



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

Public health research

M. Alessandra Falcone - Paola Ferrari, ISS Library
Graz, 24-25 November 2011



ISS Library

www.iss.it/site/SebinaOpac

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

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OKkio alla salute

www.epicentro.iss.it/okkioallasalute/default.asp



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.

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for parents, children, teachers, pediatricians...

The principal messages in the whole campaign for childrens 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.

guadagnare salute
rendere facili le scelte salutari

PER ESSERE SEMPRE ALL'ALTEZZA L'ALIMENTAZIONE HA IL SUO PESO

I RISULTATI DELLA RICERCA "OKKIO ALLA SALUTE" tra gli alunni della scuola primaria

- Molti bambini (1 su 3) hanno un **peso eccessivo**
- Molti bambini hanno un'alimentazione non corretta:
 - non fanno colazione o la fanno male
 - fanno una merenda troppo abbondante
 - non mangiano frutta e verdura a sufficienza
- Molti bambini non fanno abbastanza movimento e attività fisica.

Parlane con il tuo pediatra

FARE MOVIMENTO E NUTRIRSI MEGLIO PER CRESCERE PIÙ SANI!

In collaborazione con: Società Italiana di Pediatria (SIP) e Federazione Italiana Medici Pediatrici (FIMEP)

1 LA COLAZIONE

Alla mattina, sveglia tuo figlio in tempo per fargli fare una **BUONA** colazione:

- 1 tazza di latte
- biscotti o cereali
- 1 frutto

2 NO ALLA PIGRIZZIA

A scuola, se possibile, è meglio andarci a piedi o in bicicletta

3 LA MERENDA DI METÀ MATTINA

Dagli uno spuntino leggero e nutriente, bastano:

- 1 yogurt oppure
- 1 frutto oppure
- 1 piccolo panino (30/50 g)

4 FRUTTA E VERDURA

Bisogna mangiarne almeno 5 volte al giorno.

- 1 frutto a colazione
- 1 frutto per la merenda del mattino
- a pranzo anche una **bella insalata**
- 1 frutto per lo spuntino del pomeriggio
- a cena ancora **verdura** cotta o cruda

5 MOVIMENTO « DIVERTIMENTO! »

Assicurati che tuo figlio cammini, giochi all'aperto o faccia sport almeno per 1 ora al giorno

6 VIDEOGIOCHI E TV

Con i videogiochi, i computer o la TV, 2 ore al giorno bastano per divertirsi

7 IL TELEVISORE

Nella camera da letto di un bambino, è un ospite ingombrante e rumoroso: lascialo fuori, è meglio!

8 + ACQUA - BIBITE

Quando tuo figlio ha sete, preferisci l'acqua alle bibite (sono zuccherate e dissetano meno)

Questo materiale nasce nel quadro del progetto "Programma di Alimentazione e Comportamento" degli Istituti di Ricovero e Cura a Carattere Scientifico (IRCCS) del Ministero della Sanità. È un'attività di informazione e sensibilizzazione dell'opinione pubblica, realizzata in collaborazione con la Società Italiana di Pediatria (SIP) e la Federazione Italiana Medici Pediatrici (FIMEP). Per informazioni e richieste di materiale, scrivere a: SIP - Federazione Italiana Medici Pediatrici, viale Mazzini 10, 00187 Roma, Tel. 06/499991, Fax 06/499992, e-mail: sip@sis.it, fimep@fimep.it

SE VUOI ESSERE UN CAMPIONE...

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

**FRUTTA
E VERDURA**

5
porzioni



CEREALI

3
porzioni
di pane

1
porzione
di pasta o riso
(meglio se integrali)



**LATTE
E YOGURT**

3
porzioni



CARNE

2-3
volte



PESCE

2-3
volte



LEGUMI

3
volte



UOVA

2
volte



FORMAGGIO

2
volte



CONDIMENTI

3
cucchiaini
di olio
extravergine
di oliva
al giorno



DOLCI

1-2
volte
la settimana



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

guadagnare
salute

realizzare l'attività in sicurezza



**VIVI IN MOVIMENTO,
GUADAGNA SALUTE!**



A kit for teachers



1 LA COLAZIONE

La mattina,
alzati in tempo
per fare una
BUONA colazione:

- 1 tazza di latte
- biscotti o cereali
- 1 frutto



4 FRUTTA E VERDURA

Dolce e colorata la frutta,
fresca e gustosa la verdura.
Mangiane almeno 5 volte al giorno.

- 1 frutto a colazione
- 1 frutto per la merenda del mattino
- a pranzo anche una **bella insalata**
- 1 frutto per lo spuntino del pomeriggio
- a cena ancora **verdura** cotta o cruda,
ci sono tanti modi gustosi per cucinarla!



5 MOVIMENTO=DIVERTIMENTO

Cammina,
gioca all'aperto
o fai sport
almeno per
1 ora al giorno



7 IL TELEVISORE

Nella tua cameretta,
è un ospite
ingombrante
e rumoroso:
lascialo fuori,
è meglio!



PASSI

Progress made by local health units towards a healthier Italy

The Italian behavioral risk factor surveillance system

www.epicentro.iss.it/passi/english.asp



The evidence applied to prevention

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.

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Promoting safe behaviour...

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.**

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About ISS accident prevention...

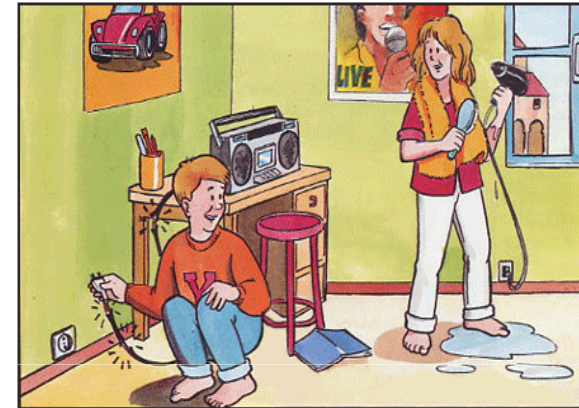
- **Injuries in the home**
- **Road accidents**
- **Skiing accidents**
- **Drowning**
- **Driving and dangerous behaviour in young people**
- **Hazards due to ageing**

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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 (SINIACA), at the ISS.

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Prevention of road accidents

www.iss.it/stra



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.

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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.

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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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Driving and hazardous behaviour in young people

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.



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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





www.iss.it/ofad

 **800 861 061**

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.

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www.iss.it/ofad

 **800 63 2000**

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

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www.iss.it/ofad

 **800 89 6970**

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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www.iss.it/ofad
 **800 55 4088**

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

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Centro Nazionale Malattie Rare



CNMR

www.iss.it/cnmr/



800 89 69 49

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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Centro Nazionale Trapianti

www.trapianti.salute.gov.it

 **800 333 033**

National Italian Transplant Centre

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.

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Thank you for your attention!



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