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## **SCHOOL HEALTHY LIFESTYLE OF NUTRITION AND PHYSICAL ACTIVITIES PROMOTION PROJECT AMONG ALMOTANABI ELEMENTARY SCHOOL IN SAKHNIN CITY, ISRAEL 2015**

The nutrition condition among school pupils in the world has gotten worse to an epidemic situation. The obesity rate is 25% in the developed countries while among Arab pupils in Israel, it has risen by 34%. Only 23% of the pupils perform physical activities weekly. The objectives of this article are raising awareness and changing behavior among pupils and their parents about healthy nutrition and the importance of physical activity; reducing 40% of obesity among pupils; increasing the physical activities by 60% on a weekly basis among school pupils. Achieving these objectives requires conducting Body Mass Index (B.M.I) survey by skilled nurses for all school pupils before and after the health promotion intervention program at school; conducting a needs assessment study; a questionnaire. School should continue using the program for the next 5 years in such a way that would make other schools use it. In addition, more community volunteers and sponsors as well as the school community should be recruited as part of the program.

### **Biography**

Subhi Badarni has been graduated from Hadassa School, the Hebrew University in Jerusalem, majoring in social and community medicine, Israel. He started working at the Health Ministry in Akko as head of health education and promotion. Currently he works as a lecturer of health promotion at Sakhnin College.

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