



**POPULAR
UNIVERSITY**



**LOCAL STRATEGIES IN COLLABORATION
WITH THE HEALTH SECTOR TO
PROMOTE PREVENTION AND HEALTH
+60.**

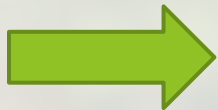
POPULAR UNIVERSITY OF LORCA (MURCIA)

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LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT

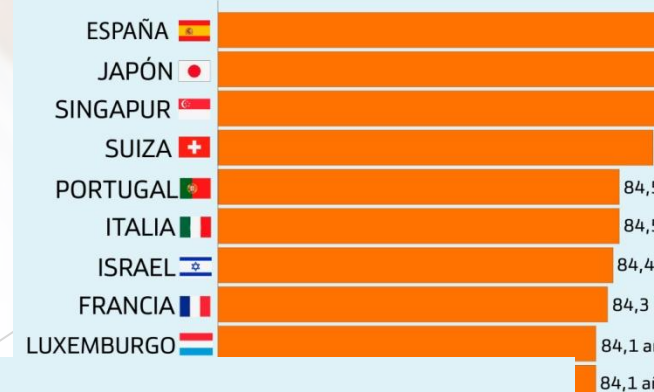


ACCORDING TO THE WORLD HEALTH ORGANIZATION, THE MEANING OF HEALTH IS THE WHOLE PHYSICAL, PSYCHOLOGICAL AND SOCIAL WELLNESS, NOT ONLY THE LACK OF DISEASES.



SPAIN HAS CURRENTLY ONE OF THE HIGHEST RATES FOR LIFE EXPECTANCIES OF THE WORLD (82, 1). HOWEVER, DIFFERENT COUNTRIES HAVE BETTER RATES WHEN IT COMES TO AVERAGE AGE THE POPULATION REACHES IN GOOD HEALTH (61, 5 FOR MEN AND 59, 4 FOR WOMEN).

TOP países con mayor esperanza de vida en 204



Fuente: Institute for Health and Evaluation.

LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60

IN ITS BEGINNINGS IN 1990, THE POPULAR UNIVERSITY OF LORCA DIDN'T ESTABLISH A PROTOCOL; IT HAD ONLY INDIVIDUALIZED SPECIFIC ACTIONS. THESE ACTIONS WERE INDIRECTLY ESTABLISHED IN DIFFERENT AREAS, SUCH AS PHYSICS, CREATIVITY, ART, HEALTH, ETC.



LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60



EXAMPLES:

- CENTRES FOR ELDER PEOPLE: HEALTH TRAINING LECTURES.
- AIDS, HEALTHY FOOD OR BLOOD PRESSURE WORKSHOPS.



LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60



IN 1990, THE POPULAR UNIVERSITY OF LORCA SET UP A SPECIFIC PROGRAM FOR THE ELDERLY ABOUT GYMNASTICS THAT WAS SUBMITTED TO THE HEALTH AND PRIMARY CARE CENTERS COUNCIL.

CURRENTLY, THIS PROGRAM IS STILL WORKING AND OVER 600 ELDERS PARTICIPATE EACH YEAR COLLABORATING WITH THE HEALTH CENTRES. AFTER A MEDICAL CHECK, IT IS THE PRIMARY CARE DOCTOR IS THE ONE GIVING THE ELDERLY AN APT CERTIFICATE IN ORDER TO PARTICIPATE IN THESE ACTIVITIES.

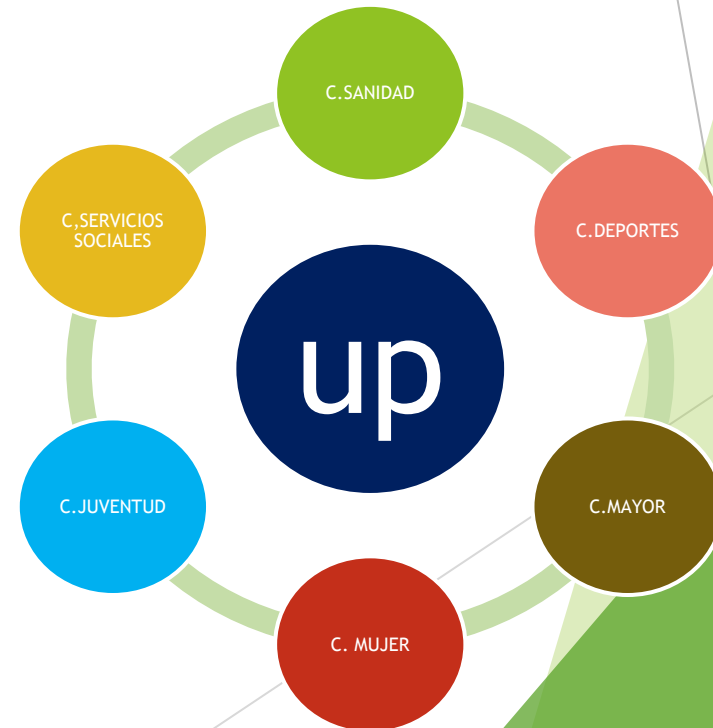
IT IS THEN POSSIBLE TO IDENTIFY THOSE PATIENTS WHO COULD PRACTICE YOGA AND PILATES WORKSHOPS THROUGH THIS KIND OF COLLABORATION BETWEEN THE HEALTH CARE SYSTEM AND THE HEALTH CENTRES IN OUR MUNICIPALITY.

LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60



THROUGHOUT THESE YEARS, THE CITY COUNCIL OF LORCA HAS IMPLEMENTED SEVERAL ACTIVITIES SO AS TO PROMOTE HEALTH, FROM THE POPULAR UNIVERSITY TO DIFFERENT LOCAL ADMINISTRATIVE SERVICES

- HEALTHCARE COUNCIL
- SPORTS COUNCIL
- COUNCIL FOR ELDER PEOPLE
- WOMEN'S COUNCIL
- YOUTH COUNCIL
- SOCIAL SERVICES COUNCIL



LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60



HEALTH EDUCATION AND HEALTHY HABITS

- FOOD AND NUTRITION.
- EXERCISE AND PHYSICAL ACTIVITY.
- EMOTIONAL WELLNESS AND MENTAL ACTIVITY STIMULATION.
- REMOVE CONSUMPTION OF ALCOHOL AND TOBACCO.
- APPROPRIATE USE OF MEDICINES.
- ROAD SAFETY AND FALL PREVENTION.
- PREVENTION OF DISEASES.

LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60



CURRENT MOMENT

PURPOSE

TO OPTIMIZE AND POTENTIATE HUMAN AND ECONOMIC RESOURCES TO IMPLEMENT A CULTURE OF HEALTH.

HOW?

ESTABLISHING A COMMON WORKFRAME FOR COLLABORATION FOR THE HEALTH PROGRAMS.

TOOLS

TO DEVELOP THE PROMOTION AND PREVENTION STRATEGY OF THE NATIONAL HEALTH SYSTEM APPROVED ON 18/12/2013.

THIS STRATEGY IS ABOUT HOW TO IMPLEMENT THE COLLABORATION ONCE THE COUNCILS BECOME VOLUNTARY MEMBERS.

LORCA'S CITY COUNCIL HAS RECENTLY JOINED THE STRATEGY.

LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60



THE ADHESION OF THE MUNICIPALITY AIMS TO REACH AN INSTITUTIONAL COMMITMENT.

→ THERE ARE THREE DIFFERENT ELEMENTS TO TAKE INTO ACCOUNT TO COORDINATE THE LOCAL STRATEGIES:

- STRENGTHEN THE INTERSECTORIALITY IN HEALTH .
- IMPROVE THE COMMUNITARIAN RESOURCES.
- PROMOTE CITIZENSHIP PARTICIPATION AND EMPOWERMENT TO BECOME HEALTHIER.

LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60



THE STRATEGY

● CONSTITUTION OF A SECTOR BOARD:

IT IS ABOUT OBTAINING HEALTH IN THE HEALTH SECTOR, BUT ALSO IN EDUCATION, URBANISM, ENVIRONMENT, SPORTS, ETC.

● IDENTIFICATION OF THE COMMUNITY'S RESOURCES:

TO MAKE THE LOCAL RESOURCES AVAILABLE FOR ELDER PEOPLE AND THE CITIZENSHIP IN ORDER TO IMPROVE THEIR HEALTH.



LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60



Mapa inicial / Detalle del recurso: Universidad Popular

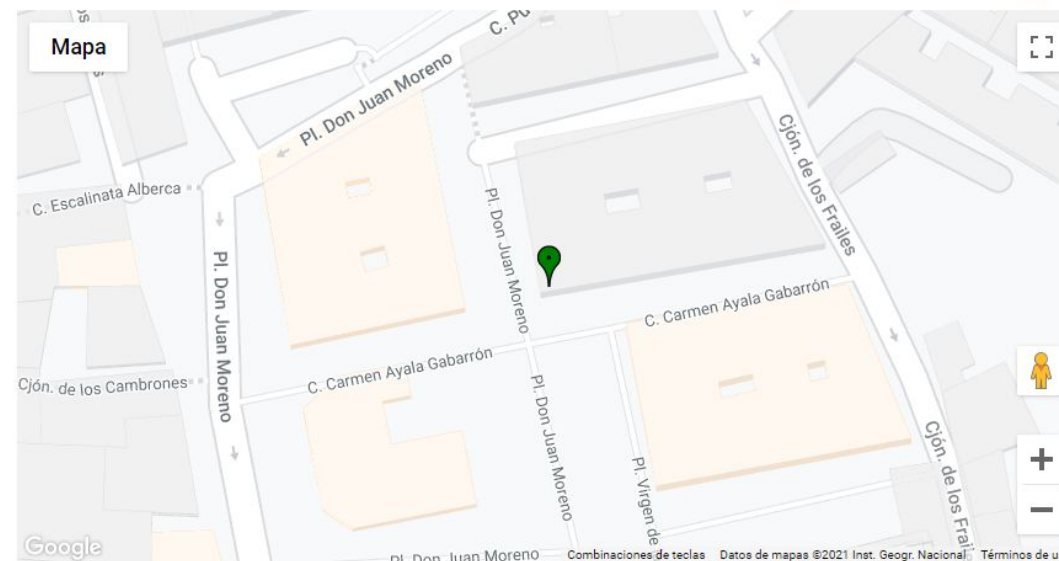
Nombre del Recurso: Universidad Popular

Imprimir

- 📄 Descripción del recurso: Cursos y talleres de Salud integral y actividad física, bailes, habilidades para la vida cotidiana, musicoterapia, etc
- 👤 Dirigido a: Infancia: 0-5 años, Adultos (30-64 años), Mayores de 64 años, Adolescentes (12-17 años), Infancia: 6-11 años, Jóvenes (18-29 años)
- 📌 Factor que aborda: Otros, Actividad física, Envejecimiento activo
- ☰ Tipología: 3. Recursos físicos de un área
- € Gratuito: NO
- 📄 Condiciones de uso:

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Volver Nueva Búsqueda



Contacto



LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60



COMMUNITY RESOURCES MAP:

- TO COLLECT INFORMATION
- TO SPREAD THE MAP AND ITS IMPROVEMENT.
- REPORTS ABOUT ORGANIZATIONS, ASSOCIATIONS, HEALTH CARE CENTRES, ACTIVITIES AND WORKSHOPS.



CITIZEN PARTICIPATION:

TO INFORM ELDER PEOPLE AND THE CITIZENS IN GENERAL; FORUMS TO GATHER DIFFERENT POINTS OF VIEW AND TO SEEK STRUCTURES TO PROMOTE PARTICIPATION.



LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60



THE POPULAR UNIVERSITY OF LORCA IS ONE OF THE COLLABORATION CHANNELS IN THE HEALTHCARE SECTOR.

THE POPULAR UNIVERSITY IS A MUNICIPAL HEALTH RESOURCE .

THE POPULAR UNIVERSITY ALSO COLLABORATES WITH THE HEALTH COUNCIL. THIS COUNCIL PRIORITIZES ACTIVITIES WITH COLLECTIVES SUCH AS STUDENTS OR ADULT POPULATION, WHILE WE PUT OUR EFFORTS IN THE PEOPLE OVER 60.



LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60

OUR MAIN HEALTH PROJECT: SALUD60+ PONCEMAR

THE PROJECT IS DEVELOPED AT THE UNIVERSITY CAMPUS OF HEALTH SCIENCES OF LORCA.

IT IS COMPRISED OF THE DEGREES ON NURSING, NUTRITION AND DIETETICS. OCCUPATIONAL THERAPY COURSES WILL BE INCLUDED NEXT YEAR.

THE CAMPUS IS SPECIALIZED IN ELDER PEOPLE THROUGH THE EXPERTISE OF PONCEMAR FOUNDATION.



LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60

OUR MAIN HEALTH PROJECT: SALUD60+ PONCEMAR

PUBLIC AND PRIVATE COLLABORATION: UNIVERSIDAD DE MURCIA, AUTONOMOUS COMMUNITY AND CITY COUNCIL OF LORCA (POPULAR UNIVERSITY).

THE ACTIVITY: IT WOULD BE AN ASSISTANCE, TRAINING AND SOCIO-SANITARY RESEARCH CENTRE FOR THE ELDERLY IN THE PONCEMAR FOUNDATION AT THE CAMPUS IN LORCA.



LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60

OUR MAIN HEALTH PROJECT: SALUD60+ PONCEMAR



PROJECT CONTENTS:

- **1.LINE:** INTERGENERATIONAL. TO PROMOTE THE PARTICIPATION OF THE STUDENTS ON CAMPUS WHO ARE BEING TUTORED BY THEIR TEACHERS IN ORDER TO LET THEM LEAD THIS TRAINING INSIDE THE CAMPUS AND THE CLASSROOM.
- **2.LINE:** HEALTH ACTIVITIES RELATED TO PHYSICAL AND EMOTIONAL EXERCISES; REDUCE LONELINESS, ETC..
- **3.LINE:** THE UNIVERSITY OF EXPERIENCE: SENIOR CITIZENS WHO TEACH DIFFERENT CULTURAL SUBJECTS (ART, LITERATURE, EXHIBITIONS, ETC.)



LOCAL STRATEGIES IN COLLABORATION WITH THE HEALTH SECTOR TO PROMOTE AND PREVENT HEALTH +60



THANK YOU

MIGUEL PÉREZ CORTIJOS

**COORDINATOR OF THE POPULAR UNIVERSITY OF LORCA
(MURCIA)**

SPECIAL THANKS FOR THEIR PARTICIPATION:

M. DOLORES PARRA MUÑOZ Y ANA IBARRA LÓPEZ

TÉCNICAS SALUD CONCEJALÍA DE SANIDAD AYUNTAMIENTO DE LORCA