



# HEALTHY SEIXAL PROJECT All Together for Health

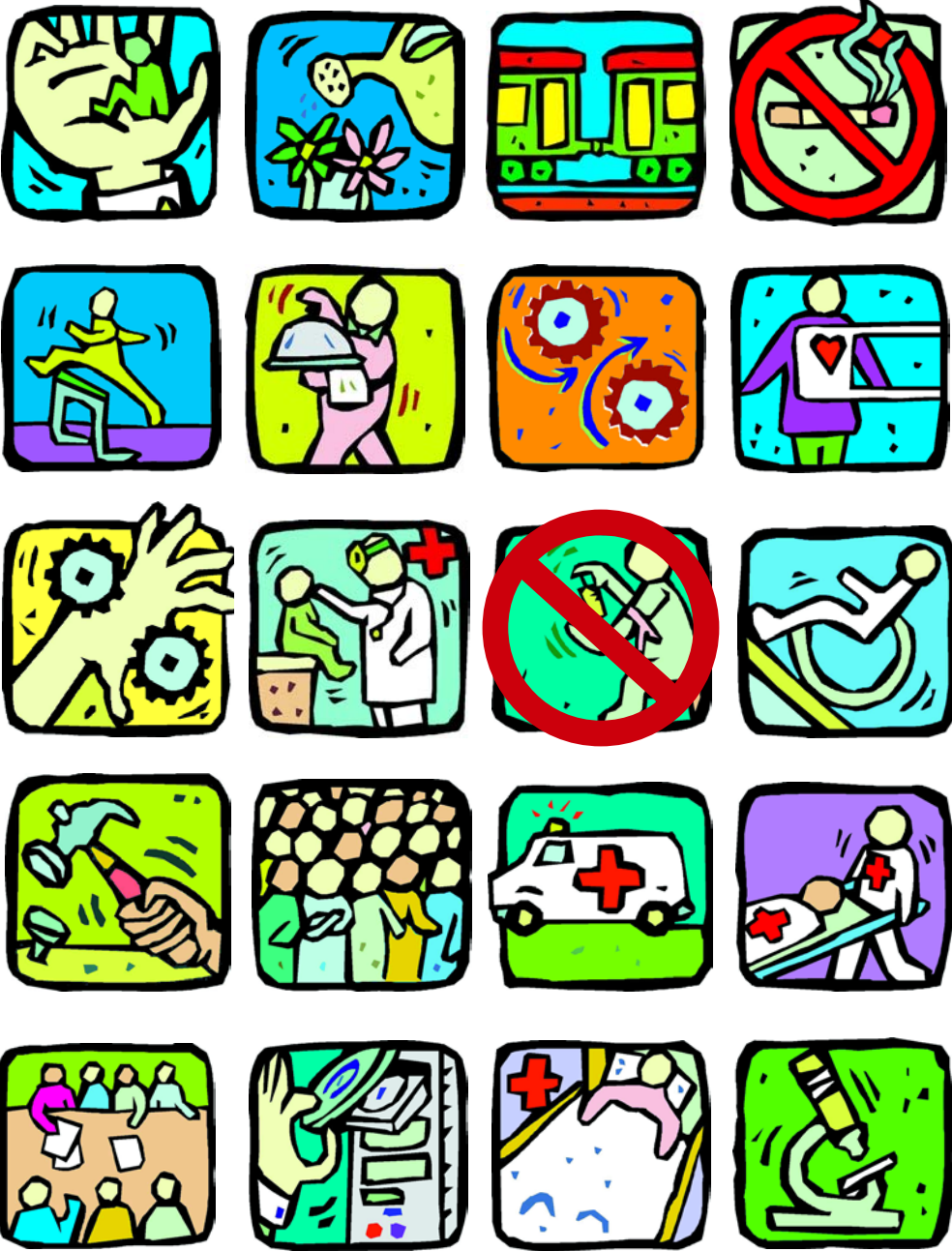


*Every location of social life and activity,  
such as the city, school, the workplace,  
the residence place and the dwelling should  
provide better opportunities for health promotion.*

*(WHO, 1991)*

## THE CITY COUNCIL OF SEIXAL

# THE PROGRAMMES OF THE PLAN



## Fighting against the inequalities in health



- Proceeding and incrementing the Special Re-housing Programme;
- Ensuring the total coverage of the families affected by the presuppositions of the Programme of the Minimal Guaranteed Income (RMG);
- Ensuring up to 2005 the total coverage of the public network of the pre-school education of the Municipality;
- Implementing the Second Opportunity School - integrating the European network - for young people without the minimal compulsory education.

## Guaranteeing a quality physical environment



- Proceeding the implementation of the Municipal Directive Plan in the sectoral level: Road Circulation and Transport Plan, Integrated Plan of the Treatment of Solid Waste, Integrated Plan of the Treatment of Sewage Water, Seixal Bay Improvement Plan, Green Charter, School Charter, Sports Facilities Charter, Investors' Charter, Health Charter (being executed);
- Ensuring an efficient selective collection of solid waste;
- Increasing the areas of green spots in the urban centres of most population concentration;
- Making an awareness campaign among the business companies, so that they treat adequately their effluents and waste;
- Promoting the Seixal Bay Improvement Plan;
- Creating an open line for the environment, connected to an operational team for the intervention in emergency situations.

## Improving accessibility and the housing conditions



- Executing the Road Circulation and Transport Plan of the Municipality;
- Besides the accomplishment of the Special Re-housing Programme, developing support actions in the recuperation of run-down dwellings, namely in ancient centres and in state controlled neighbourhoods.



## Fighting smoking



- Collaborating in the ESFA (European Smoking Prevention Framework Approach) in the research and prevention of tobacco consumption up to 2001. The project involves 6 European countries and it is technically and administratively directed by the University of Maastricht.
- Increasing the individual and collective awareness about the effects of passive smoking.
- Implementing a health service for helping the smoker to stop smoking.

## Encouraging physical activity



- Proceeding with implementation of the Sports Development Plan;
- Continuing with the programme of endowment of Primary Schools with facilities for the regular practice of sports activities;
- Endowing all Preparatory and Secondary Schools with facilities for the regular practice of sports activities;
- Proceeding with the dynamisation of specific programmes for the practice of swimming among the elderly and handicapped population;
- Promoting regular activities in accordance with the European Programme CINDI (Prevention of chronic non-communicable diseases);
- Continuing the “Renascence” Programme - physiotherapy in the community - for the rendering of healthcare directed at chronic patients, rendering of home healthcare in situations such as AVC and fracture of the neck of femur, and prevention of problems related to the vertebral column and insufficient mobility.

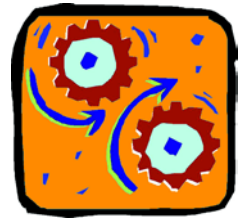
## Promoting alimentary hygiene and quality



- Creating incentives to promote the hygiene and quality of food in the restaurant and catering industry;
- Developing the programme for the alimentary support in schools;
- Developing a support programme for the neediest families;



## Promoting mental health



- Publicising the “SOS” lines for imminent risk situations;
- Enlarging the intervention capacity of the Children’s Protection Committee, for ill-treated children situations;
- Promoting programmes for the accompaniment of isolated people.

## Diminishing cardiovascular diseases and mortality by cancer



- Promoting healthy Life-styles namely: diminishing smoking, increasing physical exercise, healthy eating habits, inciting strategies to cope with stress;
- Promoting the patients’ mobilisation and rehabilitation as precociously as possible;
- Increasing the coverage and quality of home healthcare in the context of the extended healthcare, in articulation with community structures and the volunteers’ network;
- Promoting the information on and the intervention upon known risk factors;
- Promoting a systematic check-up of the mamma cancer among women between 45 and 70 years of age;
- Improving the capacity of precocious diagnosis.

## Preventing accidents



- Reinforcing the epidemiological information and analysis system of accidents in the Municipality of Seixal;
- Corrective measures in the critical spots;
- Improving the traffic signs and roads;
- Casting light towards the problem in its actual dimension as an awareness factor, using the local media;



## Promoting women's, children's and elderly people's health



- Developing specific programmes in the geographic areas of the needy neighbourhoods, through the use of mobile health units;
- Increasing the birth control coverage among women in fertile age and of higher risk;
- Reducing the number of cases of unwanted pregnancy in the 17-year-old age group, allowing a greater accessibility to contraceptive methods;
- Guaranteeing accessible and quality healthcare services for the surveillance of children's health;
- Augmenting the vaccination coverage of children and youth in the highest risk geo-demographic areas, namely in run-down neighbourhoods;
- Responding to the cases of risk and ill-treated children identified by the Children's Protection Committee;
- Ensuring the rendering of integrated home healthcare to elderly people who are dependent at home;
- Dynamise the intersectoral network for the help of the elderly;
- Promoting volunteers' networks;
- Creating an ortoteses ward.

## Fighting against drug addiction



- Increasing the number of attendance centres for adolescents in the community, with a multidisciplinary health team, with specific training for the task;
- Improving the accessibility to the health services, establishing a phone line and E-mail for the attendance of adolescents;
- Enlarging the methadone programme and making it accessible to those who look for it;
- Promoting the establishment of a CAT (Centre for the Attendance of the Drug-addicted) in the Municipality.



## Improving handicapped people's life

- Materialising the programme for the elimination of architectonic barriers and establishing the regulation conditions of the urban planning that promote accessibility;
- Promoting the "Incluir" Project, aiming the social inclusion of children and youth with specific needs.



## Promoting occupational health

- Making the information system operational in what concerns hygiene, security and health at work;
- Creating incentives to foment the culture of the Model Business Company, in terms of Hygiene and Security.



## Promoting the health of the ethnic minorities and of the population in run-down neighbourhoods

- Promoting local development projects in run-down neighbourhoods;
- Facilitating the accessibility to health services;
- Intervening upon the conditioning factors of the environment, thus improving its hygiene and salubrity conditions.



## Augmenting the accessibility and the quality of the healthcare rendering



- Building new facilities of the area of the primary healthcare, in accordance with the needs already detected and with the health charter being elaborated, and re-organising the emergency services;
- Installing permanent attendance services and an hospital unit;
- Reinforcing the citizens' participation in the assessment of the healthcare rendering;
- Promoting the making of quality programmes in the healthcare rendering services;
- Elaborating a user's guide for the utilisation of the health services system as an information support and communication vehicle among the citizens.

## Developing the human resources in health



- Identifying the personnel needs and establishing the functioning rules of the practice of the various professions in the health area;
- Striving for the creation of incentives to reward the performance quality of the network professionals;
- Identifying the potential health agents, teachers, community workers for cultural activities, community leaders, volunteers, etc.; promoting their training and action in the network.

## Promoting the multi-sectoral collaboration and the citizens' participation in health



- Reinforcing a dynamics of multi-sectoral collaboration oriented to health, namely through their presence in the Project Directive Committee;
- Reinforcing the citizens' participation in the decisions and execution of the project, through the local system of information, audition and intervention.



## Fomenting the information and assessment systems in health



- Creating the project's database;
- Establishing protocols with university institutions and others for the gathering and processing of specific information, namely the support to research projects and as external assessors outside the system;
- Creating an Internet page and maintaining it permanently updated;
- Creating quick and updated information mechanisms for the accompaniment of WHO health indicators in the city.

## Preventing communicable diseases



- **For the Prevention and control of Tuberculosis:** improving the information about the tuberculosis cases and epidemiological surveillance; taking measures to avoid the abandonment of the therapy; improving the information to the community concerning the prevention of the disease;
- **For the Prevention and control of HIV/AIDS:** Raising the chemists' awareness towards the syringe exchange programme; developing programmes of HIV/AIDS prevention in the school community (compulsory and secondary levels); stimulating good attitudes for the prevention of the disease;
- **For the Prevention of Hepatitis B and other diseases preventable by vaccination:** promoting the vaccination of groups in accordance with the Health General-Directorate regulations; making special vaccination programmes in areas of higher risk, using mobile units.

## Promoting the investigation in health

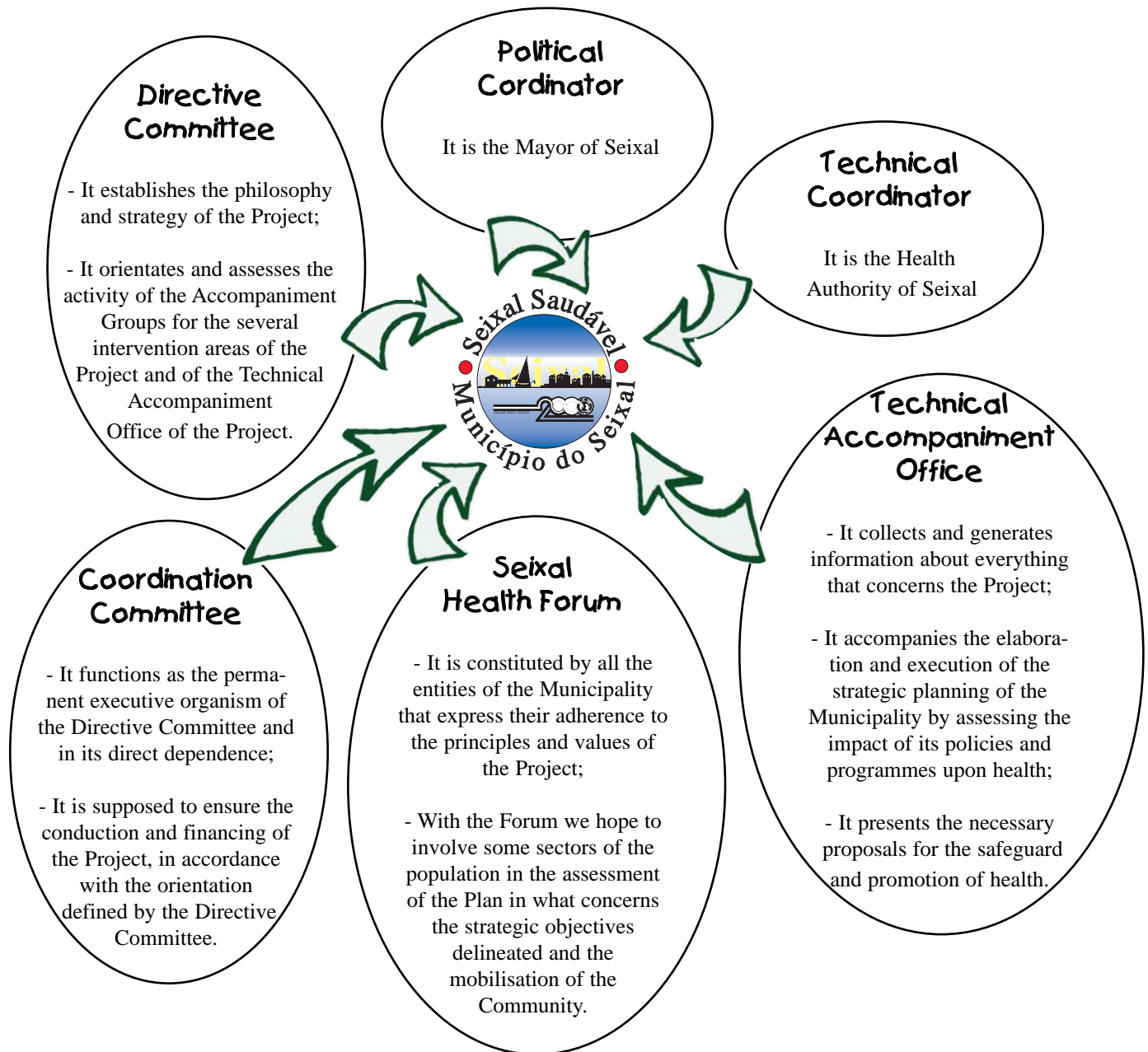


- Collaborating in the ESFA Project (European Smoking Prevent Framework Approach) directed by the University of Maastricht;
- Collaborating in the Investigation Project of adolescent pregnancy, conducted by the Health General-Directorate;
- Promoting the investigation in the context of the assessment of the Project and of support to the intervention and decision of the Directive Committee.



# How we are organised

There are several organisms working towards a Healthy Seixal.



# The Members of the Directive Committee

- \* The Mayor of Seixal
- \* The Councillor responsible for the Cultural, educational, Sports, Social Service and Youth Areas in the City Council of Seixal;
- \* The Councillor responsible for the Urbanistic Administration, Municipal Constructions and Social Housing Areas in the City Council of Seixal.
  - \* The Councillor responsible for the Health and Drug Addiction Prevention Areas in the City Council of Seixal.
  - \* The Councillor responsible for the Environment and Urban Services Areas in the City Council of Seixal.
  - \* The Councillor responsible for the Infrastructures and Accessibility Areas in the City Council of Seixal.
- \* The Councillor responsible for the Civil Protection and Consumer's Defence Areas in the City Council of Seixal.
  - \* The Director of the Local Administration and Finance Department in the City Council of Seixal.
  - \* The Director of the Cultural, Educational, Sports and Youth department in the City Council of Seixal.
  - \* The Director of the Sanitation, Infrastructures and Transport Department in the City Council of Seixal.
    - \* The Director of Planning and Urbanism Department in the City Council of Seixal.
    - \* The Director of the Collective Facilities in the City Council of Seixal.
    - \* The Director of the Environment and Urban services in the City Council of Seixal.
  - \* The Head of Division of the Municipal Directive Plan of the City Council of Seixal.
    - \* The Coordinator of the Health Office in the City Council of Seixal.
    - \* The Coordinator of the Social Service Office in the City Council of Seixal.
  - \* The Coordinator of the Technical Accompaniment Office of the Healthy Seixal Project.
    - \* The Responsible Officer for the Municipal Consumer's Information Centre.
    - \* The Chairwoman of the Municipal Parish Council of Amora.
  - \* The Health Authority of Seixal and Technical Coordinator of the Healthy Seixal Project.
    - \* The Directress of the Health Centre of Seixal.
    - \* The Director of the Health Centre of Amora.
    - \* The Directress of the Health Centre of Corroios.
  - \* President of the Children's Protection Committee in the Municipality of Seixal.
  - \* The Coordinator of Social Service of Almada and Seixal of the Regional Social Security Centre.
  - \* The Director of the Employment Centre of Seixal of the Employment and Professional Training Institute.
- \* The Director of the Professional Training Centre of Seixal of the Employment and Professional Training Institute.
  - \* The Commander of the Police Station of Cruz de Pau.
  - \* The President of the Directing Board of the Volunteer Firemen of Seixal.
  - \* The President of the Red Cross Delegation of Seixal.
  - \* The Delegate of the National Pharmacies Association in Seixal.
- \* The President of the Association of Sand Extractors and Autarchy for the Preservation of the Environment in Seixal.
  - \* Representatives of the Educational Community, Environmentalist Movement, Trade Unions, Elderly People's Associations, Youth Associations, Handicapped People's Organisations, Ethnic Minorities, Cultural and Recreational Collectivities, Private Institutions of Social Solidarity, and of the Catholic Parishes.



## The Community is already participating

The process leading to a Healthy Seixal can only be developed with the actual participation and involvement of the entire community, being of extreme importance not only the establishment of partnerships, but also the setting out of initiatives by the population itself.

**The community and all local agents must undertake an active and intervening role.**

## How you can contact us

The contacts of the “Healthy Seixal” Project are:

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