

Good Practices in Inter Sectoral Work

30th OTTAWA CHARTER ANNIVERSARY
Ljubljana 6th July 2016

Pania Karnaki, Prolepsis Institute

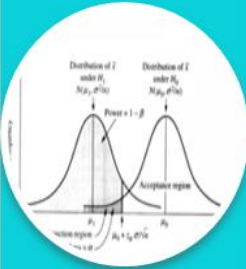


- Civil Law **non-profit** organization
- Active in the field of **public health**
- **25 years of operation** (since 1990)
- **National** and **European** level programs
- Belief that **health** is a fundamental, non-negotiable right of every human

Prolepsis Institute – Our Focus



Medical
Research



Statistics



Education



Preventive
Medicine



Environ-
mental
Health



Occupa-
tional
Health



Humani-
tarian
actions



Prolepsis Institute – Who We Are

Multidisciplinary team of 21 professionals



Prolepsis Institute – Who We Are

National programs

- National Nutritional Guidelines for the General population, children, women & the elderly
- Program on Food Aid and Healthy Nutrition
- Epidemiological Study of Oinofyta & Milos
- Educational programs on public health issues (e.g. elderly, children)
- Occupational health promotion interventions

Prolepsis Institute – Who We Are

European programs

- “Action Plan on SIS Related Issues in Epidemics and Total Pandemics“- FP7 program
- “INHERIT” – Horizon 2020 program, Identifying ways of living, moving and consuming that protect the environment and promote health and health equity
- “E-CAPACIT8” – DG SANCO program, Strengthening occupational health professionals' capacities to improve the health of the ageing workforces

More than 30 EU co-funded projects

Program on Food Aid and Promotion of Healthy Nutrition - DIATROFI



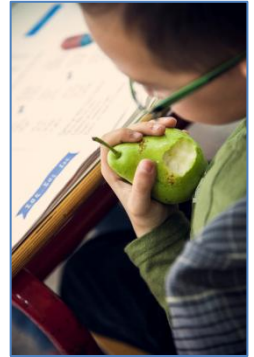
- Running since April 2012 under the auspices of Ministry of Education, Research and Religious Affairs
- Daily contribution of free meals
- Primary & Secondary education schools
- Schools are selected based on socio-economic criteria
- Participation of all students
- More than 11.000.000 meals

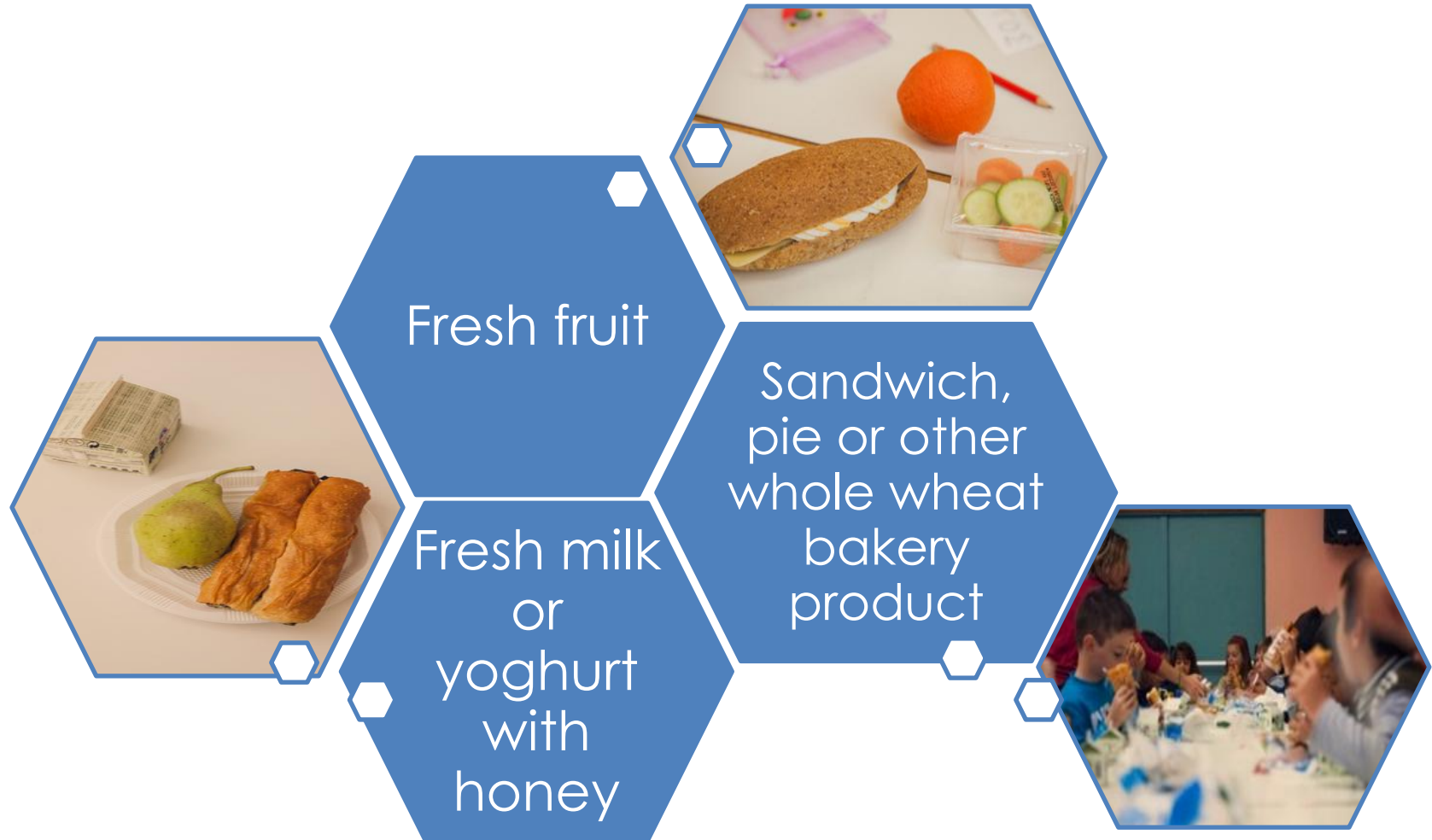


Target: Find schools that are most in need

Criteria:

- ❖ Average net taxable income on a postal code level (Ministry of Finance data)
- ❖ Unemployment rates of the region
- ❖ Reports by principals estimating the number of students facing food insecurity and other characteristics such as % of students from single families/ Roma students, fainting episodes)
- ❖ Personal interviews with teachers, parents and other personnel, to assess the level of food insecurity in the school





Health Nutrition Program

- ▶ Organizing events at participating schools
 - ❖ Healthy nutrition lecture
 - ❖ Live demonstration of a healthy recipe by a chef
- ▶ Student-oriented healthy eating lectures
- ▶ Development of educational and informative material (different for each age group)
 - ❖ Coloring pad, puzzle, book, electronic game



Nutrition Messages on Meal Packages

Preschool & Elementary School



Υλοποιείται από το:



Ινστιτούτο Προληπτικής, Περιβαλλοντικής και Εργασιακής Ιατρικής

με δωρεά από το:



ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ
STAVROS NIARCHOS FOUNDATION

Middle & High School



Υλοποιείται από το:



Ινστιτούτο Προληπτικής, Περιβαλλοντικής και Εργασιακής Ιατρικής

με δωρεά από το:



ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ
STAVROS NIARCHOS FOUNDATION

53.1% of families experienced food insecurity

21.0% of families experienced hunger

In **63.6%** of the families at least one parent had no source of income

In **15.1%** of the families both parents had no source of income

8.5% of students had no health insurance

7.0% of families did not have electricity

31.6% of students were overweight/obese and **10.2%** underweight

Based on 14,697 questionnaires completed by the parents of participating students during November 2014-May 2015

REDUCTION OF FOOD INSECURITY		
	Students: 23972	
	START	END
Food insecurity	12729 (53,1%)	11842 (49,4%)
Hunger	5034 (21%)	4147 (17,3%)

➤ **887 students do not experience hunger any more**

- Food insecurity score reduced by 10%
- Food insecurity score for students facing hunger reduced by 20%

BODY MASS INDEX

BODY MASS INDEX DIFFERENCES	
START	END
Underweight	50.2% normal weight
Overweight	33.7% normal weight
Obese	16.4% normal weight
	27.5% overweight

BODY MASS INDEX DIFFERENCES		
	No. of students: 23,972	
	START	END
Underweight	2445	1227 normal weight
Overweight	5418	1826 normal weight
Obese	2158	354 normal weight, 594 overweight

➤ **33% of students without normal weight, had normal weight at the end of the school year**

➤ **3407 without normal weight, had normal weight at the end of the school year**

Strengthening occupational health professionals'
capacities to improve the health of the ageing workforces



Co-funded by
the Health Programme
of the European Union

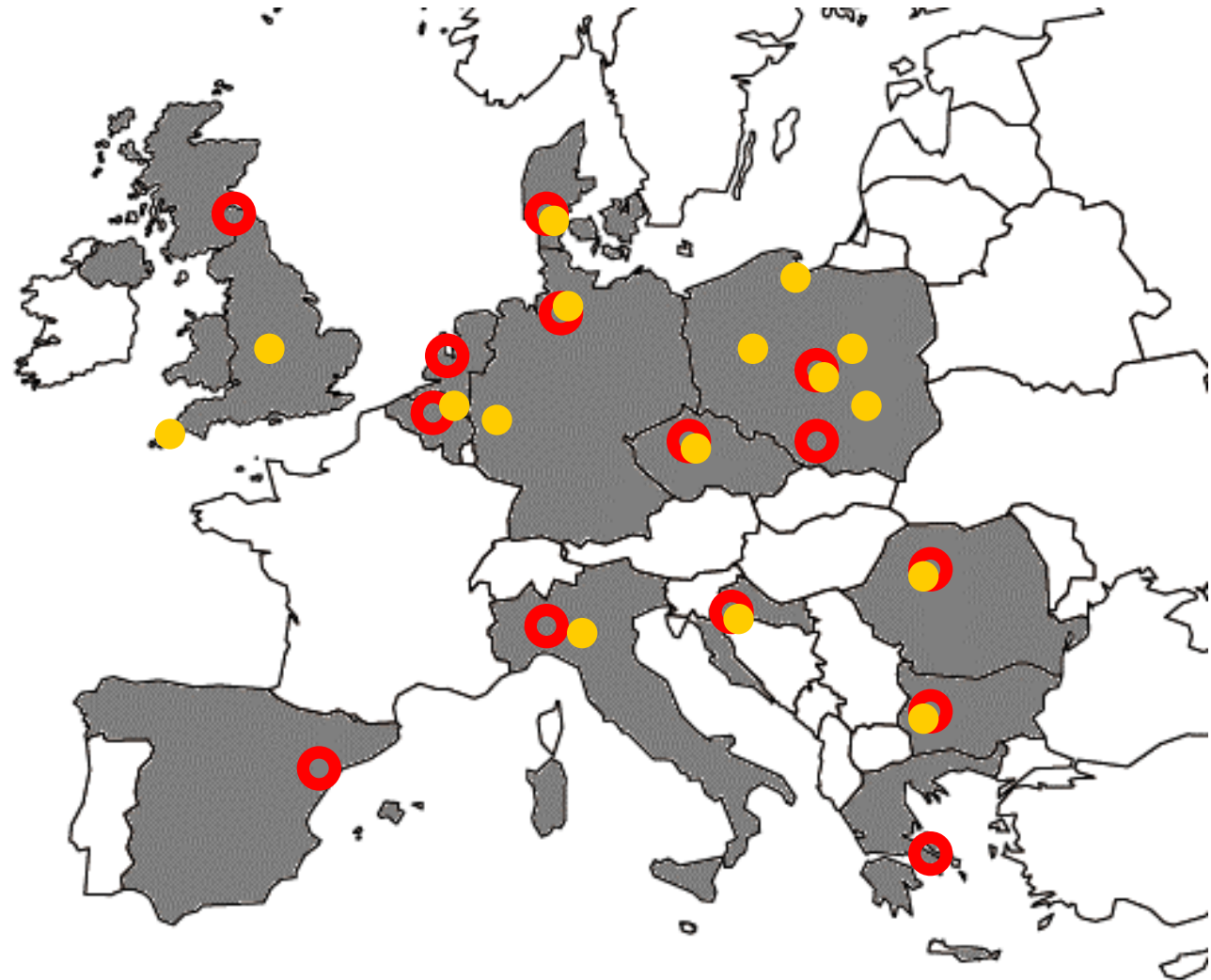
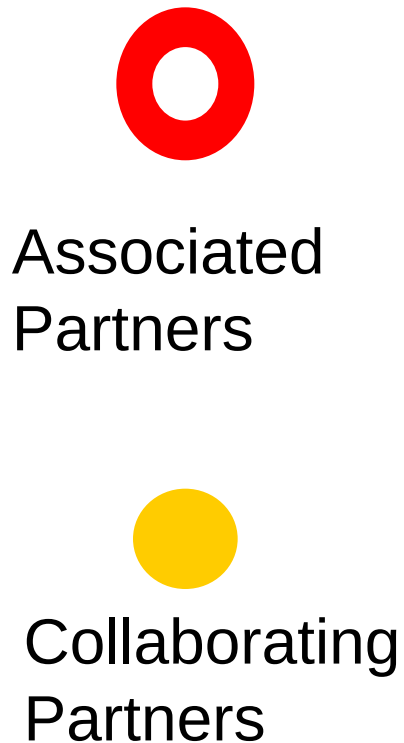
E-CAPACIT8 - Strengthening occupational health professionals' capacities to improve the health of the ageing workforces



E-CAPACIT8

- Main partner: Nofer Institute of Occupational Medicine (Lodz, Poland)
- 14 Associated Partners from 13 countries:

Partnership geographical coverage



Objectives of the project

- **To strengthen the capacities of European occupational health professionals (OHPs), so that they can facilitate the process of workers' ageing.**
- The primary objective is built on **four specific objectives (SOs)**, namely:
 - SO 1: to **analyze** and **review** the state of the art of the European OHPs' **training curricula**;
 - SO 2: to **identify** and continuously **enroll** the biggest possible number of **stakeholders** in the project, throughout its duration;
 - SO 3: to **develop training material** for use through the platform;
 - SO 4: to **launch the functional version of the e-learning platform** and actively **enroll** active users.

E-CAPACIT8: FINDINGS

- ✓ The majority of EU MS do not tackle the issue of ageing workforce during their training
- ✓ OHS related to healthy ageing skills are acquired basically through experience
- ✓ OHS professionals are willing to tackle the specific needs of an ageing workforce provided they are given relevant tools

E-CAPACIT8: FINDINGS FOR TRAINING

- ✓ Provide background theoretical knowledge on ageing and consequences on working lives
- ✓ Provide practical intervention and practice guidelines
- ✓ Offer solutions based on case studies and real life situations

E-CAPACIT8: FINDINGS FOR TRAINING

- ✓ Address the needs of SMEs
- ✓ Emphasize mental health issues and issues related to ergonomics
- ✓ The training material should respond to OHS professionals' basic responsibilities
 - ❖ (i.e. medical examinations, risk assessments, workplace health promotion programs)

E-CAPACIT8

- ∞ Development of educational modules
- ∞ Workshops to evaluate the modules

Training materials for

- 1. Medical and nursing personnel**
- 2. Other related personnel such as: Occupational psychologists, Safety technicians, Ergonomists**
- 3. Management and Human Resource officers**

- Case Studies
- Factual information (fact sheets about general problems), problem solving, scenarios

E-CAPACIT8: Training Material

Theoretical part	Demographic information & health status in EU MS
	Country specific information
	Health and working conditions in the EU
	Factual information on ergonomics
Case studies	Case Study 1: Burn out syndrome (Health care professionals)
	Case study 2 : Musculoskeletal pain (Nurses)
	Case study 3: Rheumatoid pain (Textile industry employees)
	Case study 4: Chronic respiratory disease (Cement industry employees)
	Case study 5: Metabolic syndrome (Bus drivers)

E-CAPACIT8: Training Material

Other case studies	Shift work (TV employees)
	Judicial employees
	Hospital cleaning services
	Shift work in other occupations
	Returning to work after suffering chronic disease
	Travelling long distances to work

1. Introduction to the problem - Factual information and background facts
2. Understanding and diagnosing the problem
 - Assessing risks
 - Medical approach
 - Assessing the work environment
 - Talking to people

3. Finding solutions

- Medical Treatment plan
- Workplace health promotion
 - Interventions (all levels)
 - Who needs to be involved and how
- Best practices
- Other supportive material

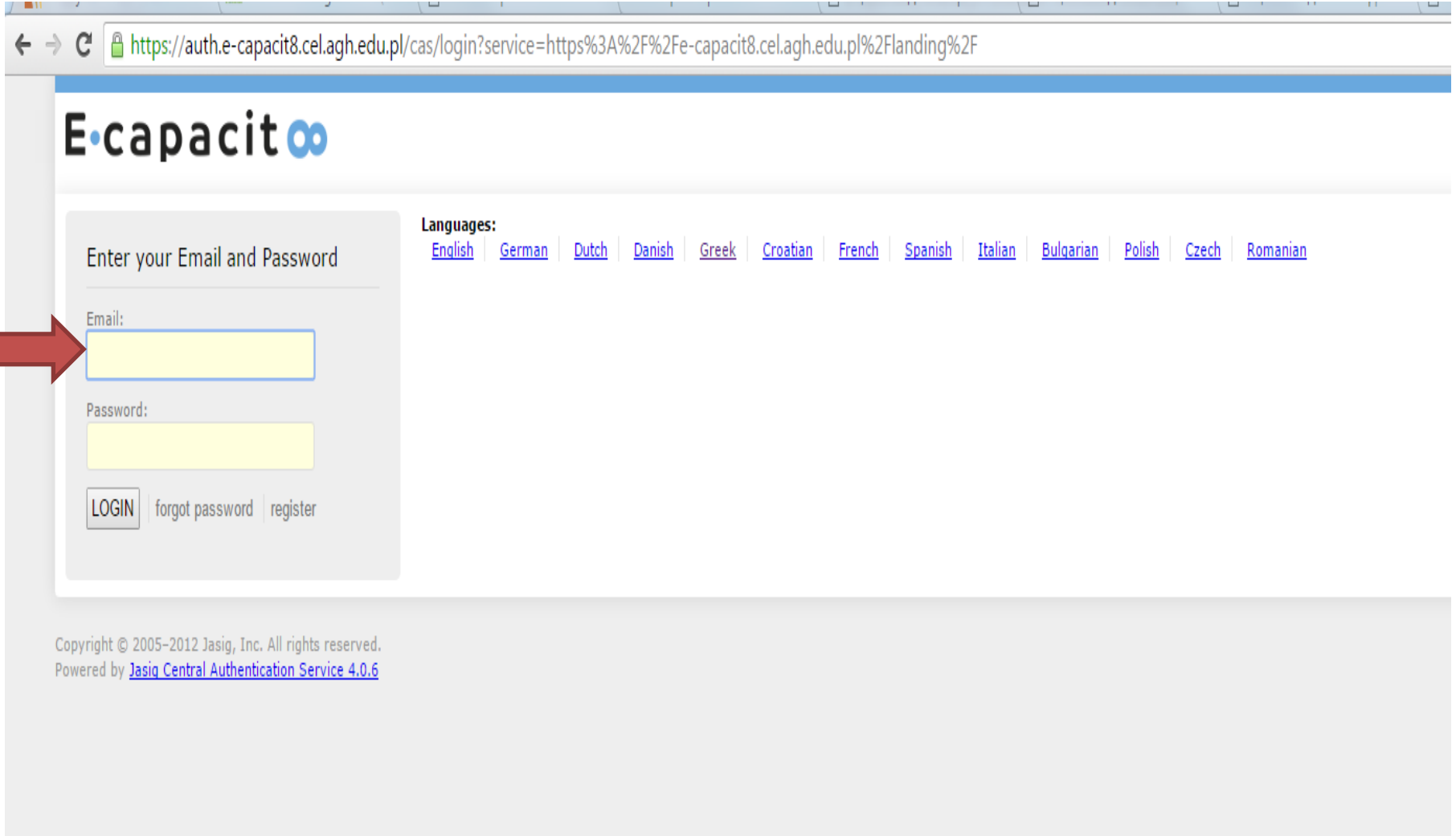
E-CAPACIT8: Electronic Platform

www.e-capacit8.eu

Why the e-learning platform?

- Most effective way to provide information to OHPs
- OHPs are normally occupied with several commitments and **have their daily routines full**
 - It is a **flexible** and **cost-effective** approach, which does not require one to attend a meeting in a defined place or at a defined time (i.e. it would not disturb the daily activities of OHPs),
 - It **allows one to go back** to the materials and re-consult whenever needed,
 - It is most the most feasible means of **providing knowledge** to end-users located **across** as many as **13 Member States**.

E-CAPACIT8: Accessing the Platform



A screenshot of a web browser showing the login page for E-capacit8. The browser's address bar displays the URL: <https://auth.e-capacit8.cel.agh.edu.pl/cas/login?service=https%3A%2F%2Fe-capacit8.cel.agh.edu.pl%2Flanding%2F>. The page features the E-capacit8 logo at the top left. Below the logo is a login form with the heading "Enter your Email and Password". The form contains two input fields: "Email:" and "Password:". A red arrow points to the "Email:" input field. Below the input fields are three links: "LOGIN", "forgot password", and "register". To the right of the login form is a "Languages:" section with a list of language links: [English](#), [German](#), [Dutch](#), [Danish](#), [Greek](#), [Croatian](#), [French](#), [Spanish](#), [Italian](#), [Bulgarian](#), [Polish](#), [Czech](#), and [Romanian](#). At the bottom of the page, there is a copyright notice: "Copyright © 2005-2012 Jasig, Inc. All rights reserved. Powered by [Jasig Central Authentication Service 4.0.6](#)".

← → ↻ <https://auth.e-capacit8.cel.agh.edu.pl/cas/login?service=https%3A%2F%2Fe-capacit8.cel.agh.edu.pl%2Flanding%2F>

E·capacit8

Enter your Email and Password

Email:

Password:

[LOGIN](#) [forgot password](#) [register](#)

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E-CAPACIT8: Ηλεκτρονική Πλατφόρμα Πρόσβαση

https://e-capacit8.cel.agh.edu.pl/portal/ecapacit8.php

E•capacit8

Main Site Materials Quizzes [d.zota@prolepsis.gr](#)

Αναζήτηση

Materials

Σελίδα ↕	γλώσσα
1.0 Disclaimer	en-uk
1.0 Generelle forbehold	da
1.1 Introduktion	da
1.1 Introduction	en-uk
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2.0 Demographic situation in Europe ~...	en-uk
2.0 Demographic situation in Europe ~...	en-uk
2.0 Demographic situation in Europe ~...	en-uk
2.0 Helbred i arbejdsmæssig sammenhæn...	da
2.0 Helbred og levealder i EU	da
2.0 Sundhedstilstanden i EU	da
2.1 Health situation in EU countries	en-uk
2.1 Occupational health in the Europe...	en-uk
2.2 The UK ageing workforce: Accident...	en-uk
2.2 The UK ageing workforce: Ageing a...	en-uk
2.2 The UK ageing workforce: Definiti...	en-uk
2.2 The UK ageing workforce: Labour f...	en-uk
2.2 The UK ageing workforce: Public h...	en-uk

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4.0 Ergonomic Guidance - Age diversit...	en-uk
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Main Site Materials Quizzes d.zota@prolepis.gr

Αναζήτηση

Materials

Σελίδα ↕

γλώσσα.

test

en-uk

TMS et maladies professionnelles liés...

fr

Travail faisable

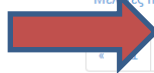
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Μελέτες περιπτώσεων

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Ενδυνάμωση δεξιοτήτων των
επαγγελματιών υγείας στους εργασιακούς
χώρους για την βελτίωση της υγείας
του γηράσκοντος εργατικού δυναμικού



Thank you for your attention!

