



www.budakornyekiegeszsegprogram.hu

BUDA REGION HEALTH PROGRAM

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PARTNERSHIP BASED COMPLEX HEALTH PROGRAM FOR CHILDREN IN BUDA REGION

LOCAL GOVERNMENTS' ASSOCIATION OF THE BUDA REGION
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LOCAL GOVERNMENTS' ASSOCIATION OF THE BUDA REGION



12 SETTLEMENTS, 59 499 INHABITANTS



Local Governments' Association of Buda Region
Healthy living environment



National Korányi Institute of Pulmonology
Health promotion programs



Budakeszi Healthcare Center
Health services in Budakeszi district



Partners
Regional implementation of national programs



Healthy living environment:

- Building sport facilities
- Improvement of public transportation
- Green living environment



Health promotion for family:

- Healthy weight
- Addiction prevention/mental health
- Improvement of health literacy



Improving health services:

- Broadening special care
- Developing patient pathways
- Screenings

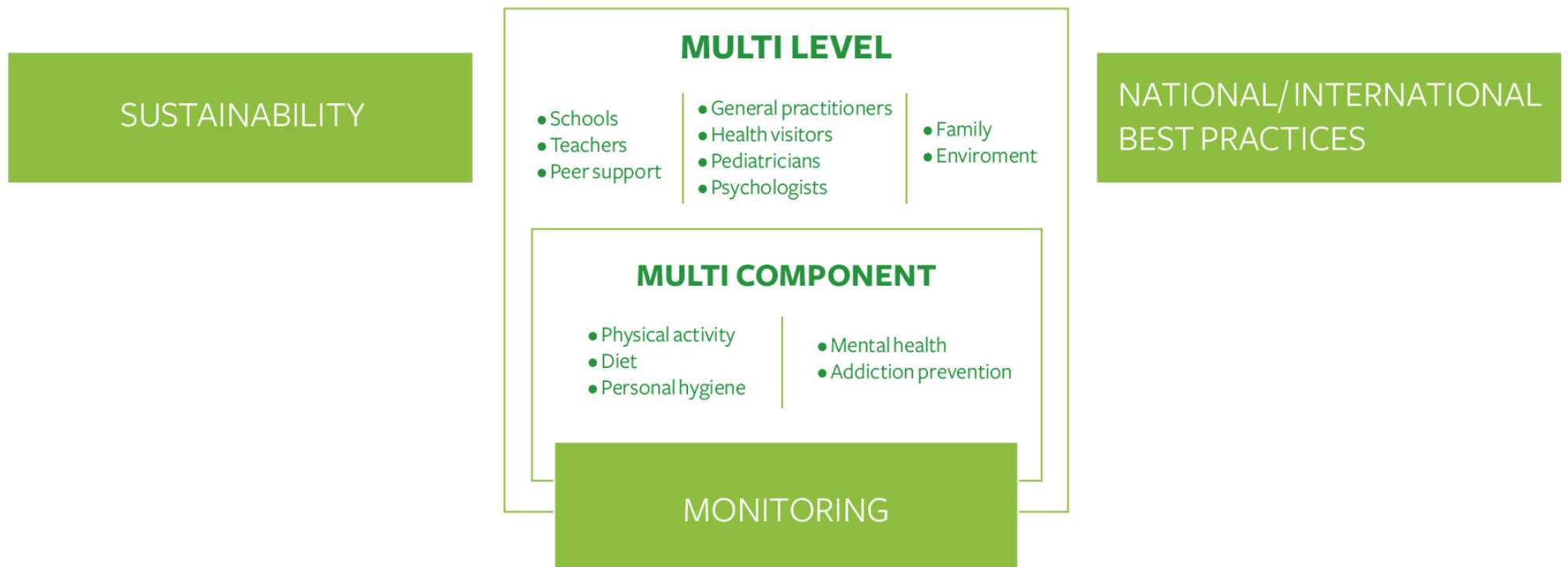


Health promotion for children:

- Healthy weight
- Addiction prevention/mental health
- Improvement of health literacy

HEALTH

PARTNERSHIP BASED COMPLEX HEALTH PROGRAM FOR CHILDREN IN BUDA REGION



Supports the schools in the implementation of comprehensive school health promotion

All primary schools (12) in the Buda Region were engaged in the Program

ADDICTION PREVENTION AT SCHOOLS

PROGRAMS FOR TEACHERS

Social competence skills development and health education

- Gordon communication training
- Mindfulness, stress management
- Health education about addictions
- Supervision
- Monitoring



SCHOOL MENTAL HEALTH TEAMS



ADDICTION PREVENTION VIA TEACHERS

PROGRAMS FOR CHILDREN

Development of children's social competence skills

Children learn new forms of communication and conflict management from the teachers on a daily basis.

Health education

- "Smoking is not cool" portable touchscreen computer.
- Thematic week about smoking engaging the whole school.
- Peer support

ACTIONS TOWARDS HEALTHY WEIGHT



MOZGÁSBAN AZ EGÉSZSÉG!

HEALTHY WEIGHT

- Ensuring food quality in schools
- Education about healthy diet
- Promotion of outdoor activity
- Sport tournaments and challenges
- Improving PE teachers' methods
- Helping obese children achieve a healthy weight



THANK YOU FOR YOUR ATTENTION!



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PARTNERS:



PÉCSI TUDOMÁNYEGYETEM
UNIVERSITY OF PÉCS

