Abstract
The present paper explains that all the Cuban school potentialities to systematically develop health promotion among students, that is, to act as health promoting schools are underutilized. The general objective of this research was to design a methodological strategy to develop health promotion in the Cuban school from the teaching process. This study was unparalleled in terms of its scope either in Cuba or in the region; it assumes a theoretical interpretation on the linking of contemporary education concepts and those of health promotion, with a comprehensive vision. Its contribution to the theory lies in the systematization of conceptual elements associated to health promotion in the school context, in the identification of basic moments in the teaching process when it is possible to carry out health promotion actions and in the definition of a set of indicators to diagnose and evaluate the situation of health promotion in educational centers. It also helped to improve the school’s educational work in creating values related to health care such as responsibility, solidarity, development of lifelong skills, particularly social participation and actions to upgrade general culture and health culture as well.

Keywords
Health promoting schools, health education, methodological proposal