European Public Health Week (EUPHW) 2020:
Key messages, facts & figures, resources

Key messages, facts and figures and resources for each theme of the European Public Health Week (EUPHW) 2020 were carefully selected, refined, and reviewed by the EUPHW Coordination Team, EUPHW Steering Committee, and EUPHW Working Groups consisting of EUPHA Sections and Partners listed on each theme page.

The messages are based on evidence from a variety of sources, including the World Health Organization (WHO) Regional Office for Europe and the European Centre for Disease Prevention and Control (ECDC).

Unless stated otherwise, messages refer to all 53 Member States of the WHO Regional Office for Europe.

Please refer to the media toolkit for guidance on how to best use the key messages.

Please cite this document as: *European Public Health Week 2020: Key messages, facts and figures, resources. EUPHA, April 2020*

For any questions, please contact euphacommunications@eupha.org or visit www.eupha.org/EUPHW.

Last updated: 15 April 2020

Overarching theme of the week:

COVID-19: Collaboration, Coordination, Communication

Description: Our understanding of the COVID-19 virus and its spread is changing every day, and critical information that impacts on how the outbreak can be managed is emerging every day. It is essential that public health professionals and others involved in the management of the outbreak keep themselves up to date with the latest evidence to ensure evidence-based actions. Collaboration, coordination and communication in public health are now more important than ever: we must join forces for healthier populations. How is your team, institution, country or region dealing with the COVID-19 pandemic?

Key messages

1. **"The lives of millions of people in the WHO European Region are undergoing radical change. This is, quite simply, a new reality. The role of public health services is understood. The value of health workers is appreciated like never before." – Hans Kluge, WHO Regional Director for Europe** http://www.euro.who.int/en/about-us/regional-director/statements/statement-every-country-needs-to-take-boldest-actions-to-stop-covid-19
2. **Public health is the science and art of preventing disease, prolonging life and promoting health and well-being through the organised efforts and informed choices of society, organisations, public and private, communities and individuals, and includes the broader area of public health, health services research, health service delivery and health systems design.** https://eupha.org/who-we-are
3. **"Thinking that 'this does not concern me' is not an option." – Hans Kluge, WHO Regional Director for Europe** http://www.euro.who.int/en/about-us/regional-director/statements/statement-every-country-needs-to-take-boldest-actions-to-stop-covid-19
4. "These are unprecedented times. It is important that countries work together, learn from each other and harmonize efforts. The virus can be beaten back by solidarity within communities, within nations and within our Region, together with individual psychological resilience." – Hans Kluge, WHO Regional Director for Europe http://www.euro.who.int/en/about-us/regional-director/statements/statement-every-country-needs-to-take-boldest-actions-to-stop-covid-19
5. As the umbrella organisation for public health associations in the European region, the European Public Health Association (EUPHA) stands with its members and colleagues in each country who are working tirelessly to detect and manage cases, identify contacts and prepare health services for worst-case scenarios in the context of the COVID-19 outbreak. https://eupha.org/repository/advocacy/EUPHA_statement_on_COVID-19.pdf
6. It remains essential that public health professionals and others involved in the management of the COVID-19 outbreak keep themselves up to date with the latest evidence to ensure evidence-based actions of maximum effectiveness. It is important to obtain information from trustworthy sources. https://eupha.org/repository/advocacy/EUPHA_statement_on_COVID-19.pdf
7. "All countries should work to prepare and be ready; detect, protect and treat; reduce transmission; and innovate and learn, while protecting vulnerable people." – Hans Kluge, WHO Regional Director for Europe http://www.euro.who.int/en/about-us/regional-director/statements/statement-every-country-needs-to-take-boldest-actions-to-stop-covid-19
8. The use of digital health improves the timeliness and accuracy of public health data collection and reporting and facilitates disease monitoring and surveillance.

https://www.who.int/docs/default-source/primary-health-care-conference/digital-technologies.pdf?sfvrsn=3efc47e0_2(accessed

9. The current situation shows how much this major health problem concerns all of us independently of nationality, ethnicity, confession, culture and social status and makes obvious that only coordinated, common efforts can provide adequate solutions. https://www.eugms.org/news/read/article/489.html

Resources from the World Health Organization

- COVID-19 outbreak website (WHO Headquarters): https://www.who.int/emergencies/diseases/novel-coronavirus-2019
- Country and technical guidance on COVID-19 (WHO headquarters): https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance
- European-specific information for COVID-19 (WHO Regional Office for Europe): http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19
- Latest updates on European-specific COVID-19 information (WHO Regional Office for Europe): http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/covid-19-latest-updates
- Statement by Hans Kluge, WHO Regional Director for Europe with key messages on how European countries should address COVID-19: http://www.euro.who.int/en/about-us/regional-director/statements/statement-every-country-needs-to-take-boldest-actions-to-stop-covid-19
- Translated videos, animations, infographics by WHO: http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/multimedia.
- Mask use graphics: https://euro.sharefile.com/share/view/scae327b685b4eee9/fo37039a-2531-4695-a96f-072ccb554b34
- Myth Buster graphics by WHO: https://euro.sharefile.com/share/view/scae327b685b4eee9/fo6998f3-e334-4559-99ef-c85fe212b34a
- Questions & Answers by WHO: graphics: https://euro.sharefile.com/share/view/scae327b685b4eee9/fo6a208b-4f3e-48db-956f-3c39204cb503 and https://euro.sharefile.com/share/view/scae327b685b4eee9/foea44b8-50da-4c30-9b4f-6669de489adf
- Travel and preventive graphics by WHO: https://euro.sharefile.com/share/view/scae327b685b4eee9/fo553aad-28c2-42be-9c32-af5ccc37a41c
- Workplace guidance by WHO: https://euro.sharefile.com/share/view/scae327b685b4eee9/fo508959-8908-4129-a3e6-3545845ee125
- Videos by WHO: https://euro.sharefile.com/share/view/scae327b685b4eee9/fo23d099-da71-4857-b738-63f15412ffda
- Files above available in French, German, Russian and 32 other languages by WHO: https://euro.sharefile.com/share/view/scae327b685b4eee9/foc028a3-2804-4e32-a6ed-b691dd9f4cc1

Other resources:

- EUPHA statement on COVID-19:
https://eupha.org/repository/advocacy/EUPHA_statement_on_COVID-19.pdf
- COVID-19 information (European Centre for Disease Prevention and Control – ECDC):
https://www.ecdc.europa.eu/en/novel-coronavirus-china
- EU specific guidance, surveillance updates and risk assessments (ECDC):
https://www.ecdc.europa.eu/en/novel-coronavirus-china
- Coronavirus response (European Commission): https://ec.europa.eu/info/live-work-travel-eu/health/coronavirus-response_en
- Scientific publishers expediting the publication of COVID-19 related evidence and making it available free of charge:
    - The New England Journal of Medicine – https://www.nejm.org/coronavirus
    - The Lancet – https://www.thelancet.com/coronavirus
    - Eurosurveillance – https://www.eurosurveillance.org/content/2019-ncov
    - Cambridge University Press – https://www.cambridge.org/core/news/free-accessto-coronavirus-research
    - Elsevier – https://www.elsevier.com/connect/coronavirus-information-center
    - Springer – https://www.springernature.com/gp/researchers/campaigns/coronavirus
- EUPHA Infectious Diseases Control section Twitter account: @euphaidc
- Beyond Containment: Health systems responses to COVID-19 in the OECD:
https://oecd.dam-broadcast.com/pm_7379_119_119689-ud5comtf84.pdf
- Supporting people and companies to deal with the COVID-19 virus: Options for an immediate employment and social-policy response: https://oecd.dam-broadcast.com/pm_7379_119_119686-962r78x4do.pdf
- COVID-19 resources by EUPHA members in multiple countries/languages: France (https://www.sfsp.fr), Italy (http://www.sitinazionale.org/site/new/), Malta (https://maphm.org), Poland (http://www.ptzp.org/pl/stanowisko-ptzp-w-sprawie-stanu-zagrozenia-epidemiologicznego-sars-cov-2); Portugal (https://www.anmsp.pt), Romania (https://umfcd.ro/planul-de-masuri-pentru-prevenirea-si-gestionarea-infectiilor-cu-coronavirus-covid-19/), Switzerland (https://www.public-health.ch/de/news-de/coronavirus/), Spain (https://sespas.es), UK (https://www.fph.org.uk/news-events/fph-news/fph-statement-on-novel-coronavirus-covid-19/)
- EUPHA page on COVID-19 updates: https://eupha.org/general_page.php?p=212

Monday 11 May
Promoting health through the Global Goals

Description: Health and wellbeing can be improved through action targeting all 17 United Nations Sustainable Development Goals, also referred to as SDGs or Global Goals. Global health and wellbeing begin with local action – everywhere and in all ages. How are you promoting these Goals in your community (workplace, municipality, school, government, home, neighbourhood, etc)?

COVID-19 and promoting health through the Global Goals: clean air due to "stay at home" policies; importance of health across all political themes (health in all policies); attention to other public health problems e.g. HIV; sanitation for all; health sector employment; R&D capacity; universal health coverage.

Other sub-themes: Health in the SDG era; accelerators to achieve the SDGs; wellbeing across all ages; intersectoral action (e.g. living environment, housing, retail, working conditions); involvement of health professionals in the SDGs; health needs of the poor; malnutrition; high-quality education to improve health and health equity; violence against women; healthy cities; antibiotic resistance; protecting health from climate risks; healthy diets; partnerships to attain the health-related SDGs; sustainable energy for healthy homes and lives.

See Theme page

Key messages

1. **Achieving the Global Goals in the COVID-19 pandemic context requires strengthening health systems, building and protecting a competent health workforce, ensuring supply and access to quality medicines and technologies needed for COVID-19, but also for ensuring continuity of essential health care services so that no one is left behind. This is how we can best be prepared for emergencies.**
2. **2020 begins a decade of action to deliver the Global Goals. It demands urgent and ambition action from everyone: youth, older populations, civil society, media, private sector, unions, academia and other stakeholders, all pushing for the transformation needed.**
3. **Health and wellbeing for all (SDG 3) is only possible if health care is accessible for all, health systems are strong and resilient, and include robust population-level prevention pillars.**

4. Health is an essential ingredient to advance the achievement of the Sustainable Development Goals – our shared vision to end poverty, rescue the planet and build a peaceful world.
5. Environment and living spaces are considered as global, social and political entities that determine the health status of populations.

Other facts and figures

- On 25 September 2015, the United Nation's Sustainable Development Goals (SDGs) were adopted by all member states of the UN (193 countries). These goals aspire to 'leave no one behind' and comprise 17 goals to be achieved by 2030.
- One of the goals (SDG 3) is dedicated to health i.e. 'ensure healthy lives and promote wellbeing for all at all ages'. This goal is measured by indicators focused on risk factors and non-communicable and communicable outcomes such as 'end the epidemics of AIDS, tuberculosis, and combat hepatitis and other communicable diseases'.
- The 17 Global Goals are: no poverty; zero hunger; good health and wellbeing; quality education; gender equality; clean water and sanitation; affordable and clean energy; decent work and economic growth; industry, innovation and infrastructure; reduced inequalities; sustainable cities and communities; responsible consumption and production; climate action; life below water; life on land; peace and justice; and partnerships for the Goals.
- An examination of the health-related SDGs indicators shows that in the European region the following indicators are progressing the slowest: smoking prevalence, alcohol abuse, suicide mortality, and child overweight.
- According to the WHO, over 3.2 million deaths are caused by insufficient physical activity, which is a risk factor for several non-communicable diseases. Promoting physical activity could reduce cases and deaths from ischaemic heart disease, type 2 diabetes, stroke, colon and breast cancer.
- Antimicrobial resistance (AMR) is a threat to global health that affects all countries, rich or poor. AMR already causes approximately 700,000 deaths each year, and the figure could rise to 10 million by 2050, costing US$ 100 trillion to the global economy by then. It is no wonder therefore that the World Health Organization (WHO) has named AMR as one of the ten threats to global health in 2019.
- The European region is not spared and unless antimicrobial resistance is tackled rapidly, it will likely become one of the top causes of deaths, globally and in Europe.
- During the COVID-19 response it is more important than ever that we do not increase pressure on health systems by neglecting key public health areas such as prevention of disease (through vaccinations and promoting healthy lifestyles), maintaining the continuity of essential health care and public health services, support social protection of the most vulnerable, promote healthy communities, and keep our eye on global threats such as communicable diseases and antimicrobial resistance, to name a few.

Resources

- 'COVID-19 affecting all SDGs', in 'Shared responsibility, global solidarity' by the United Nations (page 12): https://www.un.org/sites/un2.un.org/files/sg_report_socio-economic_impact_of_covid19.pdf

- EUPHA statement on health-related Sustainable Development Goals (SDGs) in the European Region: https://eupha.org/repository/advocacy/EUPHA_statement_on_health-related_SDGs.pdf
- Check your country's progress towards the health-related SDGs: https://vizhub.healthdata.org/sdg/
- Health in the SDG era: https://www.who.int/topics/sustainable-development-goals/test/sdg-banner.jpg
- Urban design and health e-collection (European Journal of Public Health): https://academic.oup.com/eurpub/pages/urban_design_and_health
- Good Life Goals: What you can do to reach the Goals (video): https://www.goodlifegoals.org/
- SDG Acceleration Actions: https://sustainabledevelopment.un.org/sdgactions
- The Global Goals World Cup: https://ggwcup.com/
- E-collection – Fighting antimicrobial resistance: actions taken across Europe (European Journal of Public Health): https://academic.oup.com/eurpub/pages/antimicrobial_resistance

References

- https://eupha.org/repository/advocacy/Ljubljana_statement/Ljubljana_statement-_final_incl_logos_20190121.pdf
- https://academic.oup.com/eurpub/pages/urban_design_and_health
- https://sustainabledevelopment.un.org/?menu=1300
- https://sustainabledevelopment.un.org/sdg3
- https://www.who.int/topics/sustainable-development-goals/test/sdg-banner.jpg
- https://eupha.org/repository/advocacy/EUPHA_statement_on_health-related_SDGs.pdf
- https://doi.org/10.1093/eurpub/ckt035
- https://academic.oup.com/eurpub/pages/antimicrobial_resistance

Tuesday 12 May
Primary health care in the digital age

Description: Technology is increasingly becoming part of our health systems and it holds great potential for improving health care delivery and person-centred care. While it does not replace the value of human interaction between patients and health professionals, digital tools can enhance this interaction. How do you balance technology and person-centred primary care in your local context?

COVID-19 and primary health care in the digital age: telemedicine and e-health; management of chronic diseases; supporting health workers in the fight against the virus; digital literacy

Other sub-themes: International Nurses Day (12 May); 2020 is the year of the nurse and midwife; human *versus* digital interaction; integration of social services into primary care; integration of lifestyle (e.g. sports); universal health coverage (leaving no one behind); providing services everywhere; health promotion in primary health care; preventative health care; opportunities from the digitalisation of the health system; public health domains within primary care

See Theme page

Key messages

1. **Nurses play a critical role in health promotion, disease prevention and delivering primary and community care. They provide care in emergency settings such as COVID-19 and are key to advancing universal health coverage.**
2. **COVID-19 highlights how important it is for all nurses to have access to the most up-to-date knowledge and guidance required to respond to such outbreaks. It also underscores the critical (and far too often unmet) need for protective equipment so they can safely provide care and reduce the rate of infection in health settings.**
3. **Ensuring continuity of essential health care services is key for managing pressure on hospitals and services designated to manage COVID-19.**
4. Ensuring that the general public has access via digital platforms to timely, expert advice in health emergencies can save lives.
5. The use of digital health improves the timeliness and accuracy of public health data collection and reporting and facilitates disease monitoring and surveillance.
6. Digital devices help people manage their health: preventing or diagnosing disease, helping patients monitor and manage chronic conditions, and making medicine more tailored to individual needs.

7. Electronic health records capture information about an individual's health, medical conditions, medications and key events, which can be shared for referrals and help clinicians and policy-makers make better decisions.

Other facts and figures

- The term 'digital health' is used by WHO as an overarching term to include eHealth and mHealth (e.g. telemedicine, electronic health records and wearable sensors) as well as developing areas such as the use of advanced computing sciences in the fields of big data and artificial intelligence, for example. Digital technologies also include some medical devices and assistive devices.
- Nurses and support workers make up the vast majority of the health professionals who support and care for the older people, one of the most vulnerable groups to the COVID-19 pandemic. Older people's vulnerability to COVID-19 therefore increases as these health workers are left unprotected. They can be protected from COVID-19 through adequate training, protective equipment and up to date information on how to recognise the symptoms of COVID-19.
- As hospitals shift their focus on managing acute care for patients with COVID-19, primary care and community services will be essential to:
  o be prepared and reinforced to absorb non-COVID-19 patients avoiding hospitals in fear of COVID-19;
  o support patients with complex and chronic diseases who depend on continuity of services and care to avoid decompensation that requires hospitalisation.
- Member States are capitalizing on the value of big data and the power of artificial intelligence to support complex clinical decision-making and the identification and reporting of adverse events.
- "We will use a variety of technologies to improve access to health care, enrich health service delivery, improve the quality of service and patient safety, and increase the efficiency and coordination of care. Through digital and other technologies, we will enable individuals and communities to identify their health needs, participate in the planning and delivery of services and play an active role in maintaining their own health and well-being." - Declaration of Astana, 2018
- Digital technologies collect big data for evidence-based policy decisions, and then help monitor the impact of policies on population health.
- Technologies help to connect health care facilities to remote locations or people's homes through telemedicine, remote care and mobile health systems.

Resources

- Health in the 21st century (OECD, 2019): http://www.oecd.org/health/health-in-the-21st-century-e3b23f8e-en.htm
- Preparing the healthcare workforce to deliver the digital future (NHS, UK): *https://topol.hee.nhs.uk*
- Digitalization: Potentials and Pitfalls from a Public Health Perspective (Supplement to the European Journal of Public Health): https://academic.oup.com/eurpub/issue/29/Supplement_3

- State of Health in the EU. Companion Report 2019 (Chapter 2. Harnessing the digital transformation of health promotion and disease prevention): https://ec.europa.eu/health/sites/health/files/state/docs/2019_companion_en.pdf
- Artificial Intelligence: How to get it right, Putting policy into practice for safe data-driven innovation in health and care: https://www.nhsx.nhs.uk/assets/NHSX_AI_report.pdf
- Thinking on its own: Artificial Intelligence in the NHS: https://reform.uk/sites/default/files/2018-11/AI%20in%20Healthcare%20report_WEB.pdf
- EUROHEALTH: Digital Health Systems: https://apps.who.int/iris/handle/10665/326127

References

- https://www.who.int/news-room/fact-sheets/detail/nursing-and-midwifery
- https://www.who.int/docs/default-source/documents/world-health-day-2020/who-whd-yonm-toolkit-20200325-resolution-fixed.pdf?sfvrsn=87dd94c9_2
- http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/coronavirus-disease-covid-19-outbreak-technical-guidance-europe/strengthening-the-health-systems-response-to-covid-19#434586
- https://www.who.int/docs/default-source/primary-health-care-conference/digital-technologies.pdf?sfvrsn=3efc47e0_2(accessed

Wednesday 13 May
Staying together for mental health

Description: Mental health is an integral and essential component of health. Children, adolescents, adults and older people can all experience mental health conditions. In times when many people experience loneliness, it is important to be able to seek and receive support from the community around us. Which examples of mental health support can you share?

COVID-19 and staying together for mental health: coping with stress in the context of the COVID-19 pandemic; volunteering; social cohesion; staying together as a European Union; bereavement, grief and funeral arrangements; social/physical distancing vs social isolation; vulnerable populations; access to mental health services

Other sub-themes: Social support networks; social capital; being alone versus being lonely; community support; mental health throughout the life course; mental health wellbeing; self-care; suicide prevention; asking for help

See Theme page

Key messages

1. **It is natural and normal to feel anxious or scared when faced with a challenge like the COVID-19 pandemic, so don't be afraid to seek help or talk to someone about how you are feeling, and let people who may also be struggling know that they are not alone. Mental health issues can happen to any of us.**
2. **Look after yourself and be supportive to others. Assisting others in their time of need can benefit the person receiving support as well as the helper. Working together as one community can help to create resilience and solidarity in addressing COVID-19 together.**
3. **People who are infected by COVID-19 have not done anything wrong, and they deserve our support, compassion and kindness.**
4. In the current COVID-19 crisis, when isolated, try as much as possible to stay connected, keep your personal daily routines including physical exercise, and limit news consumption.
5. There is no health without mental health. Mental health needs our daily attention just as much as physical health.
6. Mental health is everyone's business; it affects the lives of people living with mental problems, their careers, and the productivity of society as a whole.

7. Special attention should be given to providing adequate psychosocial support during times of health or economic crises and transition – particularly for vulnerable populations, such as children, migrants and refugees, those with pre-existing conditions, and frontline health workers.

Other facts and figures

- With social distancing affecting also psychosocial services, it is important to ensure that counselling and therapy sessions remain accessible through digital mental health solutions or phone-based approaches where internet connection does not allow patients to use them.
- It is important to provide psychosocial support for those working in the COVID-19 response (doctors, nurses, care workers).
- Mental health conditions are one of the leading causes of disease and disability in Europe. The estimated prevalence of mental health conditions in the WHO European Region was 110 million in 2015, equivalent to 12% of the entire population at any one time. Inclusion of substance use disorders increases that number by 27 million (to 15%), while inclusion of neurological disorders such as dementia, epilepsy and headache disorders increases the total by more than 300 million (to 50%).
- Roughly one in four adults (18–65) in Europe experienced at least one mental health conditions in the past year (e.g., problems arising from substance use, psychoses, depression, anxiety, and eating disorders).
- In addition to the emotional cost of individual suffering, for both the affected and their family and friends, mental health conditions are also financially costly to health systems and society through the use of health care services and loss of productivity.
- Loneliness, social isolation and social exclusion are risk factors of ill health among older people, in particular in the absence of family networks or insufficient support for families.
- Besides the impact on people's well-being, the total costs of mental ill-health are estimated to be over EUR 600 billion – or more than 4% of GDP – across the 28 EU countries.
- People with poor mental and physical health are at increased risk of job loss. This contributes to poor health amongst the unemployed and highlights the need for policy focus on the health and welfare of out of work individuals, including support preparing them for re-employment.
- Experiencing social adversities in adolescence increases the risk of entering unfavourable developmental trajectories of mental health until middle age.
- Every 40 seconds, someone in the world loses their life to suicide.
- Many people with long-term physical health conditions also have mental health conditions. These can lead to significantly poorer health outcomes and reduced quality of life.

Resources

- Coronavirus: 8 ways to look after your mental health (and other resources on COVID-19 and mental health in multiple European languages) by Mental Health Europe: https://www.mhe-sme.org/covid-19/
- Mental health and psychosocial considerations during COVID-19 Outbreak (WHO) – for the general population, healthcare workers, team leaders, care providers for children, older adults and people in isolation: https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf

- UN inter-agency standing committee (IASC) guidance on mental health and psychosocial support and COVID (translated into more than 20 languages): https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/interim-briefing
- Psychological first aid can be taught to and delivered by anyone and is an effective way to mitigate the psychological impacts of COVID-19 among the wider population but also health workers – WHO resource on psychological first aid: https://www.who.int/mental_health/publications/guide_field_workers/en/
- Remote Psychological First Aid during the COVID-19 outbreak: Guidance from the International Federation of Red Cross and Red Crescent Societies: https://app.mhpss.net/?get=354/ifrc-ps-centre-remote-psychological-first-aid-during-a-covid-19-outbreak-interim-guidance.pdf
- Addressing mental health and psychosocial aspects of COVID-19 outbreak (Inter-Agency Standing Committee): https://app.mhpss.net/?get=354/iasc-interim-briefing-note-on-covid-19-outbreak-readiness-and-response-operations-mhpss_0.pdf
- Response to sexual and gender-based violence (SGBV) in quarantine centers: https://shop.icrc.org/prevention-and-response-to-sexual-and-gender-based-violence-in-covid-19-quarantine-centres.html?___store=fr&_ga=2.6845042.1717285218.1585903126-1456951302.1585903126
- Public mental health - track report from the European Public Health Conference in Ljubljana, Slovenia, 2018: https://eupha.org/repository/advocacy/Public_mental_health_in_2018_-_EUPHA_report_on_the_mental_health_track_at_Ljubljana_2018.pdf
- E-collection on public mental health (European Journal of Public Health): https://academic.oup.com/eurpub/pages/mental_health_and_mental_disorder
- What emergency workers, health workers, teachers and employers can do to help prevent suicide (videos): https://www.who.int/health-topics/suicide/campaign-materials-animations
- Do you know someone who may be considering suicide? https://www.who.int/campaigns/world-health-day/2017/handouts-depression/suicide-04.pdf?ua=1
- Do you feel like life is not worth living? https://www.who.int/campaigns/world-health-day/2017/handouts-depression/life-worth-living-03.pdf?ua=1
- Mental health resources from the WHO Regional Office for Europe: http://www.euro.who.int/en/health-topics/noncommunicable-diseases/mental-health
- WHO Factsheet on adolescent mental health: http://www.euro.who.int/en/health-topics/noncommunicable-diseases/mental-health/data-and-resources/fact-sheet-adolescent-mental-health-in-the-who-european-region
- EU-Compass for Action on Mental Health and Wellbeing: https://ec.europa.eu/health/non_communicable_diseases/mental_health/eu_compass_en
- Resources for people experiencing suicidality:
  - https://afsp.org/find-support/
  - https://www.thetrevorproject.org/get-help-now/

References

- https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf
- http://www.euro.who.int/en/health-topics/noncommunicable-diseases/mental-health
- https://eupha.org/repository/advocacy/Public_mental_health_in_2018_-_EUPHA_report_on_the_mental_health_track_at_Ljubljana_2018.pdf

- http://www.euro.who.int/en/health-topics/noncommunicable-diseases/mental-health/data-and-resources/fact-sheet-mental-health-2019)
- http://www.oecd.org/health/mental-health-problems-costing-europe-heavily.htm
- https://academic.oup.com/eurpub/article/26/2/312/2570411
- https://academic.oup.com/eurpub/article/26/1/23/2467404
- https://www.who.int/news-room/events/detail/2019/10/10/default-calendar/world-mental-health-day-2019-focus-on-suicide-prevention
- https://www.kingsfund.org.uk/sites/default/files/field/field_publication_file/long-term-conditions-mental-health-cost-comorbidities-naylor-feb12.pdf
- https://app.mhpss.net/?get=354/iasc-interim-briefing-note-on-covid-19-outbreak-readiness-and-response-operations-mhpss_0.pdf

Thursday 14 May
Equal health for all

Description: More equality in health will create more equal societies. Improving health and well-being for all will bring wider economic, social and environmental benefits. The circumstances in which we are born, grow up, live, work and age should not affect our chance of good health. How does your region ensure equal health for all?

COVID-19 and equal health for all: the importance of public health; at-risk groups

Other sub-themes: Social and economic inequalities; leaving no one behind; vulnerable groups e.g. homeless, ethnic minorities, LGBT

See Theme page

Key messages

1. **At a time of crisis due to COVID-19, we must ensure that the same protection and services are afforded to everyone in society and be particularly mindful of the most vulnerable. Vulnerable groups must be protected from the adverse impacts of the pandemic response measures as well as from the coronavirus itself.**
2. **The health sector's actions and interventions are necessary but health inequalities will not be eradicated by health systems alone. Only if we have the political and communication skills can the public health community work with sectors outside of health – agriculture, education, housing, industry, and others contributing to better living conditions – to reducing inequalities and improving health and well-being for all.**
3. **Evidence alone will not bring about behaviour change. What is needed is a political commitment to bring about change. For this, all drivers influencing health, including the social, political and commercial determinants, need to be taken into account.**
4. Ill health among the most disadvantaged is not simply bad luck or the result of poor health care but results from a combination of unfair economic arrangements, poor social policies, and stigma.
5. All actors in public health policy should commit to leaving no one behind, voicing knowledge, translating evidence to politics, building capacity and including health in all policies.
6. Reducing health inequalities is crucial to ensure better health for the population as a whole, which will result in a positive development of the society.

Other facts and figures

- In some countries, for some indicators, there have been improvements but unfortunately, most factors influencing health equality have not changed in the last ten years.
- There is a housing crisis and a rise in homelessness; an increasing number of people have insufficient money to lead a healthy life; and there are more ignored communities with poor conditions and little reason for hope.
- National programmes in various European countries to tackle health inequalities have so far been only partly successful, and have shown that we need to re-think what is needed to measurably reduce health inequalities.
- Stigma not only directly impacts health, but it may also lead to economic disadvantages, disadvantages in the healthcare system, and risk for homelessness; all with their own toll on health. Many vulnerable groups deal with stigmas based on various motivations: xenophobia, racism, homophobia etc.

Resources

- The Marmot Review 10 Years On: http://www.instituteofhealthequity.org/resources-reports/marmot-review-10-years-on
- Reducing social inequalities in cancer: Evidence and priorities for research (International Agency for Research on Cancer - IARC): https://publications.iarc.fr/Book-And-Report-Series/Iarc-Scientific-Publications/Reducing-Social-Inequalities-In-Cancer-Evidence-And-Priorities-For-Research-2019
- EuroHealthNet Policy Briefings: https://eurohealthnet.eu/publications/policy-precis
- EuroHealthNet Annual Reports: https://eurohealthnet.eu/publications/annual-reports
- Class Inequalities in Health and the Coronavirus: A cruel irony? (University of Surrey blog) https://blogs.surrey.ac.uk/sociology/2020/03/23/class-inequalities-in-health-and-the-coronavirus-a-cruel-irony/

References

- http://www.euro.who.int/en/health-topics/health-determinants/social-determinants/health-equity-status-report-initiative/health-equity-status-report-2019
- https://eupha.org/repository/advocacy/Ljubljana_statement/Ljubljana_statement-_final_incl_logos_20190121.pdf
- http://www.instituteofhealthequity.org/resources-reports/marmot-review-10-years-on
- https://eupha.org/repository/conference/2014/Glasgow_2014_declaration.pdf

Friday 15 May
Grow old, grow healthy

Description: Our societies are ageing, with an increasing portion of the population being aged 65 and older. People are living longer, though not always in good health. Healthy ageing is about age-friendly environments and integrated delivery of long-term care. It's also about identifying older people as active contributors to society rather than patients. How do you promote healthy ageing?

COVID-19 and grow old, grow healthy: social isolation and loneliness in older people; protecting older people (including vaccinations, e.g. seasonal influenza and pneumococcal disease); solidarity; (preventing and managing) frailty and multimorbidity

Sub-themes: Healthy ageing; frailty prevention; physical activity; psychosocial element of healthy ageing, e.g. social participation; how society sees the value of older people; older people's active role beyond being a patient; health promotion; social capital

See Theme page

Key messages

1. **'Older people are at highest risk from COVID-19, but all must act to prevent community spread.' – Hans Kluge, WHO Regional Director for Europe**
2. **During the COVID-19 pandemic, when older people are encouraged to stay at home, regular, moderate physical activity can help to maintain muscle strength and cognitive function, reduce anxiety and depression, and prevent disease.**
3. **'I am reminding governments and authorities that all communities must be supported to deliver interventions to ensure older people have what they need. All older people should be treated with respect and dignity during these times. Remember, we leave no one behind.**' - **Hans Kluge, WHO Regional Director for Europe**
4. Healthy ageing is an important prerequisite for employment, volunteering, knowledge sharing and economic spending, through which older people are an asset to society.
5. Actions to combat loneliness, social isolation and social exclusion in older people include fostering intergenerational relations, positive media reporting about this age group, access to social services by phone and training in the use of technology.
6. Older people are experts on their needs and what is important to them. To provide person-centred integrated care, older people must actively be involved in the decision making about their health and social services.

7. Nurses and support workers are key health professionals who support and care for older people. It is vital that these workers are protected from COVID-19 through adequate training, protective equipment and up to date information on how to recognise and respond to the symptoms of COVID-19.

Other facts and figures

- Many informal care workers provide care for older people and are often left unprotected. It is important that we make personal protective equipment available for these workers during the COVID-19 pandemic.
- Advanced age should not by itself be a criterion for excluding patients from specialized hospital units.
- During the coronavirus outbreak, older people might experience an understandable slowing down in the discharge from acute care to rehabilitation/post-acute care units. This generates prolonged hospital stays with increased risk of iatrogenic consequences. We should make all the necessary efforts for the patients discharged from acute care units and probably use more home care facilities for rehabilitation purposes.
- Digital devices can facilitate social care and support to older and disabled people, helping health workers and social workers to address priority conditions including mobility limitations, vision and hearing loss, depressive symptoms, and rehabilitation of older survivors of COVID-19.
- If older people reach a point where they can no longer care for themselves and access to rehabilitation without support and assistance, access to good-quality long-term care is essential for such people to maintain their functional ability, enjoy basic human rights and live with dignity.
- Health-promotion and disease-prevention measures to tackle the common risk factors for non-communicable diseases can contribute greatly to healthy ageing. For example, the European Region has the highest alcohol consumption in the world. The average in the European Union, almost 3 drinks per person per day, is more than double the world average. Tobacco consumption is also relatively high in many European countries.
- Loneliness, social isolation and social exclusion are risk factors of ill health among older people, in particular in the absence of support from family networks.
- Lack of assistive products and rehabilitation services can mean older people are isolated and excluded from work, family and community life with increased expenses leading to poverty.
- There are currently 2.5 times more women than men among the people aged 85 years and over in the WHO European Region.
- The prevention of communicable diseases and health education and literacy are important tools to empower older people.
- By 2050, 80% of older people will be living in low- and middle- income countries.
- Urban areas with public space, walking circuits, and pedestrian paths can contribute to improved well-being, especially in older people.

Resources

- Healthy Ageing resources by the WHO Regional Office for Europe: http://www.euro.who.int/en/health-topics/Life-stages/healthy-ageing
- Supporting older people during the COVID-19 pandemic is everyone's business (Press briefing with Hans Kluge, WHO Regional Director for Europe): http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-

19/news/news/2020/4/supporting-older-people-during-the-covid-19-pandemic-is-everyones-business

- European Innovation Partnership on Active and Healthy Ageing by the European Commission: https://ec.europa.eu/eip/ageing/home_en
- Statement from the European Geriatric Medicine Society on the COVID-19 pandemic: https://www.eugms.org/news/read/article/489.html
- Global strategy and actin plan on ageing and health: https://www.who.int/ageing/global-strategy/en/
- World report on ageing and health: https://www.who.int/ageing/events/world-report-2015-launch/en/

References

- http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/statements/statement-older-people-are-at-highest-risk-from-covid-19,-but-all-must-act-to-prevent-community-spread
- http://www.euro.who.int/en/about-us/regional-director/statements/statement-every-country-needs-to-take-boldest-actions-to-stop-covid-19
- https://academic.oup.com/eurpub/pages/urban_design_and_health
- http://www.euro.who.int/en/health-topics/Life-stages/healthy-ageing/data-and-statistics
- https://www.who.int/docs/default-source/primary-health-care-conference/digital-technologies.pdf?sfvrsn=3efc47e0_2(accessed
- https://www.eugms.org/news/read/article/489.html
- https://www.who.int/news-room/fact-sheets/detail/ageing-and-health
- https://www.eugms.org/news/read/article/489.html

The European Public Health Association, or EUPHA in short, is an umbrella organisation for public health associations in Europe. Our network of national associations of public health represents around 20'000 public health professionals. Our mission is to facilitate and activate a strong voice of the public health network by enhancing visibility of the evidence and by strengthening the capacity of public health professionals. EUPHA contributes to the preservation and improvement of public health in the European region through capacity and knowledge building. We are committed to creating a more inclusive Europe, narrowing all health inequalities among Europeans, by facilitating, activating, and disseminating strong evidence-based voices from the public health community and by strengthening the capacity of public health professionals to achieve evidence-based change.

EUPHA - European Public Health Association
E-mail office@eupha.org
Internet www.eupha.org
Twitter @EUPHActs