

Health Promotion for Roma in the Czech Republic

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Roma population in CZ

- Estimated **1,9% of population** -200 000
- Census: only **6000** people marked themselves as Roma, **11000** marked both- Czech and Roma
- Excluded areas : **120 000 people** - not all Roma are poor, not only Roma live there, % of others is increasing
- Main problem: Roma migrants from Slovakia, Romania...
- **Health indicators and life style** - worse than the majority of population

Strategy,policy

- **National Action Plan (government)**
- **Decade of Roma Inclusion (government)**
- **National Strategy for Social Inclusion(Ministry of Labour and social affairs)**
- **Other: Ministry for Education: programmes against social exclusion**
- **Health issues: limited to equal access**
- **June 2015: Health Inequalities as a vertical theme for National Actions Plans in Health 2020 (Ministry of Health)**
- **November 2015: National Health Strategy on Health Inequalities (Agency for social inclusion, government)**

Methods

- Strategy of health promotion for Roma, needs and topics for intervention analysis, controversial topics, communication - 2011
- Life style and health status analysis – literature review, personal visits in situ, discussion with NGOs, governmental civil servants and target groups –focus groups
- **Implementation: through people whom Roma trust**

Health promotion in excluded localities in the Czech Republic

Sources of financing of National Institute of Public Health

2014 The Ministry of Health - specific donation – Program Jablíčko - Apple

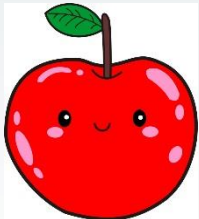
2015 The Ministry of Health - funding programme - health promotion project

Reducing health inequalities - health promotion in excluded localities

The aim of the programmes is to educate children of preschool and school age in healthy lifestyle in social excluded localities (with prevailing Roma population) in the Czech Republic.

The number of people living in socially excluded localities in the Czech Republic is estimated from 95 000 to 115 000 in the Czech Republic

606 socially excluded localities and about 700 hostels for social excluded people in 297 cities and towns was identified in the Czech Republic



Three quarters of the population have only a basic education in the social excluded localities in the Czech Republic.

One third of children in the pre school education. Kindergartens and „ preparatory“ classes are offered often as a social services

A large number of children from socially excluded localities go into ethnically homogeneous schools.

The number of socially excluded localities in regions between 2006 and 2014 and the number of index changes:

Kraj	2006	2014
Praha	6	7
Jihočeský	16	38
Jihomoravský	11	28
Karlovarský	18	61
Královéhradecký	25	36
Liberecký	26	48
Moravskoslezský	28	72
Olomoucký	27	62
Pardubický	15	24
Plzeňský	17	42
Středočeský	36	64
Ústecký	63	89
Vysočina	11	13
Zlínský	11	22
Celkem	310	606

Reducing health inequalities - health promotion in excluded localities

Interventions are offered to schools, charities, clubs, kindergartens in excluded area, networking with NGOs and governmental Agency for social inclusion.

- *How not to become an addict (m smoking, alkohol, drugs prevention)*
- *Healthy tooth*
- *Injury prevention*
- *Prevention of infectious diseases (persinbal hygiene, safe food storage and preparation)*

Competition “ Picture your healthy snack“, Competition on physical activity promotion –planned

Jablíčko - healthy life style intervention programme

Jablíčko do škol program for the first grade pupils

Total intervened 742 children from the first grade in Ústí nad Labem, South Moravian Region and in the Vysocina region

In August and Semptember 2015 was distributed boxes for healthy snacks, educational materials and a letter for parents

From March to October 2015 were 900 children were interneved.

Boxes for healthy snacks- lunches for children are provided at school canteens





Summary

- Experience:
- HP is a part of **SOCIAL integration**: it is a signal: we are not abandoned if somebody from majority cares what we eat, about our future health (health is hope).
- Different attitude toward Roma – discrimination, fear, hate among all population. Be aware on **hostile reaction**

Future plans

- The project in 2016:
- More topics (sexual and reproductive health)
- Seminars and trainings for NGOs, Roma coordinators in municipalities, health-social assistants to continue our work
- Guidelines for decision makers
- Consultancy for governmental strategies

Thank you for attention

- And all of my colleges for realisation my ideas. I am aware of their changing attitudes and less prejudices toward Roma:
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