



Healthy Communities Initiative: Protect our Children's Future through Healthy Environments

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Vision

Strengthening Qatar's
commitment to preserve
their children's future
through healthy
environments

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Presentation

- Success stories of World Health Organization “Healthy Cities & Healthy Communities”
- Consider Qatar’s Public Health Situation
- Results of National Environmental Survey
- Review Aim of Healthy Communities Initiative

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Success Stories of “Healthy Communities”

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Success Stories

- World Health Organization has many successful “Healthy Cities” Programs world-wide
- WHO “Healthy Cities” Programs are designed to enhance awareness about public health and environmental issues
- Iran’s HCP innovative schemes had a major impact on health in 22 provinces involving 65,000 youth, women, and school volunteers

WHO-EMRO. (2004). Workshop on the Healthy Cities Programme in Gulf Cooperation Council Countries⁵

Healthy Communities

- Highlight success in **mobilizing community action**, such as environmental protection planning and awareness campaigns
- Community-based groups using participatory approaches to **healthy lifestyle** guidelines to prevent obesity & diabetes
- SunWise Program to heighten community & student awareness of skin cancer

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Consider Qatar's Public Health Situation

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NHA Public Health Partner

- Strengthening **Health Promotion** through health education in schools and the community
- **Health protection** through immunizations & environmental surveillance, and enforcing safe food practices
- Ensure national commitment to **Accident Prevention** with road safety and seat belts laws
- Oversees programs to ensure that the nation is prepared for potential **Environmental** threats

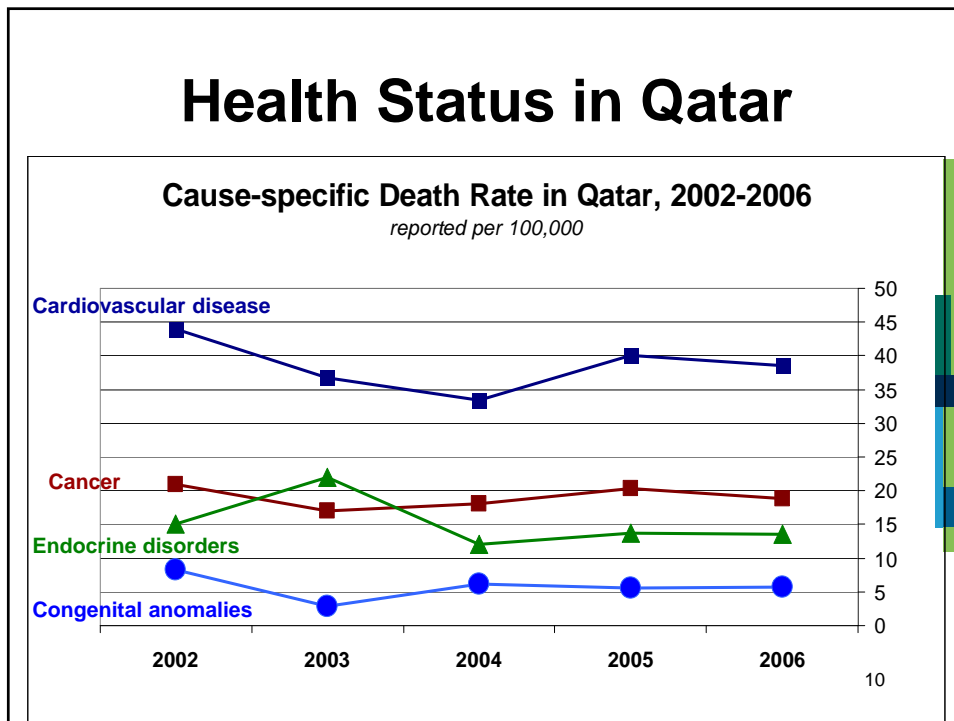
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Qatar

- Population: 1,035,118 *
- Population 18+ yrs : 774,304
- Maternal Mortality – 22.4 (per 100,000 live births)
- Cardiovascular– 35.8 (per 100,000 population)
- Traffic Accidents – 2nd cause of death (increased almost 400% in past ten years)
- Cancer – 18.9 (per 100,000 population)
- Diabetes – 15 % (type 2)
- Smoking – 42% adults
- Tuberculosis – TB prevalence 65.4 (per 100,000 population)

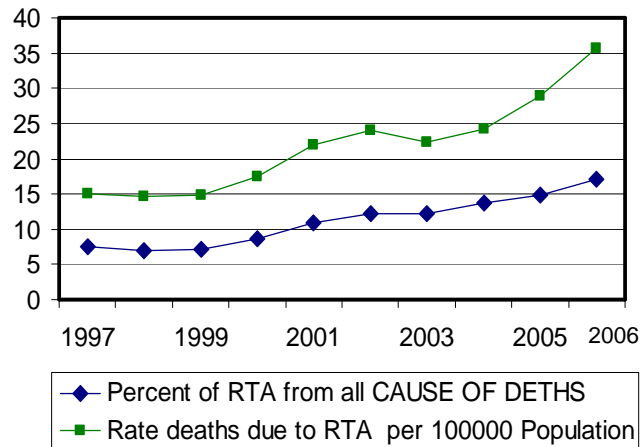
* based growth estimate since 2006 World Health Survey



Health Status in Qatar

Road Traffic Accident Deaths in Qatar, 1997- 2006

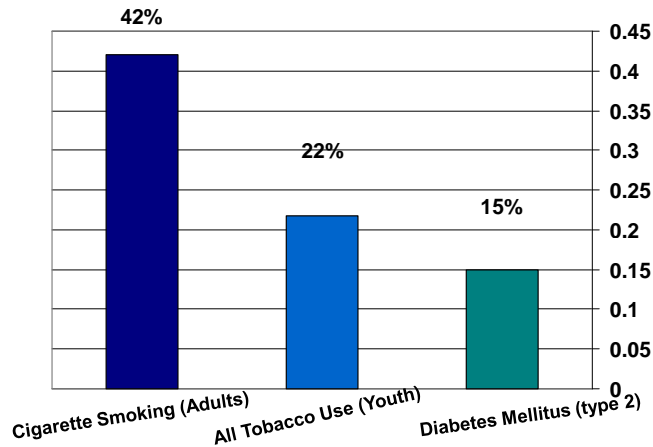
as reported per 100,000 population



Health Status in Qatar

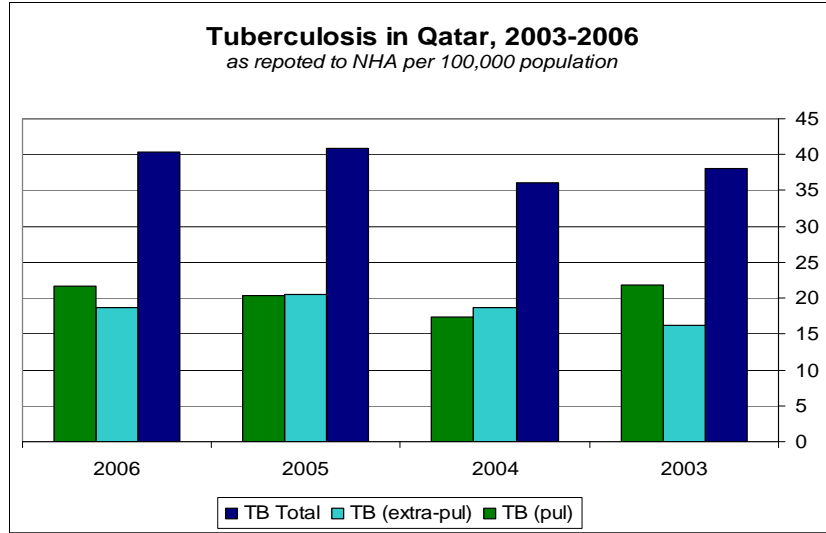
Non Communicable Disease Risk Factors in Qatar

reported per 10,000 population in 2006



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Health Status in Qatar



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WHO. (2005). Qatar TB incidence 55.3 / TB prevalence 65.4 per 100,000 population

National Environmental School Survey

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School Survey

EPA standardized survey was used to evaluate key aspects of the school environment that might affect the students' health or aptitude

EPA = Environmental Protection Agency

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School Survey

90 schools were assessed for:

- physical environment & construction
- indoor / outdoor air quality & ventilation
- drinking water, food quality & safety
- cleanliness & potential hazards

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Survey Recommendations

NHA Public Health Department works with Ministry of Education to recommend:

- Food safety
 - *Restrict number of caterers to control food quality*
- Role of school nurse
 - *Offer seminars for the nurses to strengthen their role*

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Survey Recommendations

- Fitness activities
 - *Fitness classes should be given greater emphasis*
- School social environment
 - *Conduct informal discussions about social aspects*

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Healthy Communities Initiative Aim

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Aim

The aim of the “Healthy Communities” Initiative will be to use an integrated model of environmental health & safety linked to health promotion and health education.

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Issue

Tackle key environmental risks to children's health that are responsible for one third of the 13,000 child deaths every day in the world

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Hazards

- Water and food safety
- Air pollution & indoor air quality
- Environmental tobacco smoke
- Chemical hazards (*pesticides, mercury*)
- Unintentional injuries
- Safety hazards

WHO. (2004) Alliance for Healthy Cities.

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Action Plan

Once authorized, plans for the Qatar
“Healthy Communities” will include:

- Implementation of broad reaching environmental improvements and
- Health education interventions through a network of independent schools

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Action Plan

“Healthy Communities” Initiative will be:

- Benchmarked to the World Health Organization standards
- Follow established guidelines from
 - Supreme Council of Education
 - Ministry of Education
 - National Health Authority

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Health Promotion

Implement '**model**' healthy lifestyle
and accident prevention programs to:

- To identify culturally appropriate models of good practice
- Provide a holistic approach to maintaining good health

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Health Protection

- Implementation of Quality Improvement Strategies for Environmental Health and Safety at independent schools
- Enhancing the Surveillance and Immunization for Polio, Measles, Chickenpox, Rotavirus

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Immediate Successes

Measurable outcomes of the Healthy Communities Initiative might include:

- School 'Play Day' focusing on active learning about exercise & safety
- Poster competition for SunWise awareness
- Fund raisers to sponsor school building gymnasium

For example, Australia's successful 'Slip-Slop-Slap' campaign

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Strategic Outcomes

Anticipated achievements include:

- Community Mobilization rally with at least 6 student-parent volunteers to encourage air quality awareness and asthma prevention
- Eco-Friendly Environments Forum to heightened community awareness at each participating school

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Strategic Outcomes

- 20 secondary students will receive Environmental Health Certificates and join NHA field team on visits school to talk about life-long lessons about healthy choices
- Inter-School Awards Program for environmental quality improvements highlighting successes

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The Public Health team works tirelessly on health promotion, illness prevention, and community surveillance to advance the health of the State of Qatar.

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