Session 1

Health in European regions

Euregion Meuse-Rhine (EMR) „EuPrevent“

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Euregion Meuse-Rhine
Targets „EuPrevent“

- Promotion of projects in prevention
- An operational system in EMR for projects in relation to primary prevention
- Health for children and young people
- Mental health
- Environmental Health
- Infectious diseases
Program „overweight“ funded by Interreg IV (2008-2012)

Aims:

Improve life conditions (life quality) for children and young people in the EMR
Activities in Program „overweight“

- nutrition in schools
- more sports in schools, kindergarten and leisure time
- network of healthy schools and kindergarten
- common programs for cooking
- common programs for moving
- campaign: count your steps (to reach the moon)
A project to make better conditions of life in the EMR for more patient safety and infection control.

Interreg IV 2008-2012
Main targets 1

- Building a network of quality in the 5 parts of EMR (EurQ Health)
- Building networks in all counties of EMR
- Teaching and learning for the health workers, doctors, nurses and other groups to make better quality in infection management
- Building a web based platform for people in EMR concerning questions of MRSA and other antibiotic resistances
- Making actions for and in the EMR for better hygienic conditions in hospitals, nursing homes and ambulances
Main targets II

According a certification of excellent hospitals in the EMR

- Taking part in the network of EMR
- Surveillance of nosokomial infections
- Teaching and learning for the health workers
- Screening of patients
- Defining risk persons
- Surveillance of special MRSA-Types
- Looking for guidelines in the EMR
- Fulfilling the legislative orders
- Information to the outpatient-system
- Screening-system in the hospital
Program Addiction

Cross-border cooperation in the Euregio Meuse-Rhine to decrease risky behaviour by adolescents
Aims

- Cross-border cooperation on prevention level
- Improve level of prevention in Euregio Meuse-Rhine
Youth Survey

- Monitoring prevalence of risky behaviour (made 2006)
- Target group: all 14- and 16 year-old-pupils of secondary schools (46,000 adolescents)
- Subjects in inquiry form: School results, healthiness, use of medicines drugs and alcohol, smoking habits, leisure activities, exercise, sport, safe sex, eating habits, oral hygiene.
## Results Youth Survey

<table>
<thead>
<tr>
<th></th>
<th>Percentage of adolescents</th>
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<tbody>
<tr>
<td></td>
<td>Netherlands</td>
</tr>
<tr>
<td>Bad healthy feelings</td>
<td>7,1</td>
</tr>
<tr>
<td>Smoking</td>
<td>24,1</td>
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<tr>
<td>20 of more glasses of alcohol in one week</td>
<td>10,5</td>
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<tr>
<td>Drunken in the last 4 weeks</td>
<td>22,9</td>
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<tr>
<td>Cannabis last 4 weeks</td>
<td>11,9</td>
</tr>
<tr>
<td>Partydrugs last 4 weeks</td>
<td>1,9</td>
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<tr>
<td>Other harddrugs last 4 weeks</td>
<td>1,3</td>
</tr>
<tr>
<td>Play truant last 4 weeks</td>
<td>11,4</td>
</tr>
<tr>
<td>Badgering last week</td>
<td>6,6</td>
</tr>
<tr>
<td>Having unsafe sex</td>
<td>6,3</td>
</tr>
<tr>
<td>No sport</td>
<td>15,6</td>
</tr>
</tbody>
</table>
Conversion and implementation

- Cross border workgroup “Prevention”
- Euregional “Month of Prevention” (since May 2005 every year)
- Training professionals
Program „Mental health“

- to improve cross-border cooperation of hospitals in psychiatric diseases
- to develop prevention visits in households in the EMR for elderly
- to develop screenings for children to recognise risk factors for a good mental health
Declaration of intent governors and press-activities
Stop-smoking discotheque
Sporting activities and integrated health education
Program environmental health

Aims:

To improve life quality of citizens in EMR

- Priority 2020 EMR: “Protection of climate”
- i. e. Monitoring of youth
- Improving personal conditions by recognising behaviour risks
- …..
Future aspects for EuPrevent:

- Combine political aims with necessary steps in prevention
- Participation of the “patients” must be regularly (i.e. EPECS)
- Build a prevention structure in other cross border regions
Thank you for your attention!