



4TH NEWSLETTER

SPAHC MEETING ON "HEALTHY COMMUNITIES"

Varaždin on the 23-24th of October 2017

Croatia

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SPAHCO FOURTH TRANSNATIONAL MEETING

The fourth SPAHCO meeting was held in Varaždin on the 23-24 th October and it was organized by the Croatian partners from Varaždin Public health institute on the topic "Healthy communities".

The methodology of the meeting

The topic addressed in this meeting was healthy communities. Partners were given premeeting tasks to prepare for the meeting in Croatia. Each partner had to make a study on social determinants of health and outline some of the negative and some of the positive effects of social determinants in their own communities and also identify what are the key points through which their organization can influence health in their communities, and more important how can SPAHCO fit into changing social context in local communities?

Partners could choose one of the following topics: healthy school, healthy communities, healthy neighborhood, the role of the civil sector in creating a healthy community, building capacities and infrastructure for health. After choosing a topic partners made a qualitative research on the chosen topic. The main topic was healthy schools.

FIRST DAY OF THE MEETING

Opening ceremony and plenary session on healthy communities

On the first day of the meeting the organizing partners from Varaždin Public health institute provided and opening ceremony to the meeting where they invited local representatives of the city council and county to promote SPAHCO to local politicians. The organizing partners also invited local media and press to offer media coverage for the meeting.



During the opening ceremony there were presentations made by partners for the general public with the aim to promote SPAHCO via local media. In the plenary session on healthy communities professor Selma Šogorić from School of Public health "Andrija Štampar", president of the Croatian Healthy Cities Network presented the topic "Healthy Communities Concept and why we tend to return to it - Examples of good practices in the Healthy Cities project" and provided her expert input on the topic.



Partners presentations and workshops

Each partner presented their study on the chosen topic.

Viborg, the partners from Denmark presented a study on the topic healthy schools called "**70 pupils and their parents in healthy communities**" - two days experiment at Soendre School in Viborg.

The Croatian partners from **Public health institute of Varaždin** also presented their work on

the topic "Healthy school".

The Spanish partner, **Ceuti** presented the topic "Healthy school", "**Social determinants of health**" and "**NGOs and infrastructures for health**".

So we can say that the Danish, Croatian and Spanish partners all focused their main study on the topic "**Healthy school**" and there were many common points on their work:

- *A healthy school has clear leadership that listens and puts out direction and a positive relationship between the teachers, but also between teachers and students, they also must be good role models.*
- *Children demand : music, movement, funny and nice teachers, more creative activities, more contact to nature, to be listened. Homework must be done during school hours, children must have free time to play. More parent's involvement in school activities.*
- *A healthy school must also be inclusive, which represents a challenge: how to create healthy communities, how to involve people coming from other countries.*
- *No phones at school, seasonal food and no heavy bags.*

The Danish team had a special guest with them, health visitor **Jette Bering** who presented the Danish initiative "**Family Entrepreneurs**". Family Entrepreneurs is a project for first time pregnant couples which offers a good and healthy start for first time parents and increases stress management. It is free to attend, originally invented in Sweden and developed in 2010 in Denmark.



The partners from Romania, **ALIAT** presented their work on the topics "**healthy neighborhood**" and "**The role of the civil sector in creating a healthy community**". They concentrated on in their presentation safety, air pollution, noise, public transport, health services, social services, education and training, unemployment, housing and road infrastructure and explained them as the most important issues facing cities.

ISKGED from Turkey presented the **Handbook for immigrants**. The handbook is available in english, turkish and arabic.

The Polish partners from **Ilawa** presented their work on the topic "**Building capacities and infrastructure for health**", "**Social determinants of health**" and they presented the activities of their organisation "Activities of the psychoeducational centre".

SECOND DAY OF THE MEETING

On the second day of the meeting the Croatian partners from **Varazdin Public health institute** presented the program and the example of story telling as a method in preschool children called "**Little and Healthy**" and the manual for parents. The croatian partners presented the tale of Gulliver and explained that story will be illustrated with pictures.



The partners from **Viborg** presented the progress on the leaflet on “**Healthy Media Habits**” and presented steps to do before the next workshop in Viborg.



Workshop section

Most of the second day of the meeting was reserved for the workshop section where partners worked in groups and discussed the app and online game. The workshop was led by the Italian partners, **EURO-NET**, who are responsible for creating the app and online game. Partners were divided in smaller groups, 3 to 4 persons each, and brainstormed about the direction the online game should go. The partners voted and agreed that the name of the **app** and **online game** should be “**GrowTogether**”.

More project info on:

- <https://www.facebook.com/StrongerParents/>
- www.spahco.eu

