nutritional behaviors are generally recognized as 'medicine'. **Therefore, physical activity & exercise and nutrition are key factors for good or poor health;** when permanently linked, the influence of these two factors is of decisive importance for the prevention, development, treatment, or even reversal of so-called



lifestyle diseases. As a **minimum recommendation for sustainable health**, this dual approach is considered to be highly effective and inexpensive³.

Perspective. A better public health results from better health of every individual. Therefore, as early as possible, health promotion of the individual should start in childhood and adolescence but also continue in young adulthood (for students)⁴. According to the state educational mandate of Austrian curricula for primary and secondary schools⁵⁻⁸, physical activity and exercise as well as nutrition are established within the overarching educational goal and are relevant for all compulsory subjects! However, there is a gap here for acquiring healthy lifestyle skills between this state mandate for school health promotion and the education & training at universities/colleges. Currently, there is no corresponding clause in the curricula for students of medicine, teaching, or life sciences (as well as many other majors) stating that future doctors, teachers, parents, and other multipliers must acquire a basic professional qualification of 'Healthy lifestyle as medicine' as part of their studies. For example, universities and colleges are currently lacking intro courses within general education as well as in-depth elective courses in the final semesters with lectures on the preventive potential of lifestyle medicine and the diverse effects of healthy behavior and lifestyle. This curricula addition would empower students to be able to make a significant contribution to improving the health of the general population in the future - **especially in the professional roles of doctors and teachers**.

In addition to the risk of developing diseases, an unhealthy diet (above all the consumption of animal products) is one of the main causes of climate change⁹, which will endanger human health in the future more than ever before¹⁰⁻¹³.

A paradigm shift, which provides the education of 'sustainable health competence' already in childhood⁴ in which everyone is informed about (un)healthy lifestyle habits, can have major positive effects on individual and public health³ but needs establishment in the curricula of tertiary educational institutions.

Goal and 'come together' in conclusion. In order to address these trends and the necessary transfer of scientific results into practice-related settings (e.g. university/college, doctor-patient, teacher-student, etc.), the MUI, in cooperation with the PHT and the LFUI, as well as the Austrian Student Union as part of the university and university study *Sustainably healthy – From Science 2 Highschool & University*, a symposium from students for students was created. The top-class line-up (including 3 students) spans the spectrum from (1) public health through personal health, to (2) health and lifestyle, to (3) climate change and planetary health, and is led by two MUI students/ Graduates in moderation.

Afterwards, we invite all participants to a small culinary come together reception.

References.

- (1) WHO (2021) Noncommunicable diseases. Key facts. <https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases> (4. 4. 2022)
- (2) American College of Lifestyle Medicine (2021) Evidence Overwhelmingly Supports Efficacy of Lifestyle Medicine. https://www.lifestylemedicine.org/ACLM/Lifestyle_Medicine/Scientific_Evidence/ACLM/About/What_is_Lifestyle_Medicine/_Scientific_Evidence.aspx?hkey=ed4b4130-6ce9-41bb-8703-211bc98eed7f (4. 4. 2022)
- (3) Tuso, P, Ismail M, Ha, B, Bartolotto, C. (2013) Nutritional Update for Physicians: PlantBased Diets. *PermJ*, Spring;17(2):61-66.
- (4) Yan Y, Mi J (2021) Noncommunicable chronic disease prevention should start from childhood. *Pediatr Investig* 5: 3–5.
- (5) Lehrplan AHS Sekundarstufe I (2018). Anlage A: Erster Teil. Allgemeines Bildungsziel, Punkt 5. Bildungsbereiche. Gesundheit und Bewegung. <https://www.ris.bka.gv.at/GeltendeFassung/Bundesnormen/10008568/Lehrpl%3c%a4ne%20%e2%80%93%20allgemeinbildende%20h%3c%b6here%20Schulen%2c%20Fassung%20vom%2031.08.2017.pdf?FassungVom=2017-08-31> (31. 12. 2021).
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- (8) Lehrplan Primarstufe/Volksschule (2012) Sechster Teil, Bildungs- & Lehraufgaben, Lehrstoff & Didaktische Grundsätze der Verbindlichen Übungen der Vorschulstufe. Allgemeine Bestimmungen; Bewegung und Sport, Gesundheitserziehung. https://www.bmbwf.gv.at/Themen/schule/schulpraxis/lp/lp_vs.html#heading_Allgemeine_Bestimmungen (28. 2. 2022).
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