Istituto Superiore di Sanità (ISS)  
Italian National Institute of Health

Public health research
Holding mainly consists of periodicals: over 9,000 different journals, almost 2,000 of which are current and about 6,000 in electronic format. Monographs: about 200,000.

The Library covers the main technical and scientific literature in sectors including: biochemistry and molecular biology, chemistry, hematology, epidemiology, pollution, medicine, microbiology, neurosciences, parasitology, toxicology, veterinary science, virology...
Communication is the first step in promoting awareness and public health.
is part of the project *Promotion of healthy lifestyle and growth in primary school children*, promoted by the Italian Ministry of Health/Centre for Disease Control in collaboration with the Ministry of Education and coordinated by ISS.

**Objectives:** to estimate the prevalence of excess weight and obesity among Italian schoolchildren and examine the main risk factors (*nutrition, physical activity, sedentary pastimes*) thus promoting a healthy style of life.
The principal messages in the whole campaign for children's healthy life were:

- healthy breakfast and a light mid-morning snack
- fruit and vegetables 5 times a day
- water instead of sweetened drinks
- walk or cycle to school
- less than 2h a day watching TV and movies, or using computers for entertainment, or playing video games
- at least 1h a day of physical activity
- no TV in the child’s room
- a minimum sleep of 9h a night
- check the child’s weight and height regularly.
**SE VUOI ESSERE UN CAMPIONE...**

E' IMPORTANTE MANGIARE LE COSE GIUSTE, NEL MOMENTO GIUSTO E NELLA GIUSTA QUANTITÀ

<table>
<thead>
<tr>
<th>CATEGORIA</th>
<th>QUANTITÀ</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frutta e Verdura</td>
<td>5 porzioni</td>
</tr>
<tr>
<td>Cereali</td>
<td>3 porzioni di pane, 1 porzione di pasta o riso (maggiori se integrati)</td>
</tr>
<tr>
<td>Latte e Yogurt</td>
<td>3 porzioni</td>
</tr>
<tr>
<td>Carne</td>
<td>2-3 volte</td>
</tr>
<tr>
<td>Pesce</td>
<td>2-3 volte</td>
</tr>
<tr>
<td>Uova</td>
<td>2 volte</td>
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<tr>
<td>Formaggio</td>
<td>2 volte</td>
</tr>
<tr>
<td>Condimenti</td>
<td>3 cucchiai di olio extravergine di oliva al giorno</td>
</tr>
<tr>
<td>Dolci</td>
<td>1-2 volte la settimana</td>
</tr>
</tbody>
</table>

**...SALTA LA CORDA NON LA COLAZIONE!**

**VIVI IN MOVIMENTO, GUADAGNA SALUTE!**

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**A kit for teachers**

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**Fornetta e Scarpetta**
Il piacere del movimento e della buona alimentazione

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**1 LA COLAZIONE**
La mattina, alzati in tempo per fare una BUONA colazione:
- 1 bocca di latte
- 2 uova o 1 soffritto
- 1 frutto

**4 FRUTTA E VERDURA**
Frutta e verdura fresca, fresca e gustosa la verdura. Mangia almeno 5 frutti al giorno:
- 1 frutto a mezzogiorno
- 1 frutto per la merenda del mattino
- 1 frutto per la merenda del pomeriggio
- 1 frutto per la merenda del pomeriggio
- 1 frutto per la merenda del pomeriggio

**5 MOVIMENTO-DIVERTIMENTO**
Cammina, gioca all’aperto e facciano sport all’aperto per 1 ora al giorno

**7 IL TELEVISORE**
Nella tua camera, è un capo ingombrante e rumoroso. Lascia fuori, è meglio!
The Italian Ministry of Health in 2007 approved the **Gaining Health programme**, that establishes the strategy to contrast the most important behavioral risk factors in the European context.

The Italian Ministry of Health funded our Institute to develop a constant surveillance system creating a specific database with the aim of monitoring the major behavioral risk factors and the measures of prevention.
Nowadays promoting safe behaviour has become of great importance in our society, due to the great number of accidents resulting in human and economic expenditure in our social and private life.

Thus, it is essential, through prevention and social communication, to promote a culture of safety to counteract the social and psychological barriers we are faced with whenever we try to persuade groups of people to change their habitual dangerous behaviour.
About ISS accident prevention...

- Injuries in the home
- Road accidents
- Skiing accidents
- Drowning
- Driving and dangerous behaviour in young people
- Hazards due to ageing
Every year in Italy about 3 million accidents occur in the home.

www.iss.it/casa

On 28 December 1999, the Italian Parliament passed the Law 493, on home safety. Article 4 of the law establishes a National System of Information on Home Safety (SINIACCA), at the ISS.

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Graz, 24-25 November 2011
The national observatory on the use of safety devices, known as the *Ulisse* System, is a surveillance system that constantly monitors, over the whole national territory, the use of helmets and safety belts. Was created in December 2000 thanks to the collaboration between the Ministry of Infrastructures and the ISS.
SIMON
Prevention of skiing accidents

Is a surveillance system that allows the constant monitoring of the whole national mountain territory skiing areas. Founded in 2003, it is a prototype of a system that monitors skiing accidents setting Italy in avant-garde position compared to the main countries where skiing is a widespread sport.

Data on rescues and health care are transmitted monthly to the ISS that elaborates and analyses the data in order to reduce the risk of accidents.
Drowning is an infrequent but lethal phenomenon

ISS recommendations for the correct personal behaviour to adopt in water environments based on the results of the main epidemiologic evidence.

A rapid rescue is important to increase the chances of survival

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Multi Risk Approach research (AMR), carried out at the ISS, on driving and hazardous behaviour in teenagers, suggests that measures to improve road safety in Italy could be better identified, particularly as regards young people who, as is well-known, are at a high risk level.
Ageing today: a new challenge for tomorrow

The ISS participates in the European project CHANGE (Care of Health Advertising New Goals for Elderly people)

The project designed to provide the elderly with healthy lifestyles to stay active, prolonging their life expectancy and working time.

It consists an informal educational system that focuses on increasing motor activity and on improving the elderly’s diet. The programme is carried out by trained professional health workers (physicians, gerontologists, social workers, psychologists and pharmacists).
ISS Toll-free numbers

Are national, anonymous and free services that give phone guidance on issues regarding:

- HIV/AIDS
- Alcohol
- Doping
- Smoking
- Rare Diseases
- Transplants
Phone counselling on HIV/AIDS

HIV and Prevention: 25 years of Counseling Service of the ISS

Answers questions regarding HIV transmission, giving information on the tests that detect the anti-HIV antibodies, facilitating access to both health and diagnostic structures in Italy.
Phone counselling on alcohol

• A help line that also monitors the needs of the population
• A link between the institutions and the citizen
• An instrument of both prevention and health promotion
Phone counselling on doping

Helps:
• young people and their families
• sport and social-health professionals
• public and private institutions

To inform on:
• the effects on health of the use of substances banned by anti-doping laws
• national and international legislation on doping

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Phone counselling on smoking

• to support smokers and their families
• to inform non-smokers of the strategy to adopt to prevent damage from passive smoking
• to supply health workers with scientific material and information
• to plan preventive measures and promote health in public and private institutions
National Center for Rare Diseases
officially created on 2008

An online system helps to find the necessary information to:

• give correct information on Rare Diseases
• identify the real problem of each patient and to find the most suitable solution
• help patients at critical times

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In addition, the Centre manages a toll-free line that gives information on transplants to citizens through the Transplant Information System.

The goal of the Centre is to organize and manage all the aspects that concern the donation of organs, how to procure them and the transplant situation throughout Italy.
Thank you for your attention!

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