

9.00/10.30

PARALLEL SESSIONS SATURDAY

Strand 7: Building capacity for alcohol policy

From prevention to treatment: Building capacity in Catalonia

Chair: Joan Colom, Spain

Rapporteur: Maria Estrada, Spain

Health at school programme

Ramon Prats and Margarita Coll, Spain

ramon.prats@gencat.cat , margarita.coll@gencat.cat

Introduction

Adolescence is stage between infancy and adulthood where attitudes, values and life styles consolidated.

The way that the young people use the health services is characterized by low use of health services, irregular follow-up of health problems and unstructured use.

Objective

To improve the adolescents health by actively of health promotion and prevention of risk situations through the free access consulting service attended by primary care professionals and incorporating activities of health promotion in the curriculum at secondary school.

Method

Three years ago the Regional Government of Catalonia (Spain) started a new program in order to approach the health services near to the young people.

Results

Coverage :Students 89%,secondary school 90% , Total consultations N=14867

The main subjects consulted are: sexual health (19,9%); drugs, tobacco and alcohol (17,7%); eating problems (19,9%); physical activity (3,3%).

The main subjects consulted by gender are: female: eating problems, sexual health and mental health; male: illegal drugs, tobacco and alcohol.

Conclusions

Improving Contact between health services and the secondary school.

Closer contact between young people and the professionals of health services.

Incorporating detection of individual risk and prevention by intervention.

Involvement of the city councils in the project especially in the health education tasks.

Positive evaluation from the health and education teams.

We need to make access easier for young males.