



# **SUMMARY**

## **of events organized by BPHA**

### **70 events**





**Pleven**



**Sofia  
NCPHA**



**Varna**



**Ruse**



**Stara Zagora**



**Shumen**



**Blagoevgrad**



**Plovdiv**





**Monday 12 May 2025**

**Mental Health: Health Workforce at the  
Centre  
13 events**

## HW18 - Innovation for Resilience: Shaping a Sustainable Future

Monday 12 May - Mental Health: Health Workforce at the Centre

Time: 09h00 until 12h00 (GMT+02:00) Sofia



**Organizers:** Dept. of Logopedics, Faculty of Public health, health care and sport, South-West University Neofit Rilski, Blagoevgrad; Balkan Association for Neuromodulation, Biofeedback and Neurofeedback

**Short description of event:** The Department of Logopedics together with the Balkan Association for Neuromodulation, Biofeedback and Neurofeedback hold a practical workshop on "Innovation for Resilience: Shaping a Sustainable Future". The purpose of the workshop is to introduce participants to the latest global trends in counseling, assessment, therapy, and impact in children, adolescents, and adults in neurofeedback, neuromodulation, and biofeedback methods.



<https://www.facebook.com/profile.php?id100057272807282>



## HW23 - Mental Health and Well-being

Monday 12 May - Mental Health: Health Workforce at the Centre

Time: 10h30 until 12h30 (GMT+02:00) Sofia



**Organizers:** Department of Medico-Social Sciences, Faculty of Public Health, Health Care and Sport, South-West University "Neofit Rilski", Blagoevgrad



**Short description of event:** The workshop aims to promote collaboration and the exchange of experience between future and current professionals regarding the importance of mental health, self-care, and stress management techniques in social work.

<https://www.facebook.com/socialworkswu>



# HW21 - The Role of the SLP in Improving the Quality of Life

Monday 12 May - Mental Health: Health Workforce at the Centre

Time: 13h00 until 14h00 (GMT+02:00) Sofia



**Organizer:** Radostina Kostova, Department of Logopedics, Faculty of Public Health, Health Care and Sport, South-West University "Neofit Rilski", Blagoevgrad,

**Short description of event:** The speech therapist plays a key role in maintaining and restoring communication and oral-functional abilities in individuals with various speech, voice, and swallowing disorders. These difficulties often affect not only physical functioning but also an individual's mental health and social participation, ultimately leading to a decreased quality of life. Quality of life is closely linked to a sense of autonomy, self-confidence, and active involvement in social life. With the intervention of a speech therapist, individuals with speech, voice, or swallowing disorders can regain their ability to express themselves, eat safely, and engage socially. This contributes to improved emotional well-being, enhanced self-esteem, and a more fulfilling daily life.



<https://www.facebook.com/profile.php?id=100057660601255>

<https://ozs.swu.bg/bg/newsbg/191-2025-04-28-08-37-02>

## HW26 - Workshop and Forum on Academic Stress, Mental Well-being and Life Balance

Monday 12 May - Mental Health: Health Workers at the Centre  
Time: 9h00 until 12h00 (GMT-12:00) Sofia

**Organiser:** Assis. Prof. Mariana Bacheva, SWU- Blagoevgrad, Faculty of Public Health, Health care and sport, Department of nursing care



**Description:** The event focused on the mental health of medical students, emphasizing the importance of activity balance and coping strategies in a high-demand academic environment. Key elements of the program included: workshop on balancing academic workload and personal life; coping strategies for managing stress and anxiety; moderated open discussion between students and faculty members; information corner on the prevention of stress, anxiety, and depression; simulation activities for fall prevention in older adults, including exercises and identification of household risk factors. The event highlighted the essential role of mental well-being in the training of future healthcare professionals, promoting resilience and proactive self-care.

[Social media:](#)

[https://www.facebook.com/bachewa?locale=bg\\_BG](https://www.facebook.com/bachewa?locale=bg_BG)







# HW32 Mental Health Project management

Monday 12 May - Mental Health: Health Workforce at the Centre

Time: 15h00 until 16h00 (GMT+02:00)



**Organisers:** Prof. Gergana Petrova, PhD,  
Dept. of Nursing Care, Faculty of Public  
Health, Medical University - Plovdiv

**Description:** The webinar is designed for Bachelor's degree students in Health care management. The goal is to inform and present project management characteristics and strategies to future healthcare managers. Through discussion, best practices from mental health project management - Well@School and Safe4Child is outlined.





## HW35 - Nursing in support of mental health

Monday 12 May - Mental Health: Health Workforce at the Centre

Time: 11h00 until 12h30 (GMT+01:00) Sofia



**Organisers:** Shumen Affiliate to the Medical University of Varna, Department of Health Care - Assoc. Prof. Teodora Evtimova, Prof. Sonya Toncheva, Senior Instr. Elitsa Stoichkova

**Description:** The event was an awareness campaign, organized as part of the BPHA within the 7<sup>th</sup> EUPHW and the 10th anniversary of Shumen Affiliate. It aimed to: (1) promote EUPHW as a platform for highlighting key messages regarding specific public health themes, such as mental health, and (2) disseminate the daily theme and focus attention on mental health and the role of health professionals as a source of inspiration for the future generations by fostering dialogue and innovative thinking. The event reflected the current public health priorities and challenges. The discussion was really inspiring and motivating for the target audience – our students, thanks to the participation of the Head nurse of the State Psychiatric Hospital – Tsarev Brod, Mariana Miteva.





## HW58 - Stress in the Nursing Profession

Monday 12 May - Mental Health: Health Workforce at the Centre  
Time: 13h00 until 14h00 (GMT+02:00) Sofia



**Organisers:** **tanislava Pavlova**

- Dept. of Speech Therapy and Medical Pedagogy, Faculty of Public Health, Medical University of Varna;

**Diana Arsova,**

**Petranka Karastoyanova** - students from the Healthcare Management programme



**Description:** This lecture will explore the impact of prolonged fatigue as a contributing factor to physical and mental health issues among nurses. It will examine key workplace and environmental factors that influence nurses' workloads and overall well-being. Particular emphasis will be placed on how stress affects the quality and effectiveness of patient care. As part of the event, students from the Nursing Healthcare Management program will present the findings of their research on occupational stress and discuss potential strategies for its prevention.



## HW62 - Story-based sports games and scouting at the University of Ruse

Monday 12 May - Mental Health: Health Workforce at the Centre

Time: 12:00 until 13:30 (GMT+02:00) София



**Description:** Students of the "Pedagogy of Preschool and Primary School Age" specialty at the University of Ruse presented their developed story-based games for children and students aged 3-10. The teams demonstrated the connection between physical activity, story games and health. There was a demonstration of applied activities and scout games from the "Cave Bear" scout club.



**Organisers:** The event is organized in the University of Ruse, on the initiative of the Professional Club "FITNESS! HEALTH! TONUS", with the active participation of USK "ACADEMIC"; Departments: "Physical education and sport", "Pedagogy", Faculty of Transport; Faculty of Natural Sciences and Education', the "Cave Bear" scout club.

## HW60 - Strategies for stress management in Nursing

Monday 12 May - Mental Health: Health Workforce at the Centre  
Time: 14h15 until 15h15 (GMT+02:00) Sofia



### Organisers:

**Stanislava Pavlova, Milena Nankova** - *Dept. of Speech Therapy and Medical Pedagogy, Faculty of Public Health, Medical University of Varna*

**Pavlina Gaydarzhieva** (*student from Healthcare Management program*)



**Description:** Nursing is a person-to-person profession characterized by continuous communication and interaction with the patient. It is often accompanied by high stress and increased levels of fatigue. This lecture will explore the factors leading to stress in the workplace. In the following discussion will participate students from the nursing management program.



## HW77 - Mental Health Challenges Specific to Different Age Groups and Students

Date/Theme: Monday 12 May - Mental Health: Health Workforce at the Centre  
Time: 15h00 until 17h00 (GMT+01:00)



**Organisers:** Prof. Ivanichka Serbezova, Assoc. Prof. Liliya Todorova Assist. Prof. Daniela Lyutakova – Faculty of Public Health and Health Care, Ruse University “Angel Kanchev”



### In-person Lecture and Discussion

Our Erasmus guest, Prof. [Nino Okribelashvili](#) outlined mental health issues that affect different age groups in a unique way. She emphasized the issues specific to groups, which are often observed in students. She also focused on the challenges that they face - academic pressure, the tenfold increase in stress during exam sessions. The transition to adulthood, combined with academic pressure and career uncertainty, creates the prerequisites for anxiety, depression and stress-related problems. The lecture was followed by a discussion with students and academic staff, in which interesting questions were raised, incl. ADHD in women.



## HW244 - consequences of post-traumatic stress disorders

Monday 12 May - Mental Health: Health Workforce at the Centre

Time:09h00 until 10h30 (GMT+02:00) Sofia



**Organisers:** Teodora Radeva - Senior nurse at Psychiatric Clinics, University Hospital "St. Marina" – Varna; chief ass. Stoyanka Yancheva, Assoc. Prof. Katya Genova – Dept. of Health Care, Faculty of Public Health, MU-Varna

**Description:** This lecture was designed for third-year nursing students who had expressed a keen interest in mental health issues. A focal point of the lecture was the intersection between mental health and health system resilience in crisis situations—illustrated by case studies such as the train disaster in the municipality of Hitrino. The session aimed to raise awareness among future healthcare professionals about the broader societal implications of mental health, emphasizing that care for mental well-being was not only an individual responsibility, but also a strategic component of public health security.







## HW236 – Mental health in healthcare

Monday 12 May - Mental Health: Health Workforce at the Centre 11h00 until 13h30 (GMT+02:00) Sofia



**Format:** Seminar in-person

**Organisers:** MU-Varna, Faculty of Public Health, Department of Hygiene and Epidemiology with the assistance of MU-VI TV.

**Academic staff:** Teodora Dimitrova, Albena Toneva, Rozalina Braykova, Denica Dralcheva.

**Description:** This is a seminar in which 27 medical students have addressed 10 presentations the characteristics of mental health and the prevention of burnout syndrome to 156 students from High School in Varna.





## HW246 - Cross-sector Collaboration for Youth Mental Health Advocacy

*(Medical University – Varna, Faculty of Public Health;  
Bulgarian SPA Association; European SPA Association;  
Varna Free University)*



**Event type:** Networking event

**Event format:** Online only

**Description:** A media event focused on collaboration across sectors and disciplines for better mental health prevention and care for young generations. Building on our 2024 initiative, this year's program included short interviews and a studio discussion recorded in collaboration with MU-Vi TV. The final video was aired on May 12, 2025, as part of the Mental Health theme day.

**Social media:** [youtube.com](https://www.youtube.com/watch?v=MPODillurH4)

<https://www.youtube.com/watch?v=MPODillurH4>







**Tuesday 13 May 2025**

**Global Health: Food Systems, Health Security,  
Climate, and Sustainability  
17 events**



## #HW3 - Promoting the EUPHW Framework in Bulgaria: Drawing a Resilient Vision for One Health Mutual Future

- On May 9, 2025, as we celebrate #Europe Day - a day that honours peace, unity, and the shared values of solidarity - we first announce our educational initiative.

Our community engagement and awareness initiatives are hosted on the electronic platform of the #Publishing Department at the Medical University of Varna (<https://press.mu-varna.bg/en/>). Throughout the campaign, we will disseminate the daily themes of EUPHW and, on May 13, 2025, will place a special focus on the results of a ONE HEALTH research project.

**Organisers: prof. Dr. Desislava Vankova, Assoc. eng. Zhaneta Radkova, Ekaterina Kurteva, Senior assist. Petya Boncheva, Assoc. prof. Mag. Pharm. Silvia Mihaylova, Kristina Kutcarova - medical student**



### Университетското издателство, изследователи и студенти от МУ–Варна се включват в Европейската седмица на общественото здраве 2025 (EUPHW)

Ву Екатерина Куртева 09.05.2025

На **9 май 2025 г.**, когато честваме **Денят на Европа** – деня, в който отбелязваме мира, обединението и общите ценности на нашия континент – Университетско издателство към Медицински университет – Варна дава старт на своята образователна инициатива, регистрирана в рамките на Европейската седмица на общественото здраве (**European Public Health Week – EUPHW**).



EUPHW е ежегодна инициатива, организирана и координирана от Европейската асоциация по общественото здраве (EUPHA), съфинансирана от Европейския съюз. През 2025 г. тя ще се проведе от 12 до 16 май под мотото „Иновации за устойчивост: изграждане на устойчиво бъдеще“. Темите по дни включват ключови въпроси като здравна устойчивост, глобални здравни предизвикателства, превенция, психично здраве и работата в мрежи.



## HW7 - Policies for a healthier, more sustainable future

Tuesday 13 May - Global Health: Food Systems, Health Security, Climate, and Sustainability; 9h00 until 14h00 (GMT+02:00) Sofia



**Organizers:** Department of Kinesitherapy, Faculty of Public Health, Health Care and Sport, South-West University "Neofit Rilski", Blagoevgrad



**Short description of event:** The event was a continuation of last year's campaign for body composition screening and analysis of physical capabilities of people of different ages. Based on the results of body composition determination, indices for overweight and obesity were calculated as predictors of cardiovascular diseases. The participants (n=30) were also informed about the harm caused by the lack of physical activity, as well as guidelines for dealing with it and improving their physical condition.

<https://www.linkedin.com/feed/update/urn:li:activity:7328079637790560256/>

<https://www.facebook.com/groups/154553266557006>; <https://www.swu.bg/bg/eventsbg/1982-euweek1205>



## HW17 - Athletics cross-country race

Tuesday 13 May - Global Health: Food Systems, Health Security, Climate, and Sustainability

Time: 10h30 until 11h30 (GMT+02:00) Sofia



**Organizers:** Department of Sport, Faculty of Public Health, Health Care and Sport, South-West University "Neofit Rilski", Blagoevgrad

**Short description of event:** The cross country race will be held around Campus № 1 of South-West University "Neofit Rilski" in Blagoevgrad, Bulgaria. The race will start at 10:30 AM in front of the central stairs of Campus № 1. All university students are welcome to participate in the event.



### Social media:

<https://www.facebook.com/profile.php?id=100057660601255>

<https://www.facebook.com/fozzgs>





## HW27 - Sustainable Nursing Practices and Education

Tuesday 13 May – Global Health: Food Systems, Health Security, Climate, and Sustainability

Time: 09h00 until 12h00 (GMT+03:00) Sofia

**Organiser:** Assis. Prof. Mariana Bacheva, Department of health care, Faculty of Public Health, Health care and sport, SWU-“Neofit Rilski”, Blagoevgrad



**Description:** The day was dedicated to sustainable healthcare, with a strong focus on environmental responsibility in nursing practice. Interactive demonstrations showcased zero-waste approaches in clinical settings, including the elimination of single-use items, the use of hypoallergenic and natural materials, and structured systems for waste separation in hospitals. Participants received personalized health assessments, including bioimpedance analysis, BMI, blood pressure, and dietary guidance with an emphasis on low-carbon nutrition. An information corner provided educational materials and resources on topics such as ecological care, sustainable eating, and reducing clinical waste. Students delivered mini-presentations on eco-conscious nursing, the link between planetary and human health, healthy nutrition, and anthropometry in pregnancy. The "Green Wall" installation invited participants to leave their personal pledges for more sustainable health practices. The event also featured a guest-led session on breastfeeding by a national public health expert, connecting breastfeeding with global goals of health, sustainability, and equity.



**Social media:**

[https://www.facebook.com/bachewa?locale=bg\\_BG](https://www.facebook.com/bachewa?locale=bg_BG)



## HW30 - Young individuals' motivation for voluntary blood donation

Tuesday 13 May - Global Health: Food Systems, Health Security, Climate, and Sustainability



**Organisers:** Shumen Affiliate to the Medical University of Varna, *Department of Health Care*

Chief Asst. Prof. Milena Todorova

**Description:** This event was a community engagement campaign, organized as part of the Bulgarian Public Health Association's initiatives within the seventh European Public Health Week (EUPHW). It aimed to: (1) address public health challenges in the region through promotion of voluntary and non-remunerated blood donation, (2) raise the awareness and motivation of secondary and tertiary students from Shumen region and conduct blood donation campaigns, (3) nurture positive attitude to blood donation as a means of saving lives. The purpose of the lecture delivered by Chief Asst. Prof. Milena Todorova, PhD was to send clear messages to young individuals regarding blood donation and resulting in a blood donation campaign along with the Department of Transfusion Hematology – Shumen.





# HW40 - "Painfree" seminar - back pain management

Tuesday 13 May - Global Health: Food Systems, Health Security, Climate, and Sustainability,

Time: 9h00 until 14h00 (GMT+02:00) Sofia



**Organizers:** Department of Kinesitherapy, Faculty of Public Health, Health Care and Sport, SWU "Neofit Rilski" and Sports Club "BG and Sport for All"



**Short description of event:** The "Painfree" seminar organized presented an innovative look at the most common complaints among the population - back pain. Students together with their lecturers, participated in a workshop related to the widespread problem of back pain and the reasons leading to immobility among the population. The seminar presented a systematized program with evidence-based techniques for improving the quality of life and dealing with this type of nosology population.



<https://www.linkedin.com/feed/update/urn:li:activity:7328047524198445058/>

<https://www.facebook.com/groups/154553266557006>

<https://www.swu.bg/bg/eventsbg/1982-euweek1205>

<https://www.facebook.com/photo?fbid=679021478064972&set=a.159156760051449>

## HW 86 "Innovative Approaches to the Prevention of Preeclampsia – Midwifery Activities and Care.“

Tuesday 13 May - Global Health: Food Systems, Health Security, Climate, and Sustainability

Time: 12:00 until 15:00 (GMT+02:00) София



**Organizers:** Department of Health Care, Midwife specialty, Faculty of Public Health, Medical university of Varna

**Description:** First-year students from the "Midwife" specialty created an informational brochure, describing the main highlights of the screening, interpretation of results and the measures that should be taken. The brochures will be provided to pregnant women during their first visit and registration at the Maternity Consultation Clinic.





### Рискови фактори за развитие на Пreekламписия са:

- възраст на майката под 18 г. и над 35 г..
- при жените, които не са раждали, се установява 3 пъти по-висок риск от развитие на Пreekламписия.
- фамилна обремененост
- предходна бременност с пreekламписия
- наднормено тегло
- интервал между поредни бременности - интервал между бременностите по-малък от 1г. или по-голям от 8 г.

### Как се интерпретират резултатите?

- Нисък риск: Не са нужни допълнителни мерки, бременността се проследява
- Повишен риск: Препоръчва се превантивен прием на ниски дози Ацетилсалициловата киселина, допълнителен прием на калциеви препарати в доза 1-2 грама на ден, по-чести прегледи и наблюдение.

### Защо е важен скринингът?

- Показва ранно откриване на риска
- Позволява предприемане на мерки за защита на майката и плода
- Намалява риска от сериозни усложнения



## Скрининг за Пreekламписия





## HW49 - Preserving health in pregnant women

Tuesday 13 May - Global Health: Food Systems, Health Security, Climate, and Sustainability

Time 9h00-12h00,(GMT+2:00) Sofia



**Organizer:** Prof. Hristina Milcheva, PhD - Department of Health Care at the Faculty of Medicine of Thracian University - Stara Zagora.

**Description:** The Department of Health Care at the Faculty of Medicine of Thracian University - Stara Zagora hosted an event registered on the website of the European Public Health Association (EUPHA) within the framework of the European Public Health Week (12-16 MAY 2025). On May 13, a seminar on the topic "Improving and strengthening women's health" was held with first-year students of the "Midwifery" specialty on topics in the field of health promotion. The students presented presentations raising important questions related to the impact of climate, environmental and other factors on women's health in all periods of her life.

The subsequent discussion emphasized the key role of the midwife in policies for sustainability and security in integrating health for a healthier and more sustainable future for all.



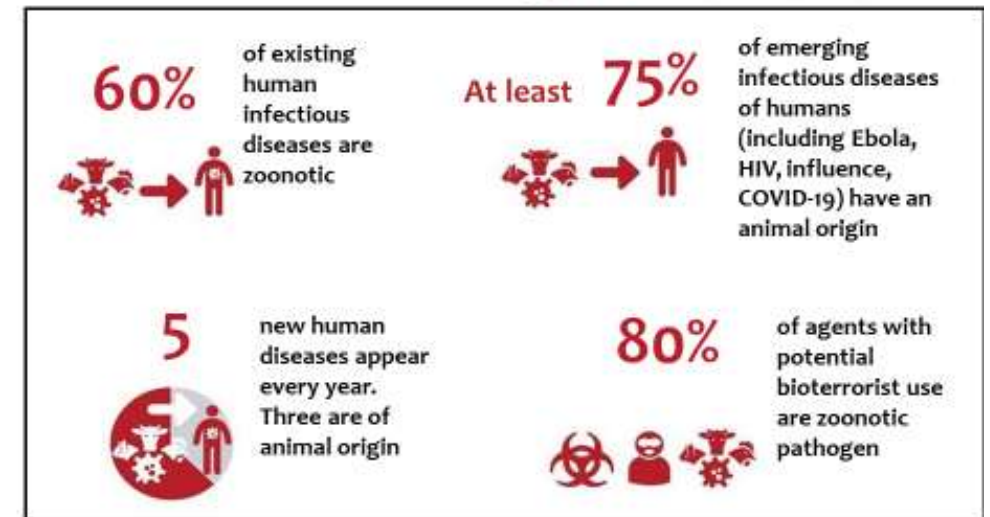
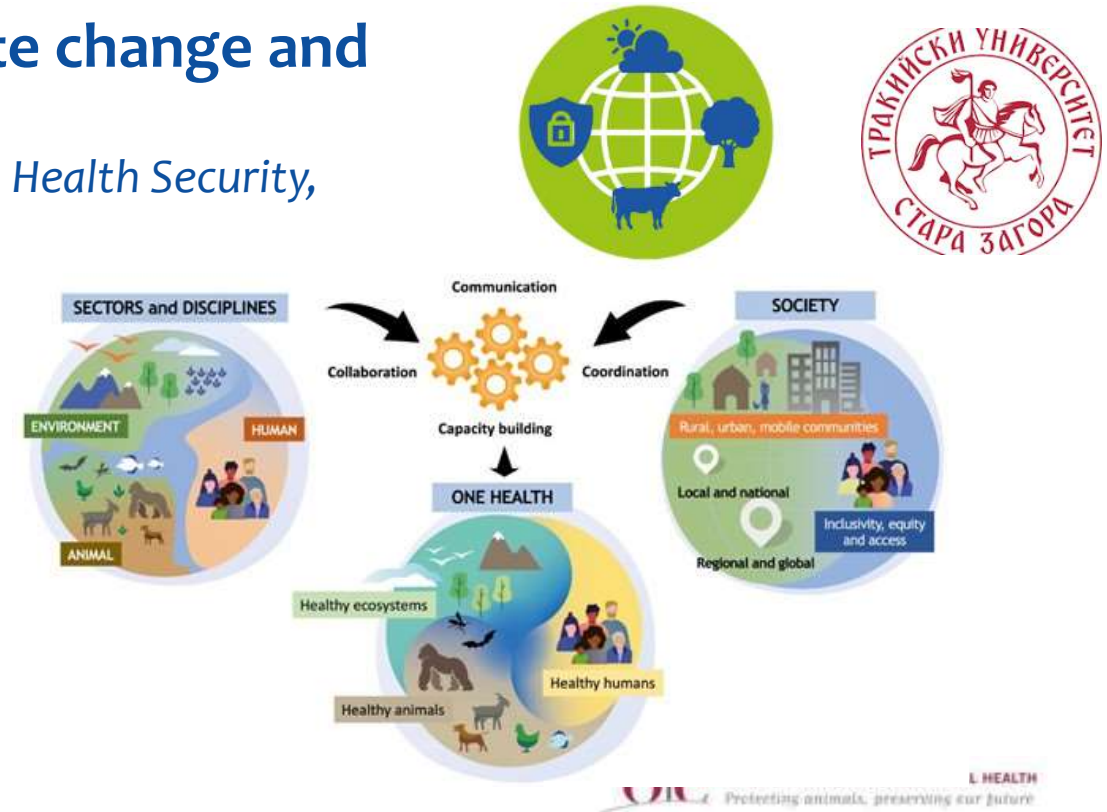
# HW54 - Parasitic zoonoses, climate change and One Health

Tuesday 13 May - Global Health: Food Systems, Health Security, Climate, and Sustainability

**Organiser:** Prof. Borislawa Chakarova, Trakia University – Stara Zagora

**Event type:** Seminar

**Description:** The connections between human and animal health in a constantly changing environment are dynamic, and the WHO [One Health](#) initiative to balance and optimize them is of particular importance. The medical students of Trakia University were involved in a seminar on the topic: **Parasitic zoonoses, climate change and One Health**. In the context of global climate change, military and social conflicts, and the associated migration of large groups of people and animals, a number of unsuspected and predicted risk regularities are being created: expansion of the areas of endemic parasitic and infectious diseases, emergence of new zoonoses, or re-emergence of already controlled epidemic processes.





## HW63 - Club activities - successes on the Bulgarian and international scene

Tuesday 13 May - Global Health: Food Systems, Health Security, Climate, and Sustainability

Time: 12:00 until 13:30 (GMT+02:00) Sofia



**Description:** Interest activities - club activities for all ages, successes and achievements on the Bulgarian and international stage. Students of the specialty "Pedagogy in Preschool and Primary School Age" at the University of Ruse presented presentations of sports clubs and dance clubs on the topic of health, physical activity and professional development.



**Organisers:** The event is organized at the University of Ruse, on the initiative of the Professional Club "FITNESS! HEALTH! TONUS", Bulgarian Public Health Association.

**Tuesday 13  
May 2025**



**Global  
Health**

## HW66 - PATIENT SAFETY - PUBLIC HEALTH BENEFIT



Join us from 10:00 to 12:30 am/pm CET

### PROGRAMME

- Developing a culture of patient safety. Challenges and benefits of reporting errors in Bulgaria, *Prof. R. Dimova, MD, PhD*
- "Whistleblowing" and patient safety - about the ethical dilemmas in reporting and disclosing medical errors, *Assoc. Prof. M. Tarnovska, MD, PhD*
- Patient safety - good practices in Bulgaria, *Assoc. Prof. M. Vladimorova, PhD*
- The integrative approach in medicine and patient safety, *Dr. D. Pachova*
- How to improve our communication skills, and techniques?  
*T. Alvadjeva*

**#EUPHW**

**Event organizer:** Dept. Health management and Health Economics, Faculty of Public Health, Medical, University of Plovdiv, Vassil Aprilov 15a blvd. Plovdiv, Bulgaria



**A discussion meeting was held with 30 students, health professionals and doctors in an auditorium complex at MU - Plovdiv.**



## HW 69 - Healthy eating – a skill for independent living

Tuesday 13 May - Global Health: Food Systems, Health Security, Climate, and Sustainability

Time: 11:00 until 12:00(GMT+02:00) Sofia



Organised by: Assoc. Prof. Iskra Petkova and Assoc. Prof. Danelina Vacheva, Medical University – Pleven



The interactive seminar for acquiring practical skills was attended by 7 students from the specialty "Social Activities in Healthcare" of the Medical University - Pleven, Bulgaria. They work with 130 children from socially disadvantaged families, using previously acquired knowledge and sharing their own experience. The program includes: exercises for individual work - "Questionnaire for Healthy Eating" (the most common misconceptions related to nutrition) and "Culture of Eating" (cards with statements); practical exercises in a small group - "Auction for Healthy Eating" and "Daily Menu". The guests of the event were 12 children from "Hristo Botev" Middle School, city of Slavyanovo, region Pleven.

# HW81 - Breastfeeding – A Guarantee for a Sustainable Future

Tuesday 13 May – Global Health: Food Systems, Health Security, Climate, and Sustainability

Time: 09 h00 until 12 h00 (GMT+01:00)



**Organisers:** Prof. Ivanichka Srebezova, Assist. Prof. Daniela Lyutakova - Dept. of Health Care, Faculty of Public Health and Health Care, Ruse University “Angel Kanchev”

**Description:** The interactive discussion “Breastfeeding – A Guarantee for a Sustainable Future” was an exciting opportunity for student midwives to better understand how breastfeeding works and what its long-term positive impact is on the health of individuals and communities. Asst Prof. Daniela Lyutakova, midwife & IBCLC, encouraged students to share their own perspectives on the topic and then presented the latest research proving the sustainability of breastfeeding. Followed by a discussion and brainstorming with students on contemporary ideas and strategies for promoting breastfeeding. The role of breastfeeding in disaster situations and crises was discussed. Future midwives asked questions about the impact of stress on lactation and the success of breastfeeding. Future midwives received information materials prepared by Lyutakova on main guidelines.





## HW71 - Together in the prevention of cervical cancer

Tuesday 13 May - Global Health: Food Systems, Health  
Security, Climate, and Sustainability  
Time 13h00 until 15h00 (GMT+02.00) Sofia



**Organizers:** Dept. of Health care, Sector of  
Midwifery, Faculty of Public Health, Medical  
University of Varna

**Description:** An information poster *was*  
placed in the lobby of SBAGAL "Prof. Dr.  
Dimitar Stamatov" EOOD Varna and Medical  
College Varna by students majoring in  
"Midwifery". The message of the poster  
"Together in the prevention of cervical cancer  
- care only for you!" was prepared and  
directed with great care to women who  
postpone their preventive examination





## HW224: Food safety, food contaminants, pesticides

Tuesday, 13 May – Global Health: Food Systems, Health Security, Climate, and Sustainability

Time: 13.00 until 15.00 (GMT+02:00) Sofia



**Organiser:** Assoc. prof. Desislava Gyurova, National Center for Public health and analyses, Department "Food composition and consumer products" and Medical university of Pleven

**Description:** The course aims to present the main types of chemical contaminants in food: pesticides, heavy metals, nitrates, nitrites and nitrosamines, pesticides. The main concepts were discussed: food toxicoinfections and food intoxications in microbiological contamination, as well as the principles and rules for packaging and labeling of food products.





## HW237 - Sustainable food systems and climate change

Tuesday 13 May - Global Health: Food Systems, Health Security, Climate, and Sustainability 14h15 until 19h00 (GMT+02:00) Sofia (organisers' local time)



**Format:** Seminar in-person

**Organisers:** MU-Varna, Faculty of Public Health, Department of Hygiene and Epidemiology with the assistance of MU-VI TV.

**The academic staff:** Rositsa Chamova, Albena Toneva, Stanislava Hadzhieva, Rozalina Braykova, Fatme Ahmed, Denica Dralcheva.

**Description:** This is a seminar in which 34 medical students will give 12 presentations to the 156 students in High School of Mathematics on topics related to food security, nutrition, and well-being, as well as the impact of climate change on public health.





## HW206: HEAT WAVES AND HEALTH

Tuesday, 13 May – Global Health: Food Systems, Health Security, Climate, and Sustainability

Time: 10.h30 until 12.30 (GMT+02:00) Sofia



**Organiser:** Assist. prof. Zornitsa Spasova, National Center for Public Health and Analyses, Department of medico-social analyses

**Description:** The latest research data on the impact of heat waves on health was presented. The World Health Organization (WHO) has identified climate change as the greatest threat to public health in the 21st century. Heat waves kill more people than any other extreme weather event combined, and they are becoming more frequent as the climate changes. Estimates in Europe suggest that heat waves are responsible for between 91 and 99% of all weather-related deaths. According to the WHO, heat waves are 30 times more deadly than it was previously thought. 74% of countries provide weather information to their health services, but only 23% use it to protect public health during hot weather.

**Q&A 9**







**Wednesday 14 May 2025**

**Healthy Ageing vs multimorbidities in a  
digital world**

**6 events**

## HW9 - Preventing disease and promoting healthy ageing

Wednesday 14 May - Healthy Ageing vs multimorbidities in a digital world;

Time: 9h00 until 14h00 (GMT+02:00) Sofia



**Organizers:** Department of Kinesitherapy, Faculty of Public Health, Health Care and Sport, South-West University "Neofit Rilski", Blagoevgrad



**Short description of event:** Postural disorders were studied among young people, which directly or indirectly affect both the spine and the activity of other systems. This leads to a significant decrease in working capacity and quality of life. Early detection and preparation of an appropriate prevention and treatment plan is the basis for creating full-fledged habits and correct posture. Recommendations were made for appropriate exercises and habits in changing lifestyle to improve the condition.



<https://www.linkedin.com/feed/update/urn:li:activity:7328500754183299073/>

<https://www.facebook.com/groups/154553266557006>

<https://www.swu.bg/bg/eventsbg/1982-euweek1205>



## HW15 - Student Conference

Wednesday 14 May - Healthy Ageing vs multimorbidities in a digital world;

Time: 9h00 until 15h45 (GMT+02:00) Sofia



### Organizer:

Faculty of Public Health, Health Care and Sport, South-West University "Neofit Rilski", Blagoevgrad

**Short description of event:** The Faculty of Public Health, Health Care and Sport organized its annual Student Conference as part of the events in the EUPHW. Students and young scientists will present their research. The audience consist of students, their mentors and professionals in the field of health, health care and sport.



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<https://www.facebook.com/groups/154553266557006>  
<https://www.swu.bg/bg/eventsbg/1982-euweek1205>  
[https://www.facebook.com/bachewa?locale=bg\\_BG](https://www.facebook.com/bachewa?locale=bg_BG)

# HW19 - Telehealth consultation for people with aphasia



Wednesday 14 May - Healthy Ageing vs multimorbidities in a digital world, Time: 12h00 until 16h00 (GMT+02:00) Sofia

## Organizers:

Department of Logopedics, Faculty of Public Health, Health Care and Sport, South-West University "Neofit Rilski", Blagoevgrad

## Short description of event:

Telehealth consultations for patients with aphasia after stroke who have communication difficulties, as well as their families.



<https://www.facebook.com/profile.php?id=100057660601255>

<https://www.facebook.com/fozzgs>

<https://www.facebook.com/stroke.bg>



## HW92 - Digital technologies as a bridge between healthy aging and care

Wednesday 14 May - Healthy Ageing vs multimorbidities in a digital world

Time: 13:30h until 14:30h (GMT+02:00) Sofia



**Organisers:** Mariya Stamova-Georgieva, Marieta Todorova, Department of Nursing care, Faculty of Public Health, Medical University - Plovdiv

**Audiense:** 12 students second year, speciality of Nursing care



**Description:** Digital technologies offer new tools for support, but also new barriers. The goal is not just a long life, but a quality life in health. By leveraging technological advances, digital health interventions have the potential to empower older adults to actively participate in the management of their health, thus facilitating early identification, prevention and the provision of individualized care. The event is designed for nursing students and includes a discussion.

# HW230: Active aging with physical, mental and social activity

Wednesday, 14 May – Healthy ageing vs multimorbidities in a digital world  
Time: 09.h45 until 11.45 (GMT+02:00) Sofia



**Organiser:** Chief expert Natali Ruseva, National Center for Public health and analyses, Department of Child and Youth Health, Directorate of Health Promotion and Disease Prevention

**Description:** The event include a panel discussion meeting and presentation of a brochure on the topic: “Psychosocial rehabilitation of adults as a prevention of degenerative cognitive changes”.

**Q&A 10**



European Public Health Week

12-16 May 2025

## ПРОГРАМА ЗА ПСИХО-СОЦИАЛНА РЕХАБИЛИТАЦИЯ ЗА АКТИВНО ДЪЛГОЛЕТИЕ

### Въведение

Активното стареене е процес на оптимизиране на възможностите за здраве, участие и сигурност с цел подобряване на качеството на живот с напредване на възрастта.

Според СЗО успешното стареене не се определя само от отсъствието на болест, а и от степента на физическа, умствена и социална активност.

### Цели

- Създаване на целенасочена психо-социална рехабилитация, приложима в дългосрочната грижа на възрастни лица, като превенция на деменция и депресия.
- Постигане на усещане за благополучие, независимо от здравословното състояние.

### Физическа активност

- Умерено движение (разходки, упражнения, танци, йога на отол);
- Намалване на риска от падане, залежаване и хронични заболявания;
- Повишаване на автономността.

### Ментална активност

- Стимулиране на когнитивните функции чрез игри, учене, изкуство.
- Мониторинг терапия за възрастни, логически игри, учене на нов език, нов занаят.

### Социална активност

- Включване в общностни дейности, клубове по интереси, доброволчество.
- Намалване на социалната изолация с планирано участие в групи.
- Поддържане на идентичност и самоуважение.

### Резултати/очаквани ползи

- Подобро психично и физическо здраве.
- По-дълго запознаване на автономността.
- Повишено усещане за принадлежност и удовлетворение от живота.

### Заклучение

Интегрираните интервенции, които комбинират физическа, ментална и социална активност, водят до по-добро качество на живот и подкрепят успешно и активно стареене.

Това изключва целенасочена работа от страна на институциите, професионалистите и самите възрастни хора. Програмата за психо-социална рехабилитация може да се прилага както в дългосрочната резидентна грижа, така и в общностна работа в дневни центрове за възрастни.

### Източници

- WHO (2002). Active Ageing: A Policy Framework.
- Европейски комитет: Програма за активно стареене.

Издадено на ИКОЗА








## HW238 - Promoting healthy aging

Wednesday 14 May - Healthy Ageing vs multimorbidities in a digital world 8h00 until 11h00 (GMT+02:00) Sofia



**Format:** Seminar in-person

**Organisers:** MU-Varna, Faculty of Public Health, Department of Hygiene and Epidemiology with the assistance of MU-VI TV.

**Academic staff:** Rositsa Chamova, Albena Toneva, Rozalina Braykova, Fatme Ahmed, Denica Dralcheva.

**Description:** This is a seminar in which 22 medical students presented 9 topics to the 65 students from IV-th Language Highschool "Frederic Joliot - Curie" Varna on topics related to preventing of healthy aging.





**Thursday 15 May 2025**

**Health Equity and Social Determinants of Health**

**15 events**



## HW8 - Digital health and AI for inclusive healthcare

Thursday 15 May - Health Equity and Social Determinants of Health

Time: 9h00 until 14h00 (GMT+02:00) Sofia



**Organizers:** Department of  
Kinesitherapy, Faculty of Public Health,  
Health Care and Sport, South-West  
University "Neofit Rilski", Blagoevgrad



**Short description of event:** The relationship between smartphone use and neck pain among college students was investigated. Neck pain is a growing problem in society, affecting people of all ages, but especially young people, due to prolonged computer/phone use, desk work, poor posture, stress, and reduced physical activity. Prolonged use of electronic devices exceeding three hours per day is a significant risk factor. Timely assessment and prevention of this condition will significantly improve people's condition and lifestyle.

<https://www.linkedin.com/feed/update/urn:li:activity:7328836595787141123/>

<https://www.facebook.com/groups/154553266557006>

<https://www.swu.bg/bg/eventsbg/1982-euweek1205>

## HW20 - Assessment of hearing for all

Thursday 15 May - Health Equity and Social Determinants of Health

Time: 9h00 until 14h00 (GMT+02:00) Sofia



### Organizers:

**Anna Andreeva**, Department of Logopedics , Faculty of Public Health, Health Care and Sport, South-West University "Neofit Rilski", Blagoevgrad



**Short description of event:** As part of the initiative, free hearing screenings and assessment will be available for everyone who is interested. In addition, personalized consultations will be provided for people with hearing impairments, as well as for their families. The aim is to raise awareness about hearing difficulties and to offer professional support and guidance regarding treatment and rehabilitation options.

<https://www.facebook.com/profile.php?id=100057660601255>

<https://www.facebook.com/fozzgs>

<https://ozs.swu.bg/bg/newsbg/191-2025-04-28-08-37-02>



# HW22 - Occupational therapy in inclusive education

Thursday 15 May - Health Equity and Social Determinants of Health,

Time: 16h30 until 17h00 (GMT+02:00) Sofia



**Organizer:** Assoc. Prof. Ekaterina Mitova, Department of Logopedics Faculty of Public Health, Health Care and Sport, South-West University "Neofit Rilski", Blagoevgrad

**Short description of event:** The goal of the workshop is to present information about the profession of occupational therapist and practical tools to support inclusive education by promoting full participation and engagement of all students, regardless of their abilities or challenges. It aims to foster collaboration between therapists, educators, and families to create supportive, accessible, and equitable learning environments.



<https://www.facebook.com/profile.php?id=100057660601255>

<https://www.facebook.com/fozzgs>

## HW28 – Inclusive Nursing for Health Equity

Thursday 15 May - Health Equity and Social Determinants of Health  
Time: 9h00 until 12h00 (GMT+02:00) Sofia

**Organiser:** Assis. Prof. Mariana Bacheva, Department of health care, Faculty of Public Health, Health care and sport, SWU-“Neofit Rilski”, Blagoevgrad



**Description:** This was an Interactive Workshop/ Skill-Building Session, Community Engagement & Awareness Campaign and Simulation workshop/ Community awareness session on the topic “Care as a Right, not a Privilege – How Nursing Breaks Barriers and Builds Trust”. The event focused on the essential role of the nursing profession in building inclusive and accessible healthcare. Highlights included presentations on nursing care tailored to various age and cultural groups and simulation activities where students stepped into the role of vulnerable patients – such as people with mobility difficulties, low health literacy, and language barriers. This practical experience deepened their understanding of empathy and respectful care. The event served not only as an educational tool but also as inspiration, underlining that nursing is the force that breaks barriers and builds trust.



**Social media:**

[https://www.facebook.com/bachewa?locale=bg\\_BG](https://www.facebook.com/bachewa?locale=bg_BG)



## HW33 - The Voice of Health - Free Speech Therapy Diagnostics

Thursday 15 May - Health Equity and Social Determinants of Health

Time: 13h30 until 17h00 (GMT+02:00) Sofia



### Organizers:

Department of Logopedics, Faculty of Public Health, Health Care and Sport, South-West University "Neofit Rilski", Blagoevgrad

**Short description of event:** Early Diagnosis of Speech, Voice, and Swallowing Difficulties Speech, voice, and swallowing disorders are often underestimated, yet they can be early indicators of serious neurological, oncological, or post-viral conditions. Early screening and intervention can significantly improve the quality of life and prevent complications.



<https://www.facebook.com/profile.php?id=100057660601255>

<https://ozs.swu.bg/bg/newsbg/191-2025-04-28-08-37-02>

## HW36 - Health care needs evidence and research

Thursday 15 May - Health Equity and Social Determinants of Health



**Organisers:** Assoc. Prof. Tamara Tsvetkova, Chief Asst. Prof. Hristina Gencheva, Chief Asst. Prof. Radostina Zhecheva, Chief Asst. Prof. Maria Dobрева - Shumen Affiliate to the Medical University of Varna, Department of Health Care

**Description:** This event was organized as part of the 4th edition of the National Student Competition "We study in order to help" initiatives. The purpose of the event was to bring together academia and students from different universities from the country and provide networking opportunities for both students and educators. Within the framework of the event, the students presented their research findings to inspire progress in creating sustainable public health systems.







## HW48 - HPV Vaccination in Men: Closing the Gap

Thursday 15 May - Health Equity and Social Determinants of Health

**Time:** 12h45 until 13h30 (GMT+02:00) Sofia (organisers' local time)

**Event type/format:** Public presentation (In-person)

**Organiser:** Dr. Meri Hristamyan, PhD; Department of Epidemiology and Disaster Medicine, Faculty of Public Health, Medical University of Plovdiv, Bulgaria



**Description:** This presentation was delivered in front of about 20 fifth-year medical students. The aim was to explore the importance of HPV vaccination in men and address the current gender gap in vaccination rates. The presented material reviewed current recommendations, barriers to uptake, and strategies to improve awareness and access among male populations. A lively discussion ensued, and many questions were answered.



## HW61 - Physical activity, health and scouting at the Medical University - Pleven

Thursday 15 May - Health Equity and Social Determinants of Health  
Time: 17:00 until 18:30 (GMT+02:00) Sofia

Description: Students ran cross-country; basketball and volleyball tournaments were held, there was a demonstration of Bulgarian folk dances for all participants. There were also demonstrations of applied activities and scout games by the scout clubs "Wild Bees" - Pleven and "Little Lion" - Pleven. Teachers and students who achieved success during the year were awarded and distinguished.



**Organisers:** MU-Pleven, Faculty of Public Health, Department of Physical Medicine, Rehabilitation, Occupational Therapy and Sports: Rostislav Kostov, Iskra Ilieva, Iliyan Ilchev, Tanya Megova, Milena Kirnikolova, Kaloqn Monov, Petar Popov, Hristo Genov, Svetoslav Rachkov, Petio Kolev, Iva Naidenova, Delyan Demirev; Scout Club Wild Bees - Pl; Scout Club Little Lion - Pl





# HW78 - Education, Research & Modern Health Technologies - Sustainable Systems

Thursday 15 May – Health Equity and Social Determinants of Health

Time: 09 h00 until 17 h00 (GMT+01:00)



**Organisers:** Prof. Ivanichka Srebezova, Prof. Aneliya Manukova, Assoc. Prof. Despina Georgieva, Assist. Prof. Daniela Lyutakova – Dept. of Healthcare, Faculty of Public Health and Health Care, Ruse University “Angel Kanchev”

## Lectures and Discussions.

Education, research and modern health technologies are the key to sustainable health systems - the event included a panel for lectures and discussions with international lecturers in the field: Prof. Omar Abidi, Prof. Bahadi, both from ISPITS, Casablanca and prof. Nataliya Nikolova, Assoc. Prof. Kanwarpal Singh from MACMASTER, Canada. The lectures were attended by student midwives, student nurses, students kinesiotherapists, student engineers and academic staff and allowed for discussions and shared experiences in the field.



## HW242 - Addressing social health inequalities in early childhood

Thursday 15 May - Health Equity and Social Determinants of Health  
Time: 12h30 until 14h00 (GMT+02:00) Sofia



**Organisers:** Assoc. Prof. Galina Petrova, Prof. Silvia Borisova, Assoc. Prof. Anna Georgieva - Department of Health Care, Faculty of Public Health, MU-Varna

**Description:** A discussion was held with second-year nursing students (20 participants), focusing on social health inequalities—particularly disparities in access to healthcare services and the organization of care for young children. The primary aim was to analyze the structure and delivery of healthcare services for children in early childhood, with a focus on identifying inequalities and exploring the factors that contributed to them.





# HW247 - Social determinants and health inequalities – Challenges

Thursday, 14 May – Healthy Equity and Social Determinants of health  
Time: 13h15 until 15h30 (GMT +02:00) Sofia



**Organiser:** Assoc. prof. M. Vladimirova and chief expert Anelia Koteva, National Center for Public Health and analyses, Departments: "Medico-social analyses" and "Prevention of non-communicable diseases"

**Description:** Panel discussion on topic: "Social Determinants and Health Inequalities-challenges" organized by Assoc. prof. M. Vladimirova, PhD and Ch. exp. Anelia Koteva from the Directorate "Health Promotion and Diseases Prevention" held a panel discussion on the topic from 13:15 p.m. to 15:30 p.m.

**Q&A 11**



## HW239 - Impact of social media on health

Thursday 15 May - Health Equity and Social Determinants of Health

10h00 until 12h00 (GMT+02:00) Sofia (organisers' local time)

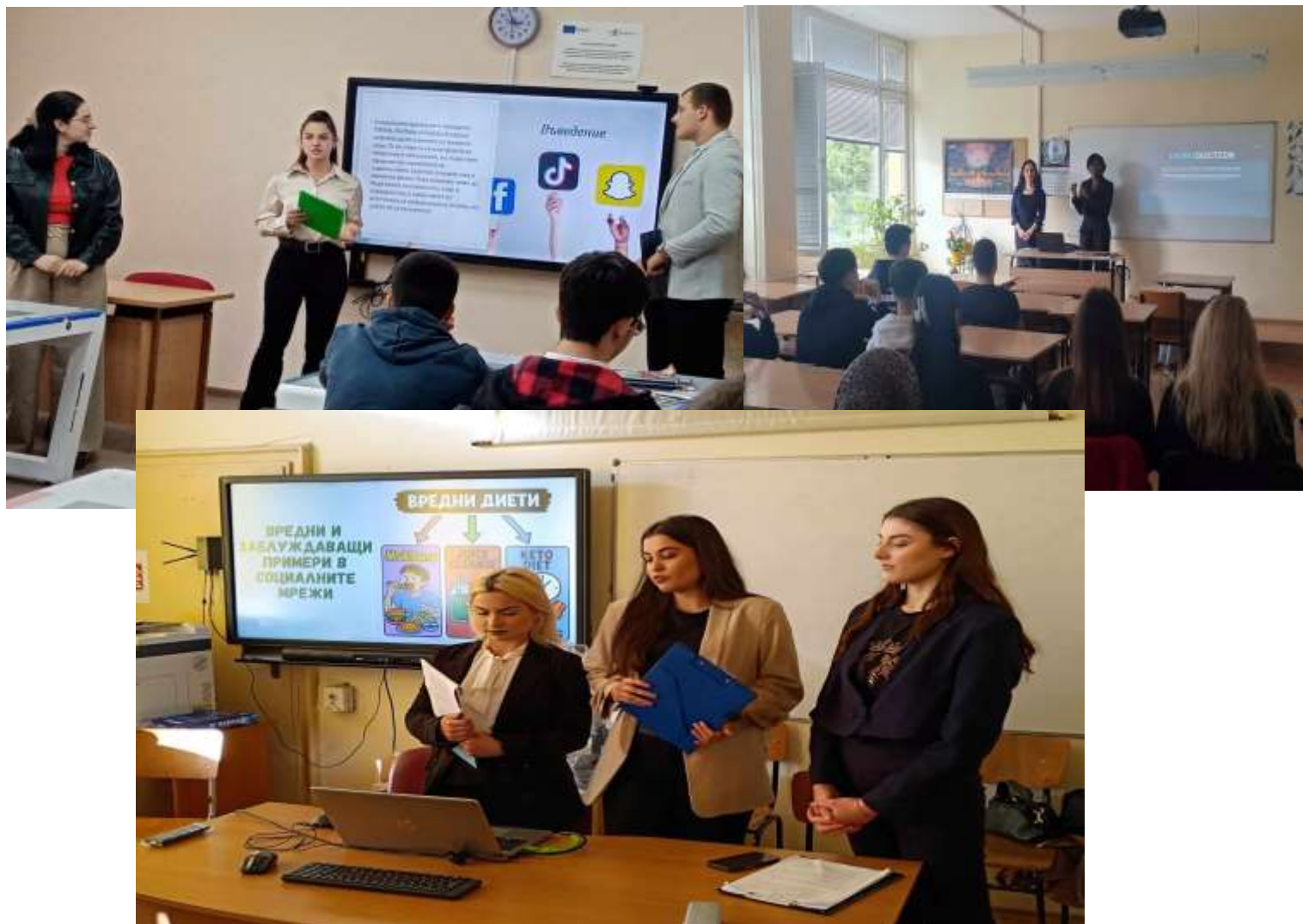


**Format:** Seminar in-person

**Organisers:** MU-Varna, Faculty of Public Health, Department of Hygiene and Epidemiology with the assistance of MU-VI TV.

**Academic staff:** Rositsa Chamova, Albena Toneva, Rozalina Braykova, Denica Dralcheva.

**Description:** This is a seminar in which 12 medical students presented 5 topics to the 54 students from I-th Language Highschool Varna on topics related to social media and their impact on health.







# HW222 - Ageism in medical care

Thursday, 14 May – Healthy Equity and Social Determinants of health  
Time: 13h15 until 15h30 (GMT+02:00) Sofia



**Organizer:** Chief expert Natali Ruseva , National Center for Public Health and Analyses, Department “Child and Youth Health”, Directorate: Health Promotion and Diseases Prevention”

**Description:** Panel discussion on topic: "Ageism in medical Care" Ch. exp. Natali Ruseva, PhD, Directorate "Health Promotion and Diseases Prevention" answered questions on the topic from 12:00 a.m. to 15 p.m.

**Q&A 7**





## HW284 - Glycemic control and quality of life

**Thursday 15 May** - Health Equity and Social Determinants of Health

**Time:** 11h00 until 12h00 (GMT+02:00) Sofia



**Organisers:** Marieta Todorova and Veselina Bukova,  
Department of Nursing Care, Faculty of Public Health,  
Medical University of Plovdiv

**Description:** This workshop aims to increase the knowledge of nursing students on current guidelines for the control of diabetes mellitus. Quality of life for people with diabetes is linked to access to adequate treatment, modern glycaemic control technologies and good self-management. In addition, the role of the nurse in improving control, lifestyle changes, and behavioral interventions is discussed.

**Event type:** Interactive Workshop and Discussion with  
30 nursing students







## HW316 - Bulgarian health system - challenges and realities

Thursday 15 May - Health Equity and Social Determinants of Health  
Time: 10h00 until 12h30 (GMT+02:00) Sofia



**Organiser:** assoc. prof. Dima Tzanova, Department of social medicine and health management, faculty of Public Health, Medical University of Pleven

**Description:** This event was organised as a Interactive workshop with three groups of 6th-year medical students. The content will analyse the shortcomings of the Bulgarian health system compared to EU tendencies and its responsiveness to the population's health needs, especially in a pandemic.

Number of participants – 25 students in the 6<sup>th</sup> year, Medical University - Plevna





**Friday 16 May 2025**

**Next generation: Public health of today and  
tomorrow  
19 events**



## HW24 - Artificial Intelligence and Education

Friday 16 May - Next generation: Public health of today and tomorrow

Time: 11h15 until 12h00 (GMT+02:00) Sofia



- **Organiser:** senior assist. prof. Elena Merdzhanova, PhD, Dept. of Nursing care, Faculty of Public Health - Medical University of Plovdiv
- **Description:** The impact of artificial intelligence on the educational process is highly relevant due to its widespread application, as it will provide an opportunity for a significant change in teaching and learning methods, as well as in ethical and social aspects. The discussion will be held among students from the "Nursing" program.



Panel discussion with 28  
Students from specialty of  
Nursing care



## HW25 -Motivating healthcare professionals for lifelong learning

Friday 16 May 2025 - Next generation: Public health of today and tomorrow  
Time: 11h00 until 12h00 (GMT+02:00) Sofia



**Organiser:** Assoc. prof. Snezhanka Dragusheva, PhD, Dept. of Nursing care, Faculty of Public Health, Medical University of Plovdiv

- **Description:** Lifelong learning provides health specialists with the opportunity to build on, expand, enrich, improve and adapt their knowledge, education and training. For even the best education can no longer guarantee the validity of their training until the end of their professional career.



Panel discussion with 25 Students from specialty of Nursing care.





## HW29- Future Skills for Public Health Nurses

Friday 16 May - Next generation: Public health of today and tomorrow

Time: 9h00 until 12h00 (GMT+02:00) Sofia



**Organiser:** Assis. Prof. Mariana Bacheva, Department of health care, Faculty of Public Health, Health care and sport, SWU-“Neofit Rilski”, Blagoevgrad



**Description:** As part of the European Public Health Week 2025, the Faculty of Public Health, Health Care and Sports at SWU “Neofit Rilski” hosted an inspiring event titled “The Nurse of the Future,” dedicated to the role of young professionals in shaping tomorrow’s healthcare.

Students, faculty, and healthcare partners came together for a career forum, panel discussion, and visual installation that highlighted new perspectives and evolving roles in the nursing profession. A special moment was the “Wall of Inspiration,” where students shared personal reflections on why they chose to pursue a career in healthcare.

The event created meaningful dialogue across generations and encouraged a deeper conversation about the skills, values, and mission of nursing in the future.



**Social media:**

[https://www.facebook.com/bachewa?locale=bg\\_BG](https://www.facebook.com/bachewa?locale=bg_BG)



## HW37 - New generation public health professionals' competence

Friday 16 May - Next generation: Public health of today and tomorrow

Time: 9h00 until 13h00 (GMT+02:00) Sofia



**Organisers:** Teodora Yordanova, Teodora Dimitrova, Karolina Nikolova, Department of Health Care, Shumen Affiliate to the Medical University of Varna

**Description:** This event was held on the second day of 4th edition of the National Student Competition "We study in order to help". The purpose of the event was to provide opportunities for demonstrating the practical skills of students from different universities from the country. It also demonstrated innovative approaches in contemporary nursing and midwifery education.





## HW41 – Medical simulation in education of healthcare professionals

Friday 16 May - Next generation: Public health of today and tomorrow

Time: 9h00 until 10h30 (GMT+02:00) Sofia



**Organisers:** prof. Makreta Draganova, chief assist. Milena Saleva, assist. Antonia Stateva, assist. Asen Seizov - Department of Management of health care, Medical ethics and Information technologies, Faculty of Public Health, MU-Pleven

**Description:** It's a Management Health Care webinar for healthcare professionals. The aim was to discuss the significance of the practical skills before the meeting of the real patient according to the students' view. The content is directed to the advantages and disadvantages of the simulation during the healthcare professionals' basic education for their self-confidence and safety patient.



# HW55 - Generation Z and what they know about zoonoses

*Friday 16 May - Next generation: Public health of today and tomorrow*



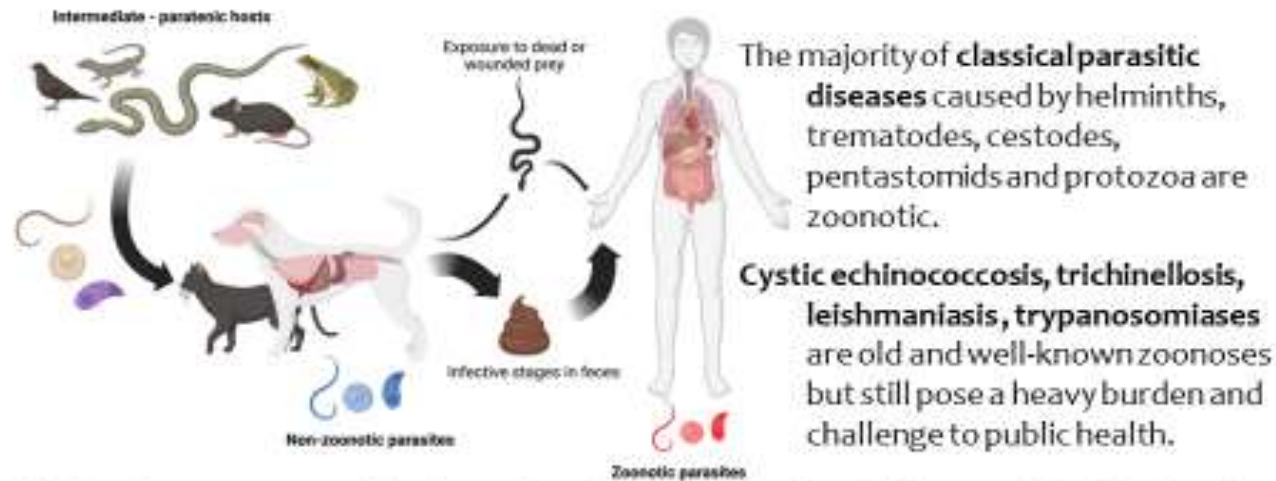
**Event type:** Seminar

**Organiser:** assoc. prof. Borislava Chakarova, Trakia University, Stara Zagora

**Zoonoses are diseases that are transmitted from animals to humans. Is living with pets safe or does it pose risks to our health?**

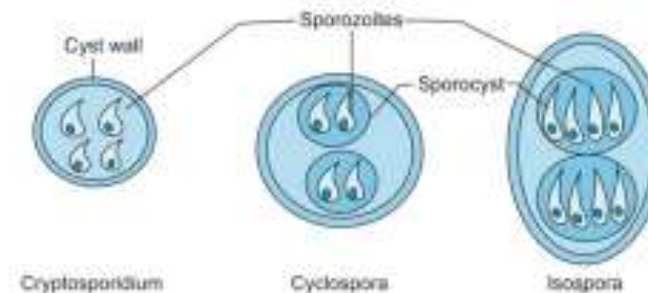
This was the topic of a seminar held with medical students from Trakia University, who participated in a seminar on the topic: **Generation Z and what they know about Zoonoses.**

We discussed ecological, social, economic, ethical and political factors that characterize the social ecosystem and influence the emergence of zoonoses.



- ⊗ They disproportionately affect vulnerable people such as children and the elderly and socio-economic marginal groups.
- ⊗ These parasitic diseases are also common among people in economically well-developed regions.

The parasitic zoonoses **cryptosporidiosis**, **cyclosporiasis**, **toxoplasmosis**, have gained particular importance as opportunistic human pathogens in recent decades due to their ability to cause disease in immunosuppressed patients.







# HW57 - Challenges Faced by the Nursing Healthcare Managers

Friday 16 May - Next generation: Public health of today and tomorrow

Time: 14h15 until 15h15 (GMT+02:00) Sofia



**Organisers:** **Sonya Toncheva** - *Shumen Affiliate to the Medical University of Varna, Department of Health Care;* **Stanislava Pavlova** - *Dept. of Speech Therapy and Medical Pedagogy; Faculty of Public Health, Medical University of Varna;* **Mihaela Stoyanova, Fazile Redzhebova Dayana Yordanova, Evelina Netsova, Maria Tsekina, Viktoria Stoyanova, Selin Redzheb** - *students from the Healthcare Management programme*

**Description:** During this discussion, initiated and following a leadership public lecture in April 2025, students will focus on the role of nursing healthcare management professionals as future leaders in public health. The discussion will explore opportunities for making responsible managerial decisions. It will also address the promotion of sustainable intergenerational collaboration and teamwork. The role of healthcare managers in elevating the social status of health professions will also be examined. The event highlights the importance of engaging students in the European Public Health Week as a platform to foster awareness, leadership, and active participation in shaping the future of healthcare.





## HW68 - Conducting free dietology consultation on “Nutrition and Dietetics”

Friday 16 May: Next generation –public health of today and tomorrow  
Time: 14.h00 until 19.00 (GMT+02:00) Sofia



**Organizer:** Assoc. prof. Lalka Rangelova, National Center for Public Health and Analyses, Department “Food and nutrition”

**Description:** Conducting free dietology consultations on “Nutrition and Dietetics” for 10 people from Sofia by pre-registration at the Medical Center of Health <https://circleofhealth.bg/>. Assoc. prof. Lalka Rangelova, MD, PhD from the Food and Nutrition Department of the National Center of Public Health and Analysis provided the consultations.

**Participant:10**







## HW85 - XI Public Health Students' Festival "Sea and Health" – Varna

*Friday 16 May - Next generation: Public health of today and tomorrow*



**Organiser:** *Faculty of Public Health, Medical University of Varna, Bulgaria*

The XI "Sea and Health" Festival, dedicated to European Maritime Day is organized by the Faculty of Public Health at the Medical University of Varna, on the scenic Black Sea coast. The programme included: physical activities; volunteer beach clean-up, performance at the Sea Garden, etc. The event aims to promote active, sustainable, and health-conscious living.







## HW80 - Students and their pursuit of better health: Student community initiative to implement rapid testing methods in primary care settings

Friday 16 May – Next generation: Public health of today and tomorrow

Time: 09 h00 until 12 h00 (GMT+01:00)



**Organisers:** Prof. Ivanichka Srebezova, Assoc. Prof. Kristina Zaharaivea, Assist. Prof. Daniela Lyutakova, Assist. Prof. Radostin Radev – Dept. of Health Care, Ruse University “Angel Kanchev”

**Description:** This student community initiative to implement rapid testing methods in primary care settings was held in the University of Ruse, marking the last day of the EUPHW 2025 in our Faculty. The students of the "Physician Assistant" major have developed informative leaflets and short guidelines to inform the public and colleagues for innovative methods that support healthcare. The campaign included brief discussions and distribution of the materials on the topic with fellow students and guests of the university.







## HW84 - "Waves of Knowledge – A Path to the Future"

*Friday 16 May - Next generation: Public health of today and tomorrow*

**Organiser:** *Faculty of Public Health, Medical University of Varna, Bulgaria*



The Scientific Students' Conference welcome students, PhD candidates, and young scientists. Over 70 participants with their academic supervisors took part.

The conference programme was structured into eight thematic sections, reflecting the various specialties within the Faculty of Public Health, the Medical University of Varna. The official languages of the event were Bulgarian and English.



## HW229 – We learn how to react timely and wisely

Friday 16 May 2025 - Next generation: Public health of today and tomorrow

Time: 10h30 until 12h00 (GMT+02:00) Sofia



**Organizers:** Sabina Nedkova, Plamena Atanasova (Faculty of Technical science, Department "Technologies, Materials and Materials Science“, Burgas State University “Prof. d-r Assen Zlatarov”)



**Description:** The initiative was attended by 24 children from the third grade of the "St. Kliment Ohridski" Primary School in Burgas. Within it, they explored the specialized laboratory on Technical Safety and Disaster Protection in BSU, gained new knowledge on the disasters, how should they react, what kind of personal protective equipment could be used, learned by playing with the educational tool for disaster protection, got acquainted with the first aid mannequin, etc. The children participated in an entertaining survey and several practical tasks, within the subject. They explored a new learning environment, knew more about actions in case of a crisis and gained new knowledge, fulfilling the main topic of EUPHW2025 – Building of a sustainable future.





## HW228 - Health promotion in the workplace

Friday 16May: Next generation –public health of today and tomorrow  
Time: 10.h00 until 17.00 (GMT+02:00) Sofia



**Organizers:** Assoc. prof. G. Tzolova, prof. V. Duleva, chief expert R. Dinolova, assist. prof. E. Marinova, chief expert E. Todorova, and chief expert I. Kamel, National Center for Public Health and Analyses, Departments: "Prevention of non-communicable disease", "Food and Nutrition", "Health at work", and "Mental health"

**Description:** This was a course in-person on the topic „Health promotion in the workplace” held at the NCPHA. Lectures were delivered by assoc. prof. G. Tzolova, prof. V. Duleva, MD, PhD, ch. exp. R. Dinolova, MD, PhD, Assist. prof. E. Marinova, MD, ch. exp. E. Todorova, MD, and Ch. exp. I. Kamel.

Participants: 7





## HW253 - Healthy Easter

Friday 16 May: Next generation –public health of today and tomorrow  
Time: 10.h00 until 12.00 (GMT+02:00) Sofia



**Organizer:** ”: chief experts I. Kamel, D. Shuleva, N. Ruseva and V. Aleksieva, National Center for Public Health and Analyses, Department of prevention of non-communicable disease and Sofia Regional Health Inspection

**Description:** Health-educational event among students from the High school of transport “Nikola Vapzarov” at Slivnitsa town on the topic „Healthy Easter“. Experts of Directorate “Health Promotion and Disease Prevention”: chief experts I. Kamel, D. Shuleva, N. Ruseva and V. Aleksieva, MD from Regional Health Inspection (Sofia Region) held a health–educational meeting among The main messages were about the harm of alcohol, cigarettes (hooka) and physical inactivity.





## HW240 - Public health in the future

Friday 16 May - Next generation: Public health of today and tomorrow  
11h00 until 12h00 (GMT+02:00) Sofia



**Format:** Seminar in-person

**Organisers:** MU-Varna, Faculty of Public Health, Department of Hygiene and Epidemiology with the assistance of MU-VI TV.

**Academic staff:** Eliyana Ivanova, Albena Toneva, Denica Dralcheva.

**Description:** This is a seminar in which professor and 6 medical students presented 3 topics to the 35 students from High school in Varna on how the young generation can impact public health.



## HW245 - The healthcare students in Forward Medical Station

Friday 16 May 2025 - Next generation: Public health of today and tomorrow

Time: 11h30 until 12h00 (GMT+02:00) Sofia



**Organizers:** Mariya Georgieva, Elena Valkanova, Rumyana Etova, Svetoslav Georgiev (Department of Epidemiology and Disaster Medicine, Faculty of Public Health, Medical University of Plovdiv, Bulgaria), Desislava Todorova (Department of Social and Preventive Medicine and Disaster Medicine)



**Description:** The lecture was delivered in front of **22 students from the "Nursing" specialty – 2<sup>nd</sup> year of study**. The aim was to highlight that the knowledge of the medical specialists how to make a Forward Medical Station is crucial for the performance of adequate and in-time disaster medical support as the main steps of disaster medical support will be carried out there - medical intelligence, medical triage, first medical aid, sanitation, decontamination, dosimetry.





## HW185 - Local government in support of public health

Friday 16May: Next generation –public health of today and tomorrow

Time: 10.h00 until 11.30 (GMT+02:00) Sofia



**Organizer:** Assoc. Prof. Krasimira Kostadinova, National Center for Public Health and Analyses, Department: “Child and Youth Health”, Directorate of Health Promotion and Disease Prevention

**Description:** Panel discussion: In Bulgaria, municipalities are responsible for managing and financing child and school healthcare services. The purpose of the panel discussion was to encourage local authorities to the implementation of strategies that promote child and adolescent health, ensure a healthy urban environment, and provide sustainable financing for health policies. The discussion also focused on including children, youth, and their families in decision-making processes related to their health.

**Participants:27**



**ЗАТЪЛСТЯВАНЕ СЕ УСТАНОВИВА ПРИ ВСЯКО СЕДМО БЪЛГАРИНЕ ИЛИ ПРИ 12,8% ОТ ДЕЦАТА МЕЖДУ 5 И 18 ГОДИНИ (СЪОТВЕТНО 15,6% ПРИ МОМЧЕТАТА И 10,5% ПРИ МОМЧЕТАТА).**

**ЧЕСТОТА НА ЗАТЪЛСТЯВАНЕ ПРИ НАСЕЛЕНИЕТО ОТ 19 ДО 74 ГОДИНИ Е 21,4% ИЛИ ВСЯКИ ПЕТИ (СЪОТВЕТНО ПРИ МЪЖЕТЕ Е 23,2%, А ПРИ ЖЕНЕТЕ - 20%) КАТО ПРЕОВАДАВАТ ЛЕЖИТЕ СТЕПЕНИ НА ЗАТЪЛСТЯВАНЕ. ПРОБЛЕМЪТ СЕ УВЕЛИЧАВА ЗНАЧИТЕЛНО С ВЪЗРАСТА (4,3 ПЪТИ ПРИ МЪЖЕТЕ И 2,5 ПЪТИ ПРИ ЖЕНЕТЕ). НАЙ-ВИСОКА Е ЧЕСТОТА ПРИ ВЪЗРАСТОВАТА ГРУПА 60-74 ГОДИНИ (ПРИ МЪЖЕТЕ 30,8% И ПРИ ЖЕНЕТЕ 29,3%).**

**БЪЛГАРИ Е НА ПРЕПОСЛАДНО МЯСТО СРЕД ДЪРЖАВИТЕ ЧЛЕНКИ НА ЕС ПО ПОКАЗАТЕЛЯ ЕЖЕДНЕВНА КОНСУМАЦИЯ НА 5 ПОРЦИИ ПЛОДОВЕ И ЗЕЛЕНУЧУЦИ СРЕД ХОРАТА НАД 16-ГОДИШНА ВЪЗРАСТ. СЛЕД НАС Е САМО РУМУНИИ.**

**АНАЛИТИКА ОТ НАЦИОНАЛНОТО ПРОГРАМА НА БЪЛГАРИТЕ НА РИСК ЗА ЗАДРАВНО СРЕД НАСОБИЛИТЕ В РЕПУБЛИКА БЪЛГАРИЯ ПРЕЗ 2020 Г. ПРОДЪЛЖИТЕЛНОСТ НА НАЦИОНАЛНИЯ ЦЕНТЪР ЗА ОБЩЕСТВЕНЕ ЗДРАВЕ И АНАЛИЗИ В РАБОТА НА НАЦИОНАЛНАТА ПРОГРАМА ЗА ПРЕВЕНЦИЯ НА ХРОНИЧНИТЕ НЕЗАРАЗНИ БОЛЕСТИ. ИНФОРМАЦИИТЕ И СПЕЦИАЛНИ ПРЕДСТАВКИ НА ЛАБОРАТОРИЯ „РИСК“ ЗА НАЦИОНАЛНОТО КЪПАНЕ „ЗДРАВЕ С НАШИЯ ВКУС“.**

**Анна Христова**  
Медицински директор на Центъра за обществено здраве и анализи в работата на Националната програма за превенция на хроничните незаразни болести.

**Юлиана Христова**  
Медицински директор на Центъра за обществено здраве и анализи в работата на Националната програма за превенция на хроничните незаразни болести.

**Радослав Янков**  
Медицински директор на Центъра за обществено здраве и анализи в работата на Националната програма за превенция на хроничните незаразни болести.

**Юлиана Христова**  
Медицински директор на Центъра за обществено здраве и анализи в работата на Националната програма за превенция на хроничните незаразни болести.

**1. Консумирайте пълноценна и разнообразна храна. Хранете се редовно и с удоволствие в приятна атмосфера, отделяйте достатъчно време за хранене.**

Включвайте ежедневно в менюто представители на всички основни групи храни: зърнени храни или картофи, зеленчуци и плодове; мляко и млечни продукти; месо, риба, яйца; бобови храни и ядки.

Хванете се редовно 3-5 пъти дневно; не пропускайте закуската; вечеряйте не по-късно от 2-3 часа преди лягане; отделяйте достатъчно време за хранене в приятна атмосфера.

**2. Зърнените храни са важен източник на енергия.**

Включвайте ежедневно в менюто си хляб, други зърнени храни или картофи (500-500 г дневно), количеството зависи от пола и физическата активност. Избирайте пълнозърнести продукти - хляб, макаронени изделия, кафея ориз, царевича, овесени ядки и др.

**3. Консумирайте всеки ден над 400 грама разнообразни зеленчуци и плодове.**

За предпочитане е да се консумират сурови, но и в ястия, салати, като зеленчукови площи и др. Заменяйте туршиите със сурови, замразени зеленчуци или несолени консервирани зеленчуци.

Избягвайте сурови плодове за десерт и подкрепителна закуска.

**4. Заложете на мляко и млечни продукти с ниско съдържание на мазнини и сол.**

Консумирайте ежедневно по една чаша кисело или прясно мляко (200 мл) и 50 грама сирене.

**5. Избирайте постно месо, замятайте често месото и месните продукти с риба, птиче месо или бобови храни.**

Хвалвайте риба поне един - два пъти седмично (150 - 200 грама/порция); постно месо до 3 пъти седмично (100 грама/порция); боб, леща или соя - поне два пъти седмично (200 - 300 грама/порция). Приемайте около 30-50 грама ядки дневно.

**6. Намалете общо приема на мазнини, особено на животинските.**

Ползвайте растителни масла при готвенето.

**7. Ограничавайте приема на захар, захарни и сладкарски продукти.**

Избягвайте консумацията на газирани напитки, съдържащи захар.

**8. Намалете употребата на сол и консумацията на солени храни.**

Ограничавайте консумацията на консервирани ястия, колбаси, солена риба, туршии.

**9. Не консумирайте алкохол.**

Ако консумирате алкохол, приемайте го в умерено количество.

**10. Поддържайте здравословно тегло и бъдете физически активни всеки ден.**

Ако качите килограм, намаляте количеството на обичайната порция храна. Избягвайте висококалорийни храни, богати на мазнини и захар. Бъдете физически активни поне 60 минути дневно (например - бързо ходене).

**11. Приемайте ежедневно достатъчно вода.**

Пийте всеки ден поне 6-8 чаши вода (1,5-2 литра). Това количество включва и течности като чай и др.

**12. Пригответе и съхранявайте храната по начин, осигуряващ нейното качество и безопасност.**

**Припоръките са изготвени от специалисти от отдела „Храни и хранене“ на Националния център за обществено здраве и анализи и са предоставени за кампанията „Здраве с нашия вкус“.**



## HW290 - Cycling: Prevention, mobility, sustainability

Friday, 16 May: Next generation –public health of today and tomorrow

Time: 13h00 until 15h00 (GMT+02:00) Sofia



**Organizer:** Chief expert Gabriela Ankova, National Center for Public Health and Analyses, Department: "Microbiological factors"

**Description:** Panel discussion. In recent years, we have seen a significant increase in interest in cycling. The reasons for this phenomenon are numerous and include health, environmental, and technological factors. Cycling improves cardiovascular health, controls weight, strengthens muscles, reduces stress and improves mental well-being. Cycling is an environmentally friendly means of transportation that reduces pollution and traffic jams. Technological advances in bicycles make cycling more enjoyable and accessible to a wider range of people. These advances have led to growing interest in cycling as a healthy and sustainable lifestyle. Chief exp. G. Ankova answered questions related to the role of cycling and its growing contribution to an active and healthy lifestyle from 13:00 p.m. to 15:00 p.m.

**Q&A9**



Европейска седмица на  
общественото здраве  
(12-16 май 2025г.)



### Колоезденето - превенция, мобилност, устойчивост

- **Превенция**

- По-малко стрес, повече енергия
- Намалява риска от сърдечносъдови и метаболитни заболявания



- **Мобилност**

- Избягваш трафика и задръстванията
- По-бързо придвижване в града



- **Устойчивост**

- 0% вредни емисии
- Без шум и замърсяване
- Грижа за бъдещите поколения



Започни още днес – избири колелото!