“COMsalut”: Comunity and Health

A networking experience in a neighborhood of Reus

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Urban environment has a decisive influence on people’s health, especially children and elderly.
The determinants of health

80% of the determinants of health do not depend on the health care system

- Physical environment: 10%
  - Quality of the environment
  - Urban environment

- Socio-economic factors: 40%
  - Education
  - Work
  - Income
  - Family/social support
  - Community safety

- Health related behavior: 30%
  - Tobacco use
  - Diet and exercise
  - Drinking alcohol
  - Sex without protection

Adapted from the County Health Rankings model of the Population Health Institute, University of Wisconsin, 2010.
PINSAP: Inter-Ministerial Public Health Plan

Health in all policies
Is our neighborhood elderly friendly?
WHY?
In Catalonia

Índex de sobreennelliment: 14,3% (2011)

Font: Bases per a la promoció de l'ennelliment actiu i saludable. Departament de Salut, Generalitat de Catalunya, 2014
WHERE?
ÀREA BÀSICA REUS IV
HOW?
Which was the aim?

To define strategic lines of action to provide environments and opportunities that promote active and healthy aging and reduce inequalities within the community.

Is our neighborhood elderly-friendly?


Working Group: Healthy Aging
Where we are?

COMsalut

“Comunity and Health”
The way out...

0. **Building partnerships** and **legitimation** of the project

1. Constitution of the **working team**

2. Preparation of a **common data base**

3. Research of **actives in health**

4. **Health diagnostic**: qualitative and quantitative
Knowing the community

Results

• Obesity
• Cronic diseases
• People living alone
• Mental health
Knowing the community

Results
• Obesity
• Cronic diseases
• Mental health
• Mobility/people living alone

Prioritization of the intervention areas

Results
• Mobility/people living alone
• Lack of free activities
• Crisis/unemployment
• Immigration
• Antisocial behavior and insecurity
• Drugs
The pending way...

5. **Prioritization** of the detected problems: Communitary forum

   Participatory prioritization

   • ???

6. Establishment of **actions and strategic lines** based on the prioritized problems

7. Creation of a **Health Meeting Point/Health Council**

8. **Visibility and diffusion** of the actions of **health promotion** in the neighborhood
Succes

Networking
Community awareness
Needs detection
Resources and assets for health

Aware and motivated team
Community development plan
Neighbourhood associations
Difficulties

Political and institutional commitment
Coordination with the local authorities and health providers
Voluntarism and work overload
Community participation
Communication
In summary...

**Tranversal action** of professionals and institutions, and the **community participation**, offers effective and efficient tools in the detection of needs and the modification of the urban environment, to make the neighborhood more friendly for the people living there.
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