CELEBRATING HEALTHY POPULATIONS
13-17 MAY 2019
Join the first ever European Public Health WEEK!

5 DAYS, 5 THEMES

MONDAY 13 MAY
Being physically active
TUESDAY 14 MAY
Healthy environments
WEDNESDAY 15 MAY
Care 4 Care
THURSDAY 16 MAY
Sustainable and healthy diets
FRIDAY 17 MAY
Youth mental health

GET INVOLVED!
For all professionals and citizens contributing to better public health at local, national, regional and European level.

Find out more at eupha.org/European_Public_Health_WEEK_2019
Contact EUPHA.communications@eupha.org

As an initiative by the European Public Health Association (EUPHA), co-organised by the European Commission and co-financed by the EU Health Programme, Supported by the WHO Regional Office for Europe.

ZA PO-ZDRAVLI OBOZNOSTI
13-17 MAJ 2019
Включете се в първата по реда си Европейска СЕДМИЦА на общественото здраве!

5 ДНИ, 5 ТЕМИ

ПОНЕДЕЛИК 13 МАЯ
БЪДЕТЕ ФИЗИЧЕСКИ АКТИВНИ
ВТОРИНИК 14 МАЯ
ЗДРАВОСЪОБРАЗНА ОКРЪЖНА СРЕДА
СРЯДА 15 МАЯ
ЗА ЗДРАВЕНА ПОМОЩ
ЧЕТВЪРТЪК 16 МАЯ
УСТОЙЧИВО И ЗДРАВОСЪОБРАЗНО УПРАВЛЕНИЕ
ПЯТЪК 17 МАЯ
УПАТНО ЗДРАВЕ НА ПОДДЪРЖАЩИТЕ

ВКЛЮЧЕТЕ СЕ!
За всички специалисти и граждани, които дават своя принос за по-добро обществено здраве на местно, национално, регионално и европейско ниво.

НАУЧЕТЕ ПОВРЕХА eupha.org/European_Public_Health_WEEK_2019
ЗА КОНТАКТИ eupha.communications@eupha.org

Инициирана на Европейската комисия за общественото здраве. Организирана съвместно с Европейската комисия и съфинансирана от здравната програма на ЕС.

Съфинансирана от здравната програма на Европейската комисия.
European Public Health Week
13-17 May 2019

EUPHA scored that the first ever European Public Health Week has been a great success in promoting public health all over Europe.

During the kick-off event in Brussels on 13 May, transmitted directly in Youtube, EUPHA President Natasha Muskat underlined that Bulgaria is among the most actively participating countries.

In fact, BPHA registered and realised 27 numerous varied events in all its branches in Pleven, Sofia, Ruse, Varna, Plovdiv, and Stara Zagora.
SUMMARY

of events organised by BPHA
during the five days of European Public Health Week
European Public Health Week
13-17 May 2019

Monday 13 May 2019

Becoming, being and remaining physically active
1. Opening the European Public Health Week in Bulgaria with an interview of the President of Bulgarian Public Health Association assoc. prof. dr Gena Grancharova on Bulgarian National Radio “Horizon” emitted at 06:15 within the broadcast “Before all”.

The second-year medical student Ina Nikolova, initiator and organiser of this event, wrote impressive words to the video, published with EUPHW hangtag: “I challenge everyone who’s watching the video to be more physically active – work to work/school, take the stairs instead of the elevator or just put some music on and dance alone. These small steps can make a big difference”.

2. Pleven - Flash mob at the central square in Pleven realised by Trifonov Dance Academy with participation of medical students under the music of the motto of the first day „I like to move it, move it”
3. Pleven - Faculty of Public Health - Sport event organised by BPHA members from the Department of Physical medicine, medical rehabilitation, ergotherapy and sport“ with active participation of students in the specialty “Medical rehabilitation and ergotherapy”
4. Pleven – Faculty of Public Health. MU-Pleven - Interview of assoc. prof. Tanya Megova, member of BPHA, on “Physical activity as a prerequisite for quality of life” on Zetra TV in the broadcast of Mariana Vlahova “View point”
5. Ruse - Sport event at Ruse University “Angel Kanchev” under the motto “Physical activity, health and energy in all ages”, organised by assoc. prof. Iskra Ilieva, member of BPHA
6. Stara Zagora – Medical Faculty at Tracian University - Sport event organised by BPHA member assoc. prof. Ruska Paskaleva, Department of medical rehabilitation and ergotherapy
7. Stara Zagora – Medical College at Tracian University - Long-distance walk through the city to the park Ayazmoto aimed to promote physical activity, organised by prof. Hristina Milcheva, member of BPHA, Director of Medical College
8. Two seminars in a secondary school “St. St. Ciril & Metodius”, town of Kozloduy, under the title “Sport – lost of time or investment in your health”, organised by Deyan Miroslavov, 2nd year student at the Medical University of Pleven, with support of BPHA
9. Stara Zagora - Medical Faculty - Seminar and training programme “Physical activity and rehabilitation for prevention of osteoporosis” for women at risk of osteoporosis, organised by assoc. prof. Borislava Chakarova, new member of BPHA
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Tuesday 14 May 2019
Healthy environments
10. Plovdiv – Faculty of Public Health - Lecture and seminar “Smoking and hookah`s usage-facts, delusions and risks”, organised by assist. prof. Elka Toseva and assoc. prof. Rositsa Dimova, members of BPHA, with students of 8\textsuperscript{th} grade at the National Art High School
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Wednesday - 15 May 2019
Care 4 Care
11. The most significant BPHA event at the EUPHW Scientific Conference “For better health at local level”, organised in collaboration with the Municipality of Pleven

The programme included 6 multimedia presentations on significant problems of medico-social care at local level, presented by two representatives of BPHA (assoc. prof. Penka Stefanova and Paulina Kirova – a secretary of Pleven Municipality), representatives from Lovech municipality, municipality of Targovishte and two centres in Pleven.

A deputy-Mayor of Pleven Municipality, directors of health and social centres, over 100 health and social care specialists, academic staff and students from different specialties of the Medical University of Pleven participated in the conference.
11. Pleven – Faculty of Public Health - Conference “Better health at local level”
12. Pleven – Faculty of Public Heath
Public Health Ethics movie evening. The Warner Brothers movie "Outbreak" was presented to address some key public health ethics issues: non-maleficence principle, control of infectious diseases and others. After the movie, these problems were discussed by the specialists in epidemiology with Bulgarian and foreign students.
13. Ruse – Faculty of Public Health and Health Care, Ruse University “Angel Kanchev” - Seminar “Risk factors for health”, organised by prof. Ivanichka Serbezova, member of BPHA, in collaboration with specialists from the Regional Health Inspection
14. Ruse – Faculty of Public Health and Health Care, Ruse University “Angel Kanchev” - Seminar “Prevention of women’s health”, organised by prof. Ivanichka Serbezova, member of BPHA
15. Sofia - Series of lectures “Risk factors for chronic noncommunicable diseases”, presented by specialists from the National Centre of Public Health and Analyses” (NCPHA) prov. Veselka Duleva, experts Ivelina kamel, Dr Rositsa Chaparova and Dorotea Velikowa, all members of BPHA, during Bulmedica-Buldental Expo, Sofia
16. Stara Zagora – Medical Faculty at Tracian University - Campaign “Pilot screening of women in risk of osteoporosis”, organised by assoc. prof. Borislava Chakarova, new member of BPHA
17. Plovdiv – Faculty of Public Health - Lecture and video on the subject “Sexual and reproductive health in teenagers”, organised by prof. Elka Toseva and assoc. prof. Rositsa Dimova, members of BPHA, at the Professional school of transport, in collaboration with the Regional Health Inspection
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Thursday 16 May 2019
Sustainable and healthy diets
18. Pleven – Faculty of Public Health, MU-Pleven - Interview of assoc. prof. Vanya Birdanova, member of BPHA, on “Healthy diets and quality of life” on Zetra TV in the broadcast of Mariana Vlahova “View point”
19. Pleven – Faculty of Public Health, MU-Pleven - Seminar on the problems of healthy diets and prevention of obesity, organised by 2\textsuperscript{nd} year medical students with pupils 10-12 years of age at the primary school “Vasil Levski”
21. Sofia – NCPHA - Campaign “Free consultations on nutrition and diets” for children and adults at the Medical Centre Provita, provided by assoc. prof. Lalka Rangelova, specialist from the National Centre of Public Health and Analuses, member of BPHA
22. Sofia – Interview of assoc. prof. Lalka Rangelova, NCPHA, on TV SKAT under the moto “Healthy diets without planetary borders” in prof. Hristo Deyanov’s show “Zdravoslovno“ and mobile link with assoc. Prof. Gena Grancharova, President of BPHA
23. Stara Zagora – Medical Faculty at Tracian University – Lecture “Health promotion: preventive diets against osteoporosis“, organised by assoc. prof. Borislava Chakarova, new member of BPHA
24. Varna – Faculty of Public Health – Lecture for medical specialists under the moto ”Food, diets and health“, organized by assoc. prof. Darina Naydenova, member of BPHA, Department of Hygiene and epidemiology
25. Stara Zagora – Medical College at Tracian University – Seminar on healthy diets for pregnant women and breastfeeding mothers with multimedia presentations of students in midwifery
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Tuesday 17 May 2019
Youth mental health
26. Varna – Faculty of Public Health – Festival „Sport, sea and health“, a large-scale event of scientific, cultural, art, sport and other initiatives for students, academic staff and citizens of Varna
27. Pleven – Faculty of Public Health – Round table on problems of youth mental health, organized by Alexander Todorov, a physician undergoing specialization in mental health, with students in different specialties at the Medical University of Pleven
CONCLUSION
In the variety of events, realized by Bulgarian Public Health Association over 1000 participants were involved. The main objective of all events was an improvement of awareness of young generations and other population age groups on current public health problems and engagement of today’s and future health specialists in promotion of healthy lifestyle as a prerequisite for better quality of life.

We hope our messages have reached thousands of people and will have long-term effects.