Objective: to evaluate the high school student health condition from a Rio de Janeiro municipal private school; to identify the risk factors related to the no communicable chronicle problems development; to develop promotion, prevention and student in school age health evaluation education practices.

Method: a prospective and descriptive study. The information is inserted at the SPSS for Windows Version 18 Data Basis. The analysis will be conducted from simple frequencies. Expected results: to sensitize the students, through nursing consultation, at the search for eating habits and health life style providing the knowledge enlargement about chronicle diseases, as well as, prevention and control ways. The educational meeting tend to be playful aiming to catalyze the dialog with the students, from demand in health emerged on the consultations.

Descriptors: Nursing; Public Health; Adolescent; Health Education; Health Promotion.

RESUMO
Objetivos: avaliar as condições de saúde dos alunos do ensino médio em uma escola privada do município do Rio de Janeiro/RJ; identificar fatores de risco relacionados ao desenvolvimento de problemas crônicos não transmissíveis; desenvolver práticas educativas de promoção, prevenção e avaliação da saúde dos alunos em idade escolar. Método: estudo prospectivo, descritivo. As informações serão inseridas no banco de dados do SPSS for Windows versão 18.0. A análise será realizada a partir de frequências simples. Resultados esperados: sensibilizar os alunos, a partir das consultas de enfermagem, na busca de hábitos alimentares e estilo de vida saudáveis proporcionando a ampliação do entendimento sobre doenças crônicas, assim como, formas de prevenção e controle. O encontro educativo propõe-se lúdico com o intuito de catalisar o diálogo com os alunos, a partir de demandas em saúde emergidas nas consultas.

Descritores: Enfermagem; Saúde Pública; Adolescente; Educação em Saúde; Promoção da Saúde.

RESUMEN
Objetivos: evaluar el estado de salud de los estudiantes secundarios en una escuela privada en el municipio de Río de Janeiro/RJ; identificar los factores de riesgo relacionados al desarrollo de problemas crónicos no transmisibles; desarrollar prácticas educativas de promoción, prevención y evaluación de la salud de los alumnos en edad escolar. Método: estudio prospectivo, descriptivo. La información se incluirá en la base de datos de SPSS para Windows versión 18.0. El análisis se llevó a cabo por frecuencias simples. Resultados esperados: sensibilizar a los estudiantes de las consultas de enfermería en busca de la dieta y un estilo de vida saludable, proporcionando la expansión de la comprensión de las enfermedades crónicas, así como las formas de prevención y control. La reunión educativa propone ser lúdica con el fin de catalizar el diálogo con los estudiantes de las demandas de salud que surgieron en las consultas.

Descritores: Enfermería; Salud Pública; Adolescente; Educación en Salud; Promoción de la Salud.
INTRODUCTION

Health promotion is a set of strategies focused on improving the individuals and communities life quality. They can be materialized through policies, strategies, actions and interventions among people in order to act on the social health conditions and determinants. The Chronic non-communicable diseases (NCDs) are from a health group of problems that have, in general, a long latency period, a prolonged development time, the etiology not fully elucidated, irreversible damages and complications that lead to varying degrees of disability or even death.¹

The health promotion activities are enhanced through the different health sectors articulation covering the education sector. These articulations promote the actions effectiveness and sustainability through time, improving the populations and territories health conditions.²

The relation between the education and health sectors is very close when it comes to children and adolescents, not only for an immediate situations care that could lead to accidents in schools, but with the early chronic health problems identification, which can cause complications throughout this individual life.³ ⁴ A situation that need attention is related to some behavioral tendencies affirmation, that often are incorporated by surrounding influences and could harm the adolescent health, and this moment represents a decisive step on acquisition and lifestyle consolidation.⁵

Thinking about NCDs, in addition to the most discussed issues, is faced a silent disease that affects women worldwide - the endometriosis. It is one of the main causes of the gynecological hospitalization in industrialized countries and its diagnosis is delayed, an average delay from 7.9 to 11.7 years. A disease that may affect 6% to 10% of women in reproductive age, that is, may arise in adolescence (menarche before 12 years old is a risk factor), and it is often diagnosed only when the woman in adulthood, cannot become pregnant (endometriosis can lead to infertility).⁶ ⁷

In addition to the NCDs, there is a concern about other situations that can compromise the child’s life and especially adolescents’ life that are related to sexual education and also sexually transmitted diseases (some are even chronic).

Thereby, it is aimed to identify the students' health profile and simultaneously develop promotion and prevention educational practices from their health evaluation, taking into account the benefits that the actions described in this project may bring to the students and their families. Furthermore, the project involves four disciplines that provide the theoretical basis for the content directed to those people (Child Integral Health, Women Integral Health, Adolescent Integral Health and Public Health).

OBJECTIVES

- To evaluate the high school students health condition in a private school from Rio de Janeiro/RJ;
- To identify risk factors related to the non-communicable chronic problems development;
- To develop the promotion, prevention and the students’ health evaluation educational practices with students in scholar age;

METHOD

A prospective and descriptive study with quantitative approach; It is the research project: ‘Health Promotion and chronic non-communicable diseases prevention in schools’ approved on 10/02/2013 by the Souza Marques Medicine School Ethics CAAE 22718613.9.0000.5239. The research aims to reach a Cascadura (Rio de Janeiro) private school’s students, located in the CAP 3.3 in educations: Kindergarten; Primary School I and II; high school. In the first moment, the activities will be developed for the high school students, in a total of approximately 121 students.

In accordance to the Resolution 466/12, the students should bring the consent signed by their parents, allowing them to obtain information. In addition, the teens must also sign the consent form. The secrecy, the anonymity, the voluntary participation and the losses absence will be guaranteed aspects, as well as the participant shutdown at any time of the survey.⁷

The data collection instrument is the ‘adolescent health conditions evaluation form’ - Teenager history’ from the Brazilian Ministry of Health.¹ The document is divided into structural axes, namely: personal and family history; family; housing; education; job; social life; habits; psycho-emotional situations; pubertal development; sexuality; contraceptive methods; sexually transmitted diseases and physical exam. At the end: observations; diagnostic impressions; indications and external consultations.

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The teachers responsible for the project also developed a complementary assessment form coming from the pubertal development often turned to women's health with a focus on identifying signs and suggestive endometriosis symptoms. It is based, but not only, on the article 'there is no silence that has no end: informative study on endometriosis and its signs and symptoms.\(^5\) The complementary form expands the amount of information generated by the main instrument. The information will be collected and inserted into the SPSS Statistics for Windows version 18.0 database. The analysis will be performed through simple frequencies.

It was traced a work schedule that began on July 31, 2015 and will last until the 2016 second semester and may be extended. The activities will be carried out as part of the Nursing Practice I discipline, from the undergraduate nursing course (Souza Marques Technical Educational Nursing College Foundation). This discipline teaching plan provides brief theoretical meetings and a large space for practical and extramural activities. Thereby, 28 meetings (from 42) will be fully dedicated to the office to be performed nursing consultations (at an average time of 40 minutes), seeking to attend all high school students.

The remaining meetings include the learning assessments, holidays, classroom and a picnic closure for critical debate about the activities held in Quinta da Boa Vista - RJ (old Royal Family Residence in Brazil), an outdoors area with plenty green space. The discipline in the second semester of 2015 began in the classroom with a hostage coffee organized by the responsible teachers and theoretical axes discussion. The teaching-learning strategies and planning consultations were consolidated with the students in a constructivist perspective.

In the second semester of 2015, the college students who carried out the consultations, under professor’s supervision, were from the first, sixth, seventh and eighth periods. For the first semester of 2016, the college students are from the first and fifth periods. The interaction among students, who are in different moments of graduation is very productive for integration to the nursing beginner’s practice; development and improvement for students who are in the middle of the course; practical and pedagogic stimulus for those who are finishing college. The activities will be closed with an educational meeting prepared by academics and offered to the high school students in order to talk about health, with demanded topics from what was identified in the individual forms, given that will be seen as foundations: NCD’s; sexuality; women and men health. The only requirement for the responsible academics for the educational meeting is that this must be developed with playfulness and creativity.

The survey does not include cost to the institution and it is independent from third-party financing, with costs divided between the responsible researchers. Students attended during the consultations will come out with nursing instructions about their health and with a research specific form, where will be recorded vital signs, weight, height, body mass index (BMI) and observations to their parents.

**EXPECTED RESULTS**

Identify the high school students health profile; sensitize the students through nursing consultations in search for food habits and healthy life style; provide the expansion of chronic diseases and their complications understanding, as well as, prevention and control ways; make with the academics participation, teaching materials that can be used in schools for health knowledge spread (from the emerged demands in the consultations) and at the data collection end, promote educational meetings that address the health promotion problems preventing.

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