



SPAHC0

STRONGER PARENTS
HEALTHIER COMMUNITIES

4TH MEETING ON „HEALTHY COMMUNITIES”



VARAŽDIN, CROATIA, 23-24 OCTOBER 2017





SPAHCO

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HEALTHIER COMMUNITIES

4TH MEETING ON „HEALTHY COMMUNITIES”



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Varaždin, Croatia, 23-24th October, 2017.



4th SPAHC meeting

MONDAY , 23rd October

- Introduction to the topics of Healthy communities and Healthy school
- Workshops and partners presentations
- Guided tour on Varaždin old town
- Dinner at Verglec restaurant



TUESDAY 24th October

- Presentation of some project outputs („Little and Healthy” children tales, „Healthy media habits” leaflet
- Group work on the SPAHC online game and app
- Trip to Trakoscan lake and castle

HEALTHY COMMUNITY

Healthy environment

Various physical activity, cycling, walking, rowing, playing outside

Social interaction, social cohesion and support

Equal access to facilities for different ethnic, racial and age groups, and also for disabled



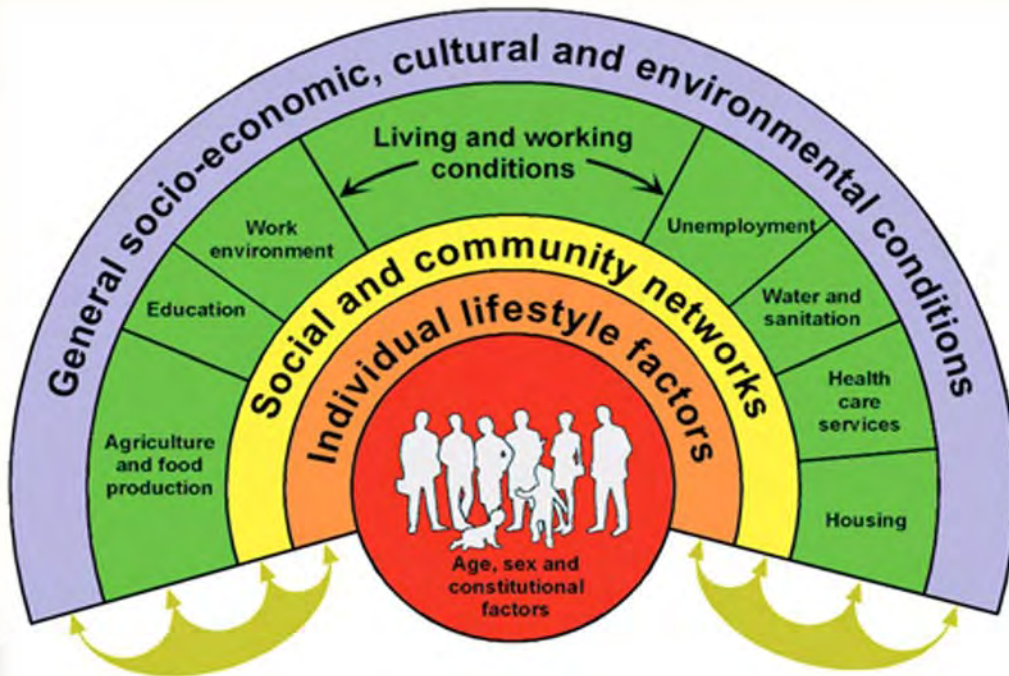
Adequate housing

Safety

Stress management

Healthy Communities task

- What are social determinants of health? Pre-reading and research.
- Please be able to describe Your community social context using the Whitehead and Dahlgren scheme of social determinants of health.
- Please be able to outline some of the negative and some of the positive affects of social determinants in Your own communities.
- Please identify what are the key points through which Your organization can influence health in Your communities.
- How can SPAHCO fit into changing social context in Your local communities?



Community Health

Population health is influenced with many factors outside health system (macrosocial factors):

- cultural,
- political,
- socioeconomic,
- environmental,
- educational
- The way we organize society and strengthen social interaction and cohesion impacts our health very much
- Individual's (bad) health can be better understood by having insight in people's living and working conditions, their values and their social, school and family networks, then with having just insight in individual's body and mind
- A good health **policy** is better than a good health **advocacy**

Croatian network of Healthy Cities

- 30 years of support to local communities in developing local policies and strategic documents for better health
 - Varaždin town/county health profile
 - Varaždin town/county strategic framework
 - Varaždin town/county Action plans on health improvement and disease prevention



Strategic documents

- Guide on how to plan human resources in health and other services influencing health
- Guide to financial resources allocation



Healthy schools introduction

- Mateja Grizelj, MD, psychiatry resident doctor
- Prof. Rukavina, English prof. and project mentor in Economy (Gospodarska) high school Varaždin: presentation of the project „Varaždin county by bike”

SPAHCO initiative – „New garment for old games”

- Elementary schools across the county 2017/2018
- Invited to choose one of the game that promotes social interaction and/or physical activity and to cherish and promote it within the school settings and on parents' meetings
- VTV is a media partner and will record and place those activities within children's program and children shows and ensure dissemination between pupils of schools not joining the project
- In May 2018, promo-open- space event including children and their parents playing together