



HELLENIC HEALTHY CITIES NETWORK



Annual
Report

2013

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MESSAGE FROM THE CHAIRMAN OF THE BOARD



Dear friends,

Year 2014 is marked by the local authority elections and the issue of Social Policy overall, but especially that of Health is in the spotlight for the Municipalities. Currently, more than ever before, in circumstances of retreat on behalf of the central mechanisms of the Government and their failure to support basic rights and needs of the citizens, the great importance of the role of Local Authorities emerges.

Through the 10year long course of actions the **Hellenic Healthy Cities Network**, with **157 Municipality-members** nationally, is acknowledged officially by the **World Health Organization (W.H.O.)** as its main representative in Greece for the movement of **Healthy Cities**: Priorities are crystal clear. On the issue of Health, **Municipalities are expected to mind primarily about prevention**, and secondly, about the Primary Medical Attention for the susceptible groups of the population. Underprivileged and uninsured citizens ought to be able to get, **free of charge**, the proper medical attention that they need through the own initiative and agreements that the Municipality has undertaken for this purpose.

The principal purpose of the Municipality needs to be the persistency on the good Health of its citizens, in terms of promoting a healthy way of living, the prompt identification of life-threatening situations and dealing with the social and environmental factors that affect Health in a negative manner. These three aspects are of great importance for the extension of life expectancy, which for the time-being is held static in our country, and the reduction of expensive and exhausting for the people therapies. All of the above are issues that we will have the chance to develop in depth during the **nternational Healthy Cities Conference** of the World Health Organization (W.H.O.) organized in **October 2014** in Greece by the **Municipality of Amaroussion** and the Healthy Cities Network.

The new Local Authorities have an important stake: **to make prevention an actual fact**. This can be accomplished by motivating people with massive informative campaigns, noting down and numbering pro-symptomatic check-ups, identifying suspicious incidents (with the former consent of the citizen) and, finally, referring them to the attending doctor and to further and more specialized medical examinations when needed.

Additionally, where underprivileged and uninsured citizens are concerned, Municipalities need to secure them, with free-of-charge access to all necessary preventive examinations depending on the high risk group of population they belong.

It comes to our understanding, how important and difficult and, at the same time, how humanistic, useful and fair, the role of every single Municipality is, for the vital issue of Health Prevention.

The same stands for the Primary Medical Attention: a modern Municipality needs to create the appropriate networks, needs to obtain the necessary funding so that people in need will be protected and their health will not be in great danger and the appropriate therapy will be provided on time in terms of prevention.

In this direction the Municipality can move towards the creation of a Health Provider Network with the simultaneous participation of the Public and Private sectors. These Networks may exist and function within the Local Authorities, where the circumstances allow it, as well as, at the administrative districts. The Health Providers will be offering certain basic free-of-charge services to the underprivileged and uninsured citizens and in return the citizens will participate in a public registry from which the population will be invited to select the Provider that will offer the preventive medical examinations which will be compensated by EOPYY or private insurance companies.

For the last 10 years the Hellenic Healthy Cities Network strives to achieve all of the above actions and policies mentioned. Through well planned programs based on prevention against Osteoporosis, Cancer of the Large Intestine, Breast, Prostate, Cervix and Cardiovascular diseases, up to now, there have been thousands of fellow citizens that have been examined **completely free of charge** in most of the Municipality-members of the Healthy Cities Network. Additionally to these Programs, there are several of one-day conferences that take place every year nationally, elaborating on Hepatitis B, Cardiovascular diseases, the possible dangers from the consumption of alcohol, the “learning by acting and doing” of the citizens on cardiopulmonary revitalization and many other actions on health prevention.

Today we attempt one step further. **The Hellenic Healthy Cities Network** promotes the innovative institution of the **Municipal Centers for Health Prevention (KEP Ygeias)** to its members, setting a further goal of expanding the idea within the border of every single municipality. To begin with, there are 14 Municipality-members participating and adopting this concept which includes all of the above mentioned about preventing, rising the life-expectancy and promoting healthy behavior and high quality in life for the citizens and for each city as a unit.

Our fundamental message is **Prevention: Way of life**. We hope that the new Local Authorities and Administrative Districts will be fellow-workers and supporters of this idea.

We would like to thank you all for the continuous and undivided support.

Best Regards,

The Chairman of the Board
George Patoulis
Mayor of Amaroussion



MESSAGE FROM THE CHAIRMAN OF THE SCIENTIFIC COMMITTEE



Dear friends,

According to the principles of the W.H.O. Healthy Cities movement, the main goal of the Greek Healthy Cities Network is to advocate and promote good health with the active participation of the local authorities and citizen groups. Moreover, our goal is to create more alliances and synergies at all levels, always aiming to improve the quality of life and the promotion of Health of citizens.

The top priority in our activities is to help tackle health inequalities which increase day by day in Greece, due to the economic crisis, high unemployment and significant cuts on health, social and welfare expenditures. This priority is also at the top of the local authorities' agenda and an issue of great concern of the Greek government. The Ministry of Health has already taken measures to protect vulnerable populations, especially the growing number of uninsured citizens.

In order to respond to these needs, the Scientific Committee of the Greek Healthy Cities Network met regularly, during 2013, in order to plan the annual scientific program of the Network. More specifically, the Scientific Commission proposed to the Board of EDDYPPY two actions as priorities for 2013.

The first action concerns the implementation of the prevention program of cardiovascular risk in municipalities of The Greek National Healthy Cities Network. More specifically, one of the major impacts of the economic crisis in Greece is the deterioration of health indicators, including the increase of cardiovascular diseases and deaths caused by them. Taking into consideration this situation, the Greek National Healthy Cities Network in collaboration with the Institute of Social and Preventive Medicine, implement a prevention program of cardiovascular risk in 18 municipalities of Attica and other regions across Greece. Aim of the program is to provide early information in the age group >40 regarding the possibility of a fatal cardiovascular episode over the next 10 years through the interactive application "HeartScore" of the European Society of Cardiology. "HeartScore" is a primary prevention tool calculating the risk of cardiovascular death based on age, sex, smoking, blood pressure and total cholesterol which are the main risk factors for the development of cardiovascular diseases. The program started in October 2013 and is expected to be completed by the end of 2014. Until June 2014, 1.219 individuals participated. Apart from the calculation of cardiovascular risk, all participants were provided with individualized health advice regarding the modification of risk behaviors. Also, referrals for further examinations or to other health professionals were provided to participants with high risk (>5%).

In addition, during the last year, 27 scientific lectures took place, aiming at raising public awareness on the issues of diabetes, cardiovascular diseases and cancer and at providing information and mobilization for primary and secondary prevention. Meanwhile, the population was informed on the appropriate preventive check up that contributes to early diagnosis of these diseases. The population was also given the opportunity to carry out these preventive tests free of charge, in collaboration with public hospitals in Athens.

For 2014, immediate priority actions proposed to the board of EDDYPPY include the creation of health profiles in each municipality-network member. Additionally, training courses in the field of Health Promotion organized by the Greek Healthy Cities Network in collaboration with the Institute of Social and Preventive Medicine and the Center for Health Services Research of the Medical School of the National and Kapodistrian University of Athens were proposed to be implemented through a distance learning program on Health Promotion and Education in the Community for the executives of municipalities and in person training programs on counselling for smoking cessation and on communication skills and techniques for the health professionals of the municipalities.

Although there is currently a great lack of resources, the Greek National Healthy Cities Network, is expanding its activities and along with the support of volunteers.

Best Regards

Yannis Tountas

Professor of Social and Preventive Medicine
Chairman of Scientific Committee
of the Hellenic Healthy Cities Network



MESSAGE FROM THE MANAGER



Dear friends,

10 years have passed by since the day that George Patoulis with his own initiative as a City Councilman at the time and Chairman of the Municipal Outpatient-clinic of the Municipality of Pefki, set the foundation for the development of a Network regarding the Local Authority with one and foremost purpose which was health prevention for the citizens. Since then, the course of the Network confirms the initial aim of the founding Municipalities, as today, half of the Municipalities of the country have become members of the Network determined by their City Council.

We regard that the key elements that determined the continuous up-going course and which we consider promising for the future are the following:

- 1) The unwavering persistence to the actual aim of the Network which is Health Prevention. From its establishment until today the Network multiplies its actions and programs, which are all based on prevention. There are three main areas on which the programs and actions of the Network attend. The first area focuses on being informative for the citizens with regard to issues of health prevention on certain diseases with one-day conferences and campaigns. The second area deals with pro-symptomatic check-ups that concern population at high risk for certain diseases and for citizens that are uninsured and in need. These check-ups have been proved to be lifesaving in terms of prevention. The third area, recently developed, concern the counseling and strategy on the policy-making regarding the local authorities according to the international models.
- 2) The continuous organizational development of the Network with the careful preservation of its human and financial resources. It all started with the simple incorporation of 29 Municipalities of Attica, without offices and personnel. Year 2006, thanks to the efficient support of the Chairman of the board, George Patoulis, Mayor of the Municipality of Amaroussion by now, the Network obtained its own offices located at Amaroussion and got staffed. At the same time the role of the manager was appointed, with responsibilities the development and monitoring of the programs determined by the Chairman of the board of the Network.

This way the decentralization of the programs was possible according to the needs and the thrill of the local executives of the Municipality-members, the raise of private and public funds, the support of the communication and promotion of the Network and, finally, the establishment of the branch office at Northern Greece at the Municipality of Pylaias-Chortiati in 2009.

- 3) The formulation of alliances that proved to be stable and long-lasting. From the day of its establishment the Network has developed solid relationships with institutions of the Local Authorities, with Scientific Medical Companies, Medical Schools, the National School of Public Health and the Institute of Social and Preventive Medicine that today is its Scientific Associate. Finally, there has been a creative association with the Logistical Authorities of the ESPA Programs, as well as private pharmaceutical companies for the financial support of the actions.

- 4) Extroversion and international presence. In a rapidly changing world this Network remains constantly at the height of development and knowledge. Therefore, the Network was represented and introduced by its Chairman at many European countries, USA and Russia in order to gain international substance and presence. The ultimate outcome of these constant efforts was the Certification of the Network by the World Health Organization (W.H.O.) in June 2010 and the Network's incorporation to the European Network of the National Networks of W.H.O.

The Network's intention is to incorporate all of the Municipalities of the country so that with agreed priorities the Municipalities can move on to a brand new era and Greece will be able to stand on its own abilities and forces.

It is also in the intentions of the Network to further develop its scientific substance in the Greek community by means of improving the measureable outcomes of its programs and their publication. In addition, there should be a more intensive reeducation of the local executives of the Municipality-members with a further activation of the scientific co-operations. Finally, of great importance is the new institution of the Centers for Health Prevention (KEP Ygeias) that the Hellenic Healthy Cities Network originally introduced to the Greek community and has great perspective to expand nationally.

The communication of the programs and their good promotion to the rest of the Municipalities is worthwhile because of the fact that such actions set the example for the rest of the Municipalities to follow. One can be informed at the website of the Network (eddyppy.gr) so that proper and overall information can be obtained.

Moving towards the closure of the first decade of a very successful course, the Network has been given the honor to organize (in association with the Municipality of Amaroussion) the International Healthy Cities Conference which is conducted every 5 years. The Conference will be held 22-25 of October and we hope that the participation and the support of every Municipality will be a sign of a dynamic and greater expansion of our Network which will benefit the Municipality-members nationally, at the beginning of the second decade of its presence.

April 2014

With Kind Regards,

Sotiris Papaspyropoulos
EDDYPPY Manager



MEMBERS OF THE BOARD OF DIRECTORS



George Patoulis
Chairman
Mayor of Amaroussion



Giannis Ladopoulos
Vice Chairman
Councilman of Chalandri



George Makrinos
Vice Chairman
Councilman of Korydallos



Christos Gogos
General Secretary
Vice-Mayor of Vyronas



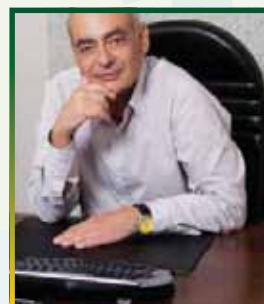
Panayotis Zitakis
Deputy General Secretary
Councilman of Alexandroupoli



Nikos Marosis
Special Secretary
Vice-Mayor of Kallithea



Sotiris Kamarinopoulos
Cashier
Vice-Mayor of Agioi Anargyroi - Kamatero



Iraklis Titopoulos
Deputy Cashier
Councilman of Pylaia-Chortiatis



Nikolaos Stavrianeas
Member
Representative of Piraeus

MEMBERS OF THE BOARD OF DIRECTORS



George Liltsis
Member
Vice-Mayor of Pavlos Melas



Georgia Georgakopoulou
Member
Vice-Mayor of Keratsini - Drapetsona



Ioannis Fostiropoulos
Deputy Member
Vice-Mayor of Palaio Faliro

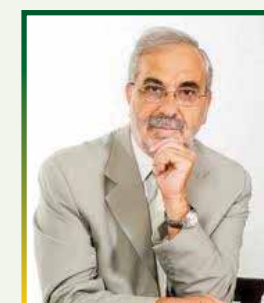


Evaggelia Amanatidou - Xatzipavli
Deputy Member
Councilwoman of Nea Ionia



Aggeliki Triantafyllou - Pitidi
Deputy Member
Councilwoman of Kifisia

MEMBERS OF THE AUDIT COMMITTEE



Tilemachos Xatziathanasiou
Chairman
Councilman of Veria

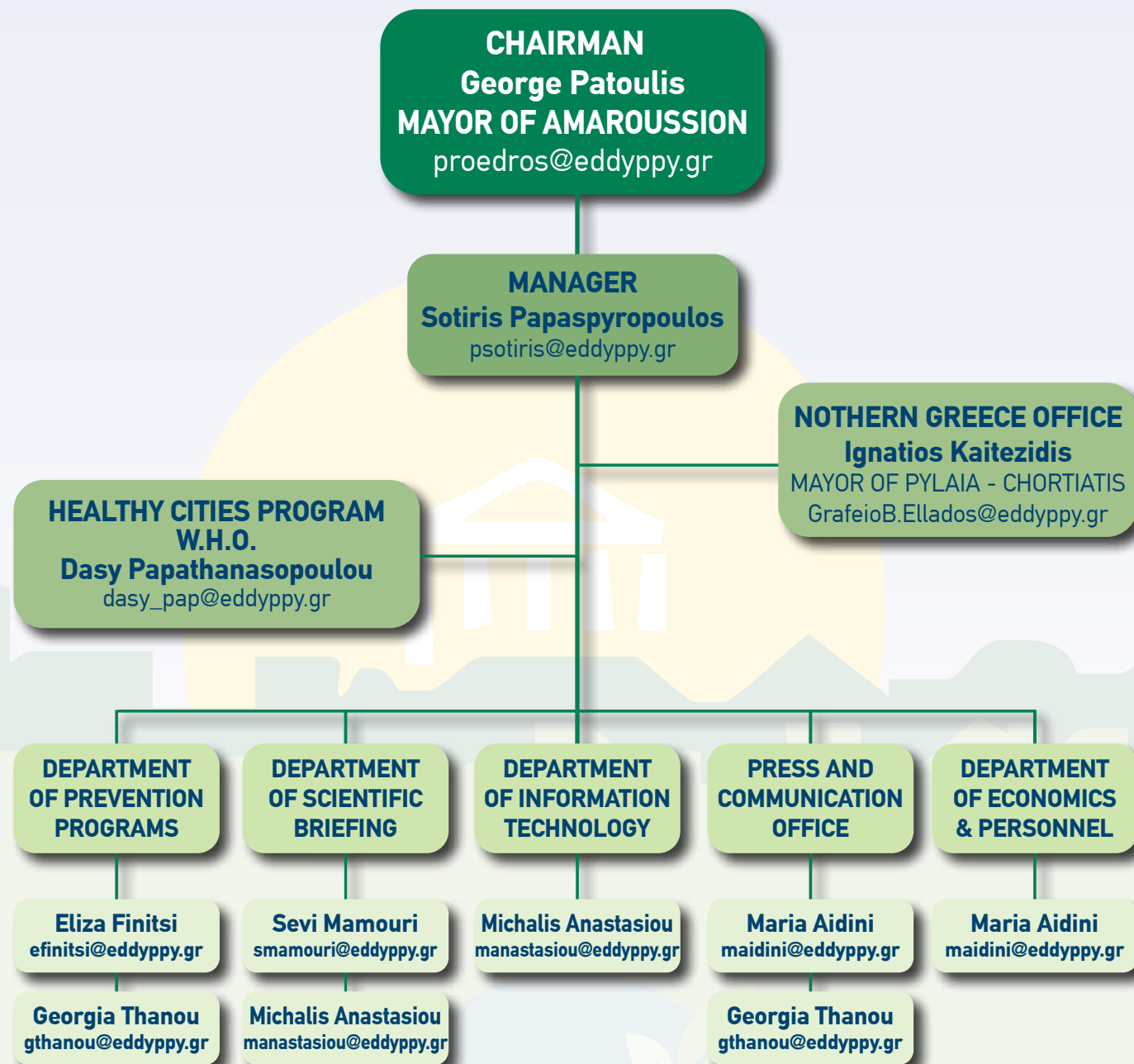


Zoi Kouvara
Member
Councilwoman of Vrilissia



Ioannis Bouras
Member
Councilman of Galatsi

ORGANIZATION CHART



MEMBERS OF THE SCIENTIFIC COMMITTEE

Yannis Tountas
Chairman

M.D., M.P.H., Ph.D., Professor of Social and Preventive Medicine,
Medical School - University of Athens, Director of the Institute of Social and
Preventive Medicine, Athens, Greece



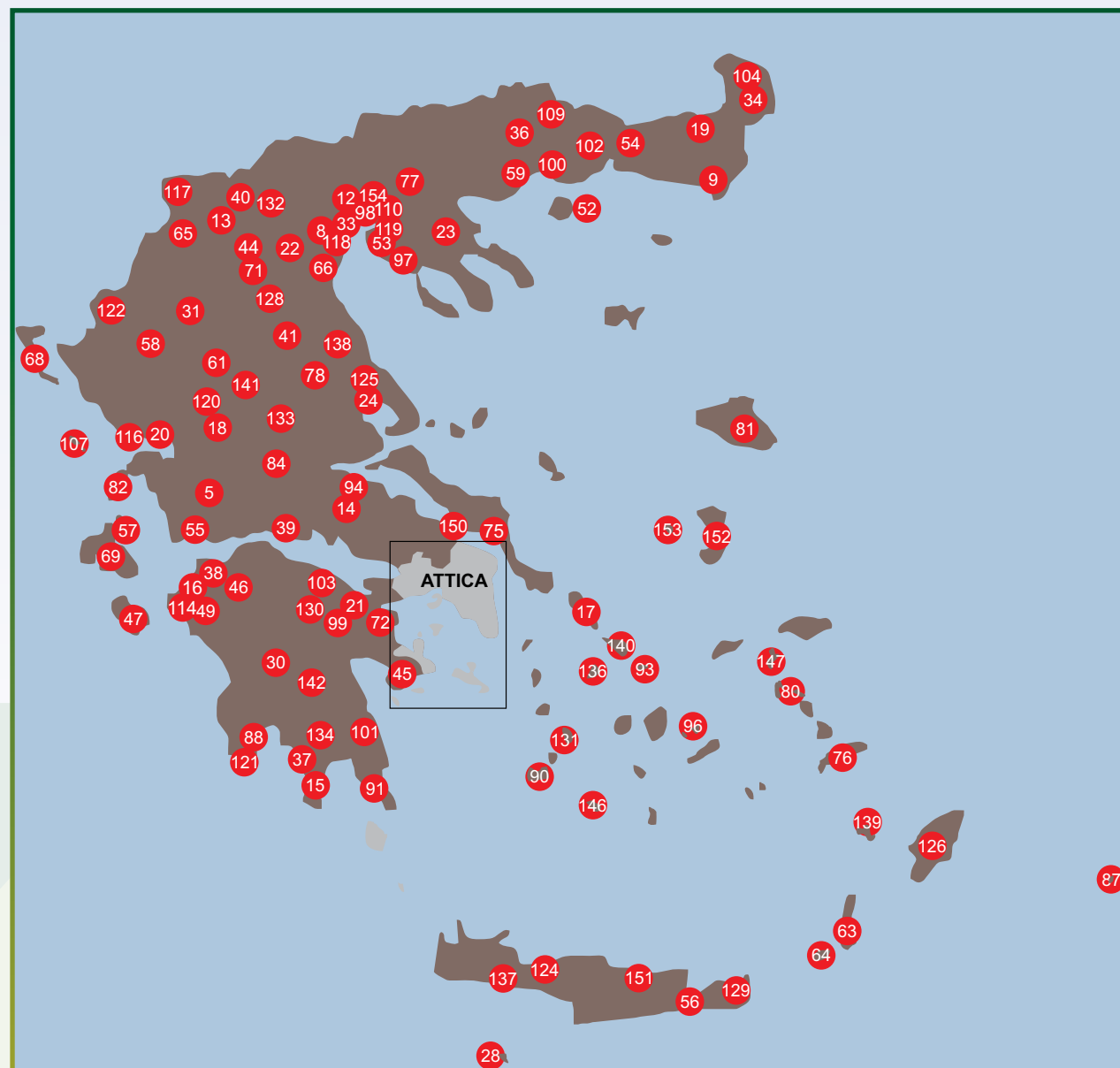
Members:

1. **Giannis Grigoriou**, Sociologist, Director of Beneficial Enterprise of Municipality of Volos
2. **Eleni Doulianaki**, Developmental Pediatrician
3. **Klea Katsougianni**, Professor of Social Medicine, Psychiatry and Neurology, Hygiene, Epidemiology and Medical Statistics, Medical School- University of Athens
4. **Giannis Manios**, Assistant Professor in Nutritional Assessment, Health Promotion and Counseling, Harokopio University, Athens
5. **Dimitris Pyrros**, Orthopedic, Member of WADEM-World Association for Disaster and Emergency Medicine
6. **Dimitris Richter**, Cardiologist, Member of the Greek Society of Lipidology
7. **Nikolaos Stavrianeas**, Professor of Medical School- University of Athens
8. **Stelios Stylianidis**, Dr, Assistant Professor of Social Psychiatry, Panteion University, National Representative for the Mental Health W.H.O., W.A.P.R., Scientific Director of Association for Regional Development and Mental Health - EPAPSY
9. **Iro Schoretsaniti**, Psychologist, MSc in Health Promotion and Education, PhD Candidate of Medical School EKPA, Center of Studies of Health Services, Medical school- University of Athens

Observers:

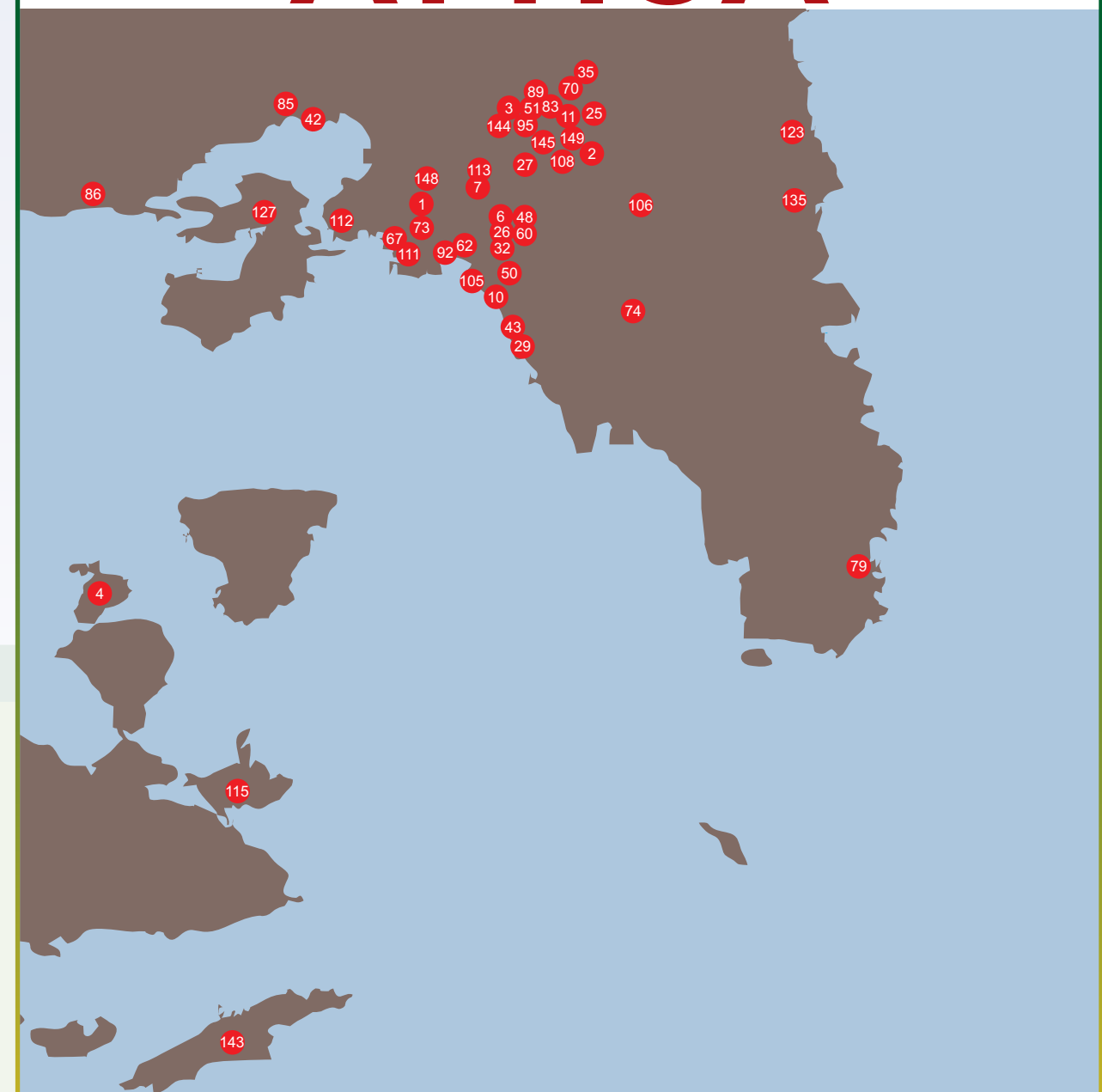
1. **Dasy Papathanasopoulou**, National Coordinator of the Hellenic Healthy Cities Network, Chairman of the Advisory Committee of the W.H.O. for the National Networks
2. **Sotiris Papaspyropoulos**, Hygienist-Psychiatrist, Manager of EDDYPPY

HELLENIC HEALTHY CITIES NETWORK MUNICIPALITIES – MEMBERS



5. Agrinio	37. West Mani	65. Kastoria	98. Neapoli-Sykies	129. Sitia
8. Alexandraia	38. West Achaea	66. Katerini	99. Nemea	130. Sikyona
9. Alexandroupoli	39. Dorida	68. Corfu	100. Nestos	131. Sifnos
12. Ampelokipoi-Menemeni	40. Edessa	69. Kefallonia	101. South Kynouria	132. Skydra
13. Amyntaio	41. Elassona	71. Kozani	102. Xanthi	133. Sofades
14. Amfikleia-Elateia	44. Eordaia	72. Korinthos	103. Xylokastro-Evrostina	134. Sparti
15. East Mani	45. Ermionida	75. Kymi-Aliveri	104. Orestiada	136. Syros-Ermoupoli
16. Andravida-Kyllini	46. Erymanthos	76. Kos	107. Paxi	137. Sfakia
17. Andros	47. Zakynthos	77. Langadas	109. Paraneesti	138. Tempi
18. Argithea	49. Ilida	78. Larissa	110. Pavlos Melas	139. Tilos
19. Arriana	51. Iraklio	80. Leipsoi	114. Pineios	140. Tinos
20. Arta	52. Thassos	81. Lesbos	116. Preveza	141. Trikala
21. Velo-Vocha	53. Thermi	82. Lefkada	117. Prespes	142. Tripoli
22. Veria	54. Iasmos	84. Makrakomi	118. Pydna-Kolindros	143. Hydra
23. Volvi	55. Missolonghi	87. Megisti	119. Pylaia-Chortiatiss	146. Folegandros
24. Volos	56. Ierapetra	88. Messini	120. Pyli	147. Fournoi Korseon
28. Gavdos	57. Ithaca	90. Milos	121. Pylos-Nestor	150. Chalcis
30. Gortynia	58. Ioannina	91. Monemvasia	122. Pogoni	151. Chersonisos
31. Grevena	59. Kavala	93. Mykonos	124. Rethymno	152. Chios
33. Delta	61. Kalambaka	94. Molos-Agios Konstantinos	125. Rigas Feraios	153. Psara
34. Didymoteicho	63. Karpathos	96. Naxos and Lesser Cyclades	126. Rhodes	154. Oraiokastro
36. Drama	64. Kasos	97. Nea Propontida	128. Servia-Velventos	

ATTICA



1. Agia Varvara	32. Dafni-Ymittos	79. Lavreotiki	113. Peristeri
2. Agia Paraskevi	35. Dionyssos	83. Lykovrysi-Pefki	115. Poros
3. Agioi Anargyroi-Kamatero	42. Elefsina	85. Mandra-Eidyllia	123. Rafina-Pikermi
4. Angistri	43. Elliniko-Argyroupoli	86. Megara	127. Salamis Island
6. Athens	48. Zografou	89. Metamorfosi	135. Spata-Artemida
7. Aigaleo	50. Ilioupoli	92. Moschato-Tavros	144. Filadelfeia-Chalkidona
10. Alimos	60. Kaisariani	95. Nea Ionia	145. Filothei-Psychiko
11. Amaroussion	62. Kallithea	105. Palaio Faliro	148. Chaidari
25. Vrilissia	67. Keratsini-Drapetsona	106. Pallini	149. Chalandri
26. Vyronas	70. Kifisia	108. Papagou-Cholargos	
27. Galatsi	73. Korydallos	111. Piraeus	
29. Glyfada	74. Kropia	112. Perama	

MUNICIPAL CENTERS FOR HEALTH PREVENTION (KEP Ygeias)



Permission to proceed is signed for the establishment and operation of the **Citizens' Service Centers for Health (Kep Ygeias)** for the 14 Municipality-members of the **Hellenic Healthy Cities Network**. The **14 Municipality-members** are the following: Agia Paraskevi, Agioi Anargyroi - Kamatero, Alimos, Amaroussion, Galatsi, Glyfada, Irakleio, Lavreotiki, Marathonas, Metamorfosi, Palaio Faliro, Peristeri, Pylaia-Chortiatis and Vironas.

The **Hellenic Healthy Cities Network** promotes the innovative institution of the Municipal Centers for Health Prevention to its members, setting a further goal of expanding the idea within the borders of every single municipality in the country.

Services and Intentions of the Citizens' Service Center for Health

These Centers are designed to:

- provide citizens with information and counseling for the prevention of certain diseases,
- organize massive population programs for pro-symptomatic check-ups,
- orientation to the provided health services according to the needs of each citizen.

The staff-helpdesk of the Centers will be in charge of running a follow-up on every citizen so that the scheduled medical examinations will be completed according to the disease and the personal situation of each citizen in time, in terms of prevention.

Service Centers for Health is an institution proposed:

- as a supplement of the National policies of Public Health in Greece regarding the local sector
- as an innovative institution that will be able to run authorities for health, provided by new local authorities organization program (Kallikratis program).
- as an institution for the presentation of well rounded proposals regarding health policies in the local sector and for the implementation of such proposals.

According to the operational and implementation schedule of Service Centers for Health in the local sector:

- Are established with council approval in each municipality.
- Provide basic prevention services, development of health services and guidance of the citizens to the existing health services.
- include: manual of operation
- Common operational software based on specific running obligations of the institution identified.
- Educational services to the personel
- Helpdesk services for the public and Service Center for Health
- Certain activities in publicity and information of the public for the new institution
- On the job training of the employees by health coaches
- Recording, design and development of health services provide in local level
- Office equipment provided (Notebooks)
- Design and development of procedure protocols on the seven diseases and on the operational steps in each case.
- External audit reporting.

Terms and Conditions of operation

No added expenses will be needed for the Municipalities to run such a Center. It is anticipated that each Center will be hosted in an already existing municipal area that will be self-sufficient. Own phone and internet connection, computer and printer need to be provided. Additionally, every Municipality is obliged to provide the Center with two employees that are part of the permanent personnel, of whom one, preferably, is expected to have an occupation related to health services.

Hellenic Healthy Cities Network and the Central Service Desks of the institution (KEP Ygeias) will provide to every new municipality which will apply to the program services and operational benefits as follows:

- Computer software that will contain statistical data compatible to a health map that will include all the protocols (seven diseases) and procedures concerning medical examinations required for the prompt diagnosis for prevention purposes
- training of the two employees, and
- a manual of operation so that all the Citizens' Service Centers will adopt a common guideline.

The Hellenic Healthy Cities Network invites all Municipalities to be part of this great and innovative idea which aims to promote the good health of the citizens and to raise life expectancy.



PERSONAL MEDICAL FILE

Information & Communication Gate

The portal www.patientlink.eu is a purely private initiative of “PYRAMIS Applications L.T.D.” with the aim of providing specialized services in the field of health. From 2007 until today, the accumulated experience gained has led to the development at international level, of the most comprehensive platform of services in the wider field of health.

These services, under the brand name “**Patient Link**”, provided by the corresponding functions, meet the needs of professionals in the health sector (doctors / medical centers / Pharmacists etc), medical institutions (EDDYPPY) and citizens.

More specifically for the EDDYPPY service “**Patient Link**” called “**Personal Medical File**” is a set of services:

- for the **immediate and synchronous communication between the municipalities of EDDYPPY members, and municipalities with their citizens,**
- **to shaping & organizing personal electronic health records for citizens LIFELONG**, containing well secured medical history records with controlled access **24 hours a day, 365 days a year**, and
- for the use of a **personal electronic health diary** for every citizen with an automatic reminder via e-mail.

The purpose of the “**Patient Link**” service is **to create a network of all those working in the wider field of health**, for example: doctors, diagnostic centers, clinics, hospitals, private and public health agencies, and other related businesses that provide services or products in order to improve health care.

“The reference is to the man and his health”

The EDDYPPY with the service “**Personal Medical File**” can now:

- **Publish notices that will be automatically visible to all citizens of the municipalities.**
- **Communicate directly and interactively with the appropriate members of Municipalities.**

Each municipality member of the EDDYPPY network, with the service “**Personal Medical File**” now has modern tools that can:

- **Provide all residents with modern, innovative services that will help them clearly organize in the best way what relates to their health** (direct information on prevention, participation in health activities, LIFELONG health records and medical calendar with reminder feature),
- **Develop their own dynamic web site for health**, visible only to the residents of the municipality,
- **Publish announcements for residents**, to inform residents via e-mail, watching real-time responsiveness, while developing a new channel of communication with them,
- **Publish announcements for health professionals** in the region dynamically visible only to them, and communicate with them, **developing a modern medical network of the Municipality**,
- **Enhance organization of the municipal dispensaries** by using electronic medical records for medical data entry,
- **Monitor specific medical facts or events** using the medical calendar.

Every citizen can now obtain access codes to their “**Personal Medical File**” that provide the opportunity to have:

- **direct and continuous health updates** from the municipality, such as notices for precautionary examinations, announcements for prophylaxis of seasonal diseases etc,
- **personal electronic medical files**, that can store the required medical data, either in brief or in detail



- **personal electronic medical diaries** to record notes / appointments / medical data and allow the option to activating automatic reminders via e-mail.

Each health professional with the service “**Personal Medical File**” can:

- **have direct synchronous communication with the municipality**, and
- **actively participate in health actions.**

In summary, the municipality through the service “**Personal Medical File**” of EDDYPPY radically enhances the services provided to residents in the area of health and organizes by contemporary manner all actions relating to health, while establishing a pioneering, innovative and modern profile.



At a time when the health sector has been abandoned by people who suffer daily from the impact of the economic crisis, the municipality can respond with vision and creation, by implementing direct and specific structured activities. **The municipality today with the service “Personal Medical File” may have a major role in improving the lives of citizens and their health care.**

This role will be strengthened further in 2015 with the exploitation of new functions. “PYRAMIS” in cooperation with EDDYPPY reorganized the information & communication service, providing faceted and continuous information to the citizens and maximum possible interaction with them.

The service will be used as a major tool for communication between the coordinator and heads of municipalities of EDDYPPY, as unanimously decided in a meeting on 06/27/14, for the optimal communication and network operation of EDDYPPY.

Precisely for this reason, the logo of the service will change from “**Personal Medical File**” to “**information & communication gate for my Health**” giving a new dimension to services oriented towards citizens.

Specifically:

Onto the home page of the municipality’s web site, unless the other improvements under the section “TIMELY MESSAGE”, **formed three columns on information & communication.**

Column 1st: Patient Link Observer

The **Patient Link** service will update daily the column with new health announcements regarding the residents that posted on public sites (e.g. Min of Health, KEELPNO EDDYPPY, etc). Therefore the municipality will provide at no cost to residents, updated information about their health, without the need for residents to visit all these sites daily to find these announcements.

Column 2nd: Announcements of the municipality and partner organizations

For example, the municipality, except their own announcements, can enable the automatic display of announcements from the local Medical Association concerning residents.

Column 3rd: Presentation of Departments / Services of the Municipality.

The citizen can be updated directly on the municipal services of which he is interested, to see the opening hours, for example, municipal clinics, and if the municipality allows to make electronic appointments.

In addition, on the home page under the choices option, there is space available to promote sponsors. The municipality therefore acquires an additional powerful weapon to increase the number of potential sponsors, offering even more health services to the residents.



In every announcement, except for sending informative e-mail, we have added the following optional elements of interactivity:

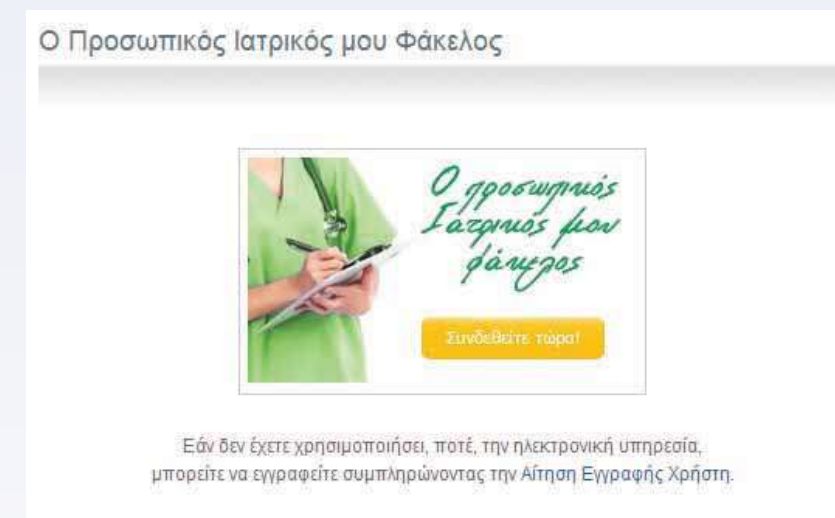
1. conversation
2. voting
3. evaluating

The administrator of the municipality at all times has access to statistics and can at any time communicate with citizens (e.g. sending reminders to those who did not respond).

In addition to the creation of “groups”, the administrator can monitor the development of specific actions, such as mammography examinations for women aged 50 years or PSA tests for men over 50.

What needs to be done by the Municipality to implement the “Personal Medical File”

1. **Add on the site of the municipality the special link** provided by Pyramis through which citizens submit an electronic application for access codes. Through the same link the residents can access the service. The access of citizens can be monitored only by the site of the municipality, which dramatically increases traffic and makes the municipality site a powerful tool for providing information to residents.



2. **Inform citizens about the service “Personal Medical File”** and suggest that they ask for access codes.
3. **Monitor the applications submitted** and produce passwords for residents by automatically sending via e-mail.
4. **Maintain the announcements on the Municipality page**, i.e. remove old ones and replace with new ones, by automatically sending messages via e-mail to the residents.

Κατάλογος Ανακοινώσεων												
Ημερ/α	Τίτλος	Περιγραφή	Ορατή σε:	Προσβλέπει Ομάδα	Ενεργή	Συζήτηση	Υποφορμά	Total	Yes	No	Blank	Αποστολή e-mails σε:
2014-01-24	Εβδομαδιαίο Δωρεά Προγραμματικό Ελέγχου για τον Καρκίνο του Παχέου Εντέρου	Παράδοση	Όλοι	NAI	10	3	NAI	000	0	0	0	[1] (10) Αποστολή [0] (0) Διαγραφή
2014-01-24	Επικοινωνία	Παράδοση	Ασθενείς	OXI	9	2	OXI	000	0	0	0	[1] (1) Αποστολή [0] (0) Διαγραφή
2014-01-24	Δωρεά μαστούργραφιας	Παράδοση	Ασθενείς	OXI	8	5	OXI	000	0	0	0	[0] (0) Αποστολή [0] (0) Διαγραφή

5. **Update automatically and continuously through e-mail the relevant of EDDYPPY posts.**

PREVENTIVE MEDICAL PROGRAMS

VODAFONE GREECE TELEMEDICINE PROGRAM in 100 areas all over Greece It's nice to have access to high quality health services and live in the place you love

Vodafone Greece utilises its technology and enables people in remote areas to have free access to high quality specialised health services, without moving from their place of residence. Vodafone Greece Telemedicine Program is implemented for the 9th consecutive year in collaboration with the Athens Medical Center and is under the auspices of the Ministry of Health and the Ministry of Mercantile Marine. People, who will visit the remote clinic are able to have their medical examinations, for example, a cardiogram or a spirometry, which are then sent via Vodafone Greece's network to specialised doctors in Athens Medical Center. There, specialised doctors provide their advisory opinion, directly and quickly with the same procedure.

Vodafone Greece Telemedicine Program promotes preventive medicine, and also covers patients with chronic diseases, as it allows systematic control of their health status, at their place of residence, bypassing geographical or other restrictions. The Telemedicine Program is implemented in 100 remote areas of Greece (mainland and islands).

The Hellenic Healthy Cities Network, as well as the company Vidavo also participate in the program.

For more information, visit vodafone.gr/sustainability



OSTEOPOROSIS SCREENING PROGRAM

Assessment of fragility fracture risk

OSTEOPOROSIS: A SILENT DISEASE



In the normal adult skeleton there is a bone remodeling process, which regulates the gain and loss of bone mineral density and directly influences bone strength, through a dynamic balance between osteoblast function, bone resorption and osteoclast recruitment. Each bone, constantly, undergoes modeling during life to help it adapt to changing biomechanical forces, as well as remodeling to remove old, microdamaged bone and replace it with new, mechanically stronger bone to help preserve bone strength.

In older women, especially **after menopause**, the bone succumbs to a destruction of this balance with an increased osteoclast function and bone resorption, so bones thinner and brittle and break more easily. This is the reason why elderly women, after 50 years have **an increased fragility fracture risk**. A number of risk assessment tools are available to predict fracture incidence over a period of time and these can be used to screen the population.

In this direction, 7 years ago, we started a Panhellenic program, FREE of charge, in order **to screen meta-menopausal women** (over 45-50 years old) and **to determine the at risk population for osteoporotic fractures**.

The program includes **assessment of bone mineral density (BMD)** and is determined by a **quantitative ultrasound calcaneus measurement**.

Afterwards, **orthopedic surgeons or general practitioner volunteers evaluate these scores**, and together with the clinical assessment, they estimate the risk fracture of the osteoporotic skeleton.

The importance of the program is:

1. **To prevent fractures in older women.**
2. **To screen osteoporosis risk.**
3. **To enhance quality of life with the main message "PREVENTION, WAY OF LIFE".**

From the beginning of the program until today, 82 municipalities – members of the Hellenic Healthy Cities Network participated, with more than 70.000 citizens being examined, mainly metamenopausal women.



PREVENTION PROGRAM OF BREAST CANCER



The program for free mammograms began in October 2012 and continues with great success. The Hellenic Healthy Cities Network (EDDYPPY) and the Association of “**Friends of the Ag. Anargyroi Oncology Hospital**” cooperate in this direction in order to offer free mammograms to poor, uninsured and unemployed women selected by the social services of all municipality members.

The aim of this program is to screen vulnerable women (who usually neglect their health) for the early diagnosis of breast cancer.

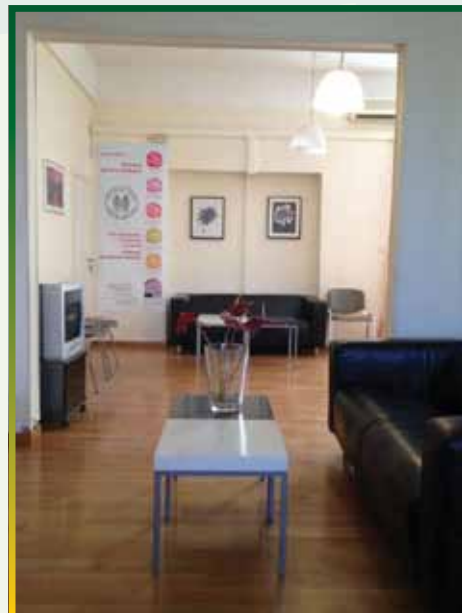
In this context, the Association provides every Thursday and Friday from 9am to 2pm special digital mammography examinations. It should be noted that the program is preventive and does NOT include women who already have any kind of mama carcinoma.

1.410 women in 26 municipality members of the network participated and underwent mammography over 2013. For the year 2014, so far, we had 2.500 women participating from 43 municipality members.

Of all these women, 1,7% appeared high risk, being suspected for breast cancer, without knowing it.

For their distribution, we would like to thank the President of Association of Friends of the Ag. Anargyroi Hospital Mrs. Mary Grigoropoulou and the Scientific Director of the Association Mrs. Efi Simou, especially in today's tough economic times.

Free mammograms to screen vulnerable women for early breast cancer diagnosis



BASIC LIFE SUPPORT & CPR TRAINING FOR CITIZENS

The Hellenic Healthy Cities Network (EDDYPPY) with the collaboration of Rescue Volunteer Crisis Group (EDOK), organizes Cardiovascular Reanimation course and Basic Life Support training for citizens of municipality members of the network all over Greece.



What is CPR:

The CPR consists of two main steps,

- The chest compressions to restore circulation of the blood and
- Rescue breaths to transfer oxygen into the lungs.

The rapid onset of effective CPR can increase the chances of survival. Why train? Sudden cardiac arrest is a leading cause of death. In several cases of cardiac arrest, death can be avoided, if the victim is resuscitated by a trained citizen with the CPR protocol.



The BLS Training aimed to educate citizens on basic life support for adults and children, as well as the proper techniques of reanimation while choking depending on the age of the victim.

The practice of trainees was performed in real conditions on the ground, simulating real incidents using templates (dolls).

About 10-20 skilled physicians and rescuers of Rescue Volunteer Crisis Group EDOK participate as volunteers in each event.

Cardiopulmonary resuscitation (CPR) in adults and children and education include:

- basic life support in adults and infants
- techniques and management of choking in infants, children and adults

The education included the basic knowledge and skills needed to address life-threatening situations, such as possible heart attack, sudden collapse, severe bleeding and choking (breathing obstruction from a foreign body, which obstructs the passage of air to the lungs).

Also, from the training, one learns how to call an ambulance or other medical assistance wherever located and what precise information to give quickly and effectively.

Operator Training

Operator training is the Volunteer Rescue Crisis Group (EDOK) a non-governmental association under the auspices of Civil Protection. Instructors are trained members of EDOK with the accreditation to provide basic education on Life Support.

Share Prospectus CPR

To all residents who participated in the training campaign were given a hand out outlining the protocol and the rescue algorithm.

More than 2000 citizens in 17 municipalities had been trained, while 10.000 leaflets outlining the rescue BLS algorithm had been handed out.

Through this campaign, the EDDYPPY intended to:

- Enhance public education in basic life support for adults and children.
- Create materials for finding information on saving lives.
- Increase awareness and participation in voluntary teamwork.



PREVENTION AND AWARENESS OF CARDIOVASCULAR RISK PROGRAM

The importance of prevention

Today in Europe, cardiovascular disease is responsible for more deaths than all cancers combined.

Greece has the most strokes and heart attacks out of all other low risk countries of southern Europe.” This is due to the change of lifestyle and the deterioration of risk factors such as obesity, smoking, hypertension, hypercholesterolemia and diabetesmellitus.

These diseases have a common basis on the presence of atherosclerosis in vessels and can cause a stroke, when arteries of the brain are affected, or coronary disease and heart failure, when coronary arteries are affected.

Therefore, the implementation of programs, both for primary prevention, as well as for early diagnosis and secondary prevention, the National Healthy Cities Network (EDDYPPY) assessed the program as top priority at a national level.

18 Municipalities, members of EDDYPPY run the **Prevention and Awareness of Cardiovascular Risk Program** for their 40 year old plus citizens, in collaboration with the Institute of Social and Preventive Medicine (IKPI), under the auspices of the Greek Society of Cardiology and of the Greek Institute of Cardiology (ELIKAR).

The municipalities that took part at the program were: **Agrinio, Alexandreia, Drama, Aigaleo, Galatsi, Glyfada, Ierapetra, Ilioupoli, Korydallos, Lykovrisi-Pefki, Nea Propontida, Pydna-Kolindros, Sikyona, Spata-Artemida, Xanthi, Xylokastro-Evrostina, Volos, Vrillissia.**

The aim of the project was to promote public awareness on the issues of cardiovascular risk and to inform people of the importance of primary and secondary prevention.

- Screening of 1.219 citizens in 18 member municipalities for Cardiovascular Risk Assessment
- 57.4% of males at high risk level

The program

Briefings & speeches have taken place in each municipality in order to increase public awareness for protective and healthier behavior, associated with low cardiovascular risk factors (primary prevention).

At the same time, men and women >40 years, especially in vulnerable social groups, had the opportunity to undergo screening tests (measuring cholesterol, blood pressure, etc) for free. After the examination, with the use of the Heart Score application, the cardiovascular risk was calculated on the basis of examination results and the factors of age, sex and smoking, presenting the individualized risk of the citizens to show some cardiovascular disease within a decade.

Within 10 months 1219 people were examined, 430 men and 789 women. In cases where the risk was > 5%, each person was referred to his/her doctor for detailed and personalized medical advice regarding risk limitation strategies.

For the representatives from each municipality-participant (doctors, nurses, health visitors, psychologists and other disciplines), EDDYPPY organized free educational meetings for the counseling intervention in program subjects and further guidance.

The training was conducted by Dr. Dimitris Richter, Director of Cardiology Euroclinic Athens, Chairman of the Greek Society of Lipidology and Mr. Sotiris Papaspyropoulos, Hygienist-Psychiatrist, Manager of EDDYPPY.

Of the 430 med who participated in the program, 112(26%) were of very high risk and 135 (31.4%) of high risk, while 138 men (32.1%) had shown a moderate risk (>1% and ≤ 5%), and only 45 (10.5%) a low risk level.

In the female population, very high risk showed 31 women (4%) and high risk 140 (17.7%), while moderate risk of cardiovascular incidents show 293 people (37.1%) and 325 women (41.2%) belonged to low risk assessment (≤ 1%).

INFORMATIONAL EVENTS

Hellenic Healthy Cities Network held in 2013 a series of events on various topics regarding health prevention addressing the municipalities' residents, with the support of the companies PFIZER Hellas and LEO Pharma Hellas in collaboration with the specialized company New Event Generation.

40 informational events were held, involving a total number of 60 distinguished doctor-speakers (Pathologists, Pulmonologists, Pediatricians, Urologists, Angiologists – Vascular Surgeons, Oncologists, Dermatologists, Psychologists etc.)

More than 4.500 citizens attended the events and for the information of the public, 67.000 invitations and 5.000 posters were printed.

Specifically:

“Adult Vaccinations: As necessary as for the Children?”

Sponsored by: PFIZER Hellas

Municipalities of: Chalcis, Delta, Elefsina, Filothei-Psychiko, Glyfada, Kavala, Larissa, Moschato-Tavros, Piraeus, Rafina-Pikermi, Xanthi and Zografou.



“The Importance of Childhood Vaccination: Necessary Vaccination for your Child”

Sponsored by: PFIZER Hellas

Municipalities of: Agia Varvara, Agioi Anargyroi – Kamatero, Amaroussion, Aigaleo, Galatsi, Iraklion, Kropia, Pallini and Zografou.



“Urinary Incontinence”

“Dementia”

“Neuropathic Pain”

Sponsored by: PFIZER Hellas

Municipalities of: Almyros, Ampelokipoi - Menemeni, Drama, Edessa, Elefsina, Mandra-Eidyllia, Pallini and Vari-Voula-Vouliagmeni.



“Venous Thrombosis: all you need to know”

Sponsored by: LEO Pharma Hellas

Municipalities of: Amaroussion, Elefsina, Ilioupoli, Pallini and Xanthi.



“Psoriasis”

Sponsored by: LEO Pharma Hellas

Municipalities of: Amaroussion, Piraeus, Peristeri and Thessaloniki.

CAMPAIGNS

PREVENTION CAMPAIGN AGAINST HEART DISEASES “Give a “Heart” Gift to Those You Love”



From whom to who

With the message “Give a heart Gift to someone without health insurance, to an unemployed or destitute fellow man” successfully completed the prevention campaign against heart diseases, which was nationwide organized by **Hellenic Healthy Cities Network (EDDYPPY)** together with **Panhellenic Network of Diagnostic Laboratories IATRICA**. The campaign took place under the auspices of the Greek Society of Cardiology and of the Greek Institute of Cardiology EL.I.KAR.

Aim of the Campaign

The aim of this campaign was to increase awareness of prevention importance as far as **heart diseases** and **dyslipidemia** are concerned. Screening exams of dyslipidemia were offered for free to men and women over 30, who belonged to “vulnerable social groups” (poor, unemployed and uninsured).

Examination - Evaluation - Advice

The campaign included the following tests: total cholesterol (TC), HDL cholesterol (HDL-C), LDL cholesterol (LDL-C), blood triglycerides (TGS) and atherogenic index calculation. The purpose of the project was to screen the population before symptoms, in order to prevent atherogenesis.

In addition, there has been a widespread campaign on primary prevention for the community, by demonstrating how to avoid dyslipidemia and heart attacks (ways of exercise, nutrition advice etc).

The comprehensive evaluation of cardiovascular risk and atheromatosis was related to the specialized opinion of a cardiologist. Additionally, a free appointment with a NUTRIMED nutritionist was provided, in order to modify further food habits and weight control.

Great success...

The appeal of all channels was impressive, resulting in 2,000,000 «Heart Gift» views and supporters taking part at all online promotion media.

AWARENESS CAMPAIGN ABOUT RATIONAL USE OF ANTIBIOTICS

The Hellenic Healthy Cities Network (EDDYPPY), together with the National Organization for Medicines (EOF), took the initiative to inform citizens about the rational use of antibiotics, as well as medical doctors about pharmacovigilance, throughout informative brochures, lectures and other actions, increasing public awareness of drug utilization to avoid bacterial resistance in two ways: 1) medical advice and prescription before buying an antibiotic and 2) duration of therapy, compliance to medication and rational use as far as the drug appropriateness and drug safety are concerned.

EDDYPPY distributed 2,500 leaflets among all member municipalities that expressed an interest to participate in this campaign.

The campaign for rational use of Antibiotics was supported by the Ministry of Health, the Center for Disease Control and Prevention (KEELPNO), the Ministry of Transport and Communications and the European Center for Disease Prevention and Control (ECDC).



CHILDHOOD OBESITY PREVENTION PROGRAM

The PAIDEIATROFI Program



PAIDEIATROFI is a Childhood Obesity Prevention Program implemented in Greece from December 2008. The aim of the PAIDEIATROFI program is specific and clear: **the education of the population of the participating municipalities towards a healthy and balanced diet and regular physical activity to reduce the childhood obesity rates in Greece.** It follows a community-based intervention approach, prompting a lifestyle change at the local level in a mild way.

In order to ensure the maximum possible effectiveness of the program, was created a professional structure that includes the National Coordination Team, the Local Team of every town and the National Scientific Committee. The responsibilities of those involved in the program are specific and distinct:

- The **National Coordination Team** offers continuous and specialized services for training, communication and public relations.
- The **National Scientific Committee** supervises the development of the program by taking into account National and International scientific guidelines.
- The **Local Team** in cooperation with the Local Project Manager of each municipality is the driving force behind the program and implements the actions in the town.

PAIDEIATROFI is a proud member of the **Epode International Network (EIN)**, the largest network of obesity prevention programs globally, with more than **36 programs** members in **24 countries**, involving **170 million citizens** all over the world.

In 2013, the PAIDEIATROFI National Coordination created two themes that were implemented by its municipality-members. For the first semester of 2014 these local activities were centered on **“My Portion Size”**, prompting all family members to consume food portion sizes that correspond to their individual needs. Over the second semester of 2014, the focus was on the promotion of Physical Activity, with local activities centered on the theme **“We move and we like it!”**



• GALATSI •

“My Portion Size” Interactive Workshops in nursery schools.



In cooperation with the volunteer nutritionist/dietician Mrs Konstantina Pittara, the local team visited the municipality kindergartens to transfer in a simple and entertaining way the key messages of the PAIDEIATROFI theme “My Portion Size!”. Based on the program’s leaflet and placemat, these workshops make the use of presentations, games and creative activities that help children understand the importance and meaning of food portion size.

Festival of Physical Activity

In the framework of the PAIDEIATROFI theme “We move and we like it!”, the local team transformed Veikou Grove to a massive playground for the promotion of physical activity through play! Simple and traditional motion games, like hopscotch, cauldron, tug of war and many more were the ten stations of PAIDEIATROFI, created at the open space of the Grove. The aim here was to demonstrate that physical activity can be integrated in our daily lives and does not require any special cost or complex equipment.

• PALAIO FALIRO •

“My Portion Size” Event

In this event that took place at the 7th elementary school of Palaio Faliro, the local team organised a series of surprises and original activities for more than 300 participants:

- Interactive talk from clinical nutritionist/dietician Georgio Landis on balanced nutrition and portion size
- Presentation of riddles, dances and theatrical plays by the pupils
- Friendly basketball game that promoted the combination of balanced nutrition and physical activity
- Counseling to parents regarding nutritional behaviour, provided by psychologist Evi Neofotistou
- Award of participation diploma, leaflet and placemat with the PAIDEIATROFI nutritional plate

The event ended in the most enjoyable way since there was a buffet with the gastronomic creations that children prepared at home along with their parents, following the advice of nutritionist Georgios Landis and adding imagination so as to create delicious and healthy recipes!



• AMAROUSSION •

Cooking Lessons for Children

The local team organised a series of cooking lessons for children of local elementary schools, with the co-operation of executive Chef Kyriakos Melas and Kids Cooking Club. The aim of these lessons was to promote fruit and vegetable consumption, food portion size and balanced nutrition overall.

Educational Excursions

In the framework of PAIDEIATROFI, the local team organised 3 educational excursions for the pupils of elementary schools”

Grape - the Star of Winter!



The children visited the Interactive Folklore Museum “Varnava” in order to participate in a vine harvest workshop. The aim of this educational visit was for the children to get to know the most known fruit of the season, the grape, as well as all the products that come out of it.

PAIDEIATROFI goes to Parnitha!

Pupils visited the National Park of Parnitha in the framework of PAIDEIATROFI and the promotion of physical activity! This educational excursion included a visit to the Little Museum of Parnitha to learn about the ecosystem of the National Park, a ride with the cable car that led them to signposted walking paths, mountain trekking through a dense forest for 1 hour, under the guidance of a specialist gymnast/climber and teachers, football and hut building in the countryside and a healthy lunch break.

Visit to Sports Center

Children visited Ionathan Sports Center in order to participate in team and individual sports, including athletics, tennis, basketball and more.

Family Walk at Syggrou Grove – We move, we learn and we have fun!

This very successful family event for the promotion of physical activity included a short walk around Syggrou Grove, interactive speech by nutritionist/dietician, playing Planetbook floor game for the environment, offer fresh fruits, water and juices, as well as presents for the winners (board games and books)

• PAVLOS MELAS •

Interactive workshops in elementary schools

With the invaluable help of volunteer dietitians/nutritionists Maria Karvounidou and Vassiliki Theodoridou, the local team visited 5 local elementary schools in Polichni and Stavroupoli, to inform students about the messages of the PAIDEIATROFI theme “My Portion Size!”. These workshops aimed at using interactive techniques and games in order to help children understand the recommended portion size for each food group, learn how they can incorporate sweets and deserts in their diet without guilt and inform them about the importance of physical activity and exercise.



Information and Prevention Campaign for the Colorectal Cancer

- Free Colorectal Cancer Screening to 4.000 healthy citizens
- 13,2% required further investigation

4.000 healthy men and women between the ages of 50-75, had the opportunity to undergo a free hemoglobin in stool screening (Faecal Mayer), within the campaign for the Prevention for the Colorectal Cancer that was held by EDDYPPY in 2013.

Citizens awareness and pre-symptomatic screening was the main goals of the campaign of EDDYPPY in promoting public health for the municipalities members.

Colorectal Cancer, is nowadays the third most common type of cancer diagnosed in the developed countries and if diagnosed in its early stages, that is not yet symptomatic, it can be completely curable.

25 Μαρτίου - 6 Απριλίου 2013

Εβδομάδες **δωρεάν** προληπτικού ελέγχου για τον καρκίνο του **παχέος εντέρου**

Είστε από 50 έως 75 ετών;
Κάντε τώρα **δωρεάν** την εξέταση ανίχνευσης αιμοσφαιρίνης στα κόπρανα σε όλες τις μονάδες του Ομίλου **ΒΙΟΙΑΤΡΙΚΗ** σε Αττική & Θεσσαλονίκη.

Καλέστε τώρα στα 210 6966100 & 2310 459 660

Επιστημονική Υποστήριξη: ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΕΙΑ ΟΓΚΟΛΟΓΙΑΣ ΠΕΠΤΙΚΩΝ

Χορηγοί Εξοπλισμών: Βιοιατρική, Βιοκλινική

Μάθετε περισσότερα για τον προληπτικό έλεγχο του παχέος εντέρου: www.bioiatriki.gr/pachi_entero

Campaign For Rational Consume of Alcoholic Beverages ... for reducing the incidence of car accidents & saving lives



The action was sponsored by DIAGEO Hellas.

The Hellenic Healthy Cities Network (EDDYPPY) have run a Nation-wide Campaign on rational drinking, for the past 2 years in 2013 and 2014, with the exclusive support of DIAGEO Hellas. The campaign included the hand out of a special brochure created in collaboration with the National University of Athens, Center for Research & Accident Prevention and Road Safety Institute IOAS Panos Mylonas.

The purpose of this action was to increase the awareness of adults concerning the impact of improper alcohol consumption, especially when driving. The duration of the campaign was set for 1 month (each year).

The main object was to inform young Greek consumers on issues related to alcohol consumption regarding what the alcoholic beverages contain. Understanding the side effects is the first step **to curb irresponsible drinking**, giving people the possibility to 1) change social attitudes towards drinking and driving and 2) **reduce the car accident incidence**.

100,000 leaflets were distributed in 49 greek municipalities. They were selected according to special surveys and statistics of the Greek Police and IOAS "Panos Mylonas" as "municipalities at high risk" of having the most car accidents of Greece. The distribution of leaflets was held at the Town Hall and other municipal structures (Cultural Centers, Municipal & Regional Theatres, and KEP Examination centers etc).

CAMPAIGN "Ask Dave"

The action is continued with the campaign link "ASK DAVE" in all sites of the Municipalities- members of EDDYPPY.

Ask Dave helps you get an idea of how much you drink. We have used some average measurements and strengths for a range of common drinks, getting to know how much alcohol is in your drinks will help you track your drinking.

Ask Dave helps you:

- Know the number of units of alcohol you have drunk
- Understand the time it takes your body to process the alcohol
- Know the total number of calories in your drinks (This is an estimate of the average calories in a typical beer, wine or spirit and doesn't include the calories in any mixer).



BRIEFING CAMPAIGN FOR INCONTINENCE

EDDYPPY organized a Briefing Campaign for Incontinence. A distribution of informative booklets were released in the following Municipalities members of EDDYPPY: **Alexandreia, Amaroussion, Chios, Dafni-Ymittos, Elefsina, Glyfada, Grevena, Ioannina, Kavala, Larissa, Palaio Faliro, Pallini, Piraeus, Pylos-Nestor Messini, Rhodes, Sparti, Trikala and Vyronas.**

Γιατί να αλλάζεις ακόμα πάνες όταν μπορείς να αλλάξεις ζωή;
Σήμερα η ακράτεια αντιμετωπίζεται απλά και αποτελεσματικά.
Ρωτήστε τον ουρολόγο σας.

ΔΩΡΕΑΝ
ΟΥΡΟΛΟΓΙΚΟΣ ΕΛΕΓΧΟΣ
ΓΙΑ ΤΗΝ ΑΚΡΑΤΕΙΑ
Ενημερωθείτε για το πρόγραμμα
στο τηλέφωνο **21 21 21 1050**
Ώρες λειτουργίας: 09:00-21:00
ΜΙΑ ΠΡΟΤΟΒΟΥΛΙΑ ΤΩΝ ΜΕΛΩΝ ΤΗΣ
ΕΛΛΗΝΙΚΗΣ ΟΥΡΟΛΟΓΙΚΗΣ ΕΤΑΙΡΕΙΑΣ

Με την ευγενική χορηγία της **Pfizer**

ΕΛΛΗΝΙΚΗ ΟΥΡΟΛΟΓΙΚΗ ΕΤΑΙΡΕΙΑ

ENVIRONMENTAL ACTIONS OF MUNICIPALITIES-MEMBERS OF EDDYPPY

Hellenic Healthy Cities Network (EDDYPPY) shows sensitivity on issues relating to the to Environment because it believes that a “healthy” Environment plays an important role in good health and a good quality of life.

In this frame, EDDYPPY asks every year (period May-August) for each Member Municipality to organize an environmental action in its area for the sensitization of citizens. In 2013, **21 Municipalities - Members of EDDYPPY** undertook various activities with great success and attendance from citizens and political factors.

The 21 Municipalities that undertook environmental actions were: **Alimos, Amaroussion, Agia Paraskevi, Agioi Anargyroi – Kamatero, Ampelokipoi – Menemeni, Arta, Delta, Dionyssos, Edessa, Aigaleo, Elefsina, Filothei – Psychiko, Pylos - Nestor, Kifisia, Kozani, Pallini, Pavlos Melas, Saronikos, Volos, West Achaea and Zakynthos.**

The actions concerned environmental cleanings of parks, beaches, forests, games, painting, theatre, songs. The constant and long-lasting environmental action should constitute example for imitation, because the environment concerns all. With all this environmental effort, EDDYPPY with its Municipalities-members, promotes the slogan: **“Attending to the nature and the environment around us, we improve the health and our quality of life”.**



CONFERENCE

9th National Conference of the Hellenic Healthy Cities Network «Health Care in Remote Areas and Susceptible Groups» Kastellorizo, 7-8 June 2013



The 9th National Conference was conducted under the auspices of the Ministry of Health, the Southern Aegeon District, the Medical Association of Athens, the Medical Association of Rhodes, the Greek Association of Pharmaceutical Enterprises (SFEE) and the National Union of Pharmaceutical Industries (PEF).

Supporter and assistant of the actions for the collection of medicines was the Chairman of EOF Mr. Tountas as well as SFEE and PEF. The Conference attended the vicar of Kastellorizo Father George, the regional Vice Governor of Southern Aegeon Mr. Hatzidiakos, the Chairman of the Medical Association of Rhodes Mr. Mantas, the

Substitute Mayor of Megisti Mr. Achladiotis, the Mayor of Leipsoi Mr. Benetos, the Mayor of Nisyros Mr. Karakonstantinos, the Mayor of Paxoi Mr. Bogdanos, the Mayor of Drama Mr. Harakidis, the Mayor of Messini Mr. Anastassopoulos, the Mayor of Pavlos Melas Mr. Papadopoulos, the Mayor of Rafina-Pikermi Mr. Christopoulos, the Mayor of Glyfada Mr. Kokkoris, the Vice-Chairman of the Commission of Social Policies of KEDE Mr. Siomos, the Chairman of EOF Mr. Tountas, the Manager of Communication of SFEE Mrs. Toumpanaki, the General Manager of PEF Mrs. Kosmopoulou, the Commander of the 7th YPE Mr. Grigorakis, the Director of Hospital ELPIS Mr. Giannaros and the Representative of the expatriates of the Hellenic Medical Company of New York Mrs. Komninou.

Day 1 - Beginning of the Conference

The beginning of the Conference was announced by the Substitute Mayor of Megisti **Mr. George Achladiotis**, while the main lecture was delivered by the Chairman of EDDYPPY and the Medical Association of Athens and Mayor of Amaroussion **Mr. George Patoulis**.

Day 2

1st Round Table - Subject: “Local Authorities: Social concern and Voluntary Services of Health to far-flung Areas and Susceptible Population”.

The discussion coordinated Mr. George Makrynos, Vice-Chairman of EDDYPPY, Deputy Mayor of Korydallos. Speeches were offered by Mrs. Anna Trihopoulou, Second in Demand Deputy of the 7th Hygienic District, Mr. Panagiotis Zitakis, Substitute General Secretary of EDDYPPY, Vice-Mayor of Alexandroupolis, George Drikos, Mayor of Mandra-Eidyllia, John Diakos, Chairman of the Commission of Social Protection-Solidarity & Equality of PEDDA, Member of the Board of PEDDA, City Councilman of Korydallos, Christos Mantas, Chairman of the Medical Association of Rhodes, George Patoulis, Chairman of EDDYPPY and the Medical Association of Athens, Mayor of Amaroussion.



2nd Round Table - Subject: “Major factors of Public Health: Programs of Primordial Prevention and Promotion of Health at the Municipalities”

The discussion was coordinated by Mr. John Fostiropoulos, Member of the Board of EDDYPPY, Deputy Mayor of Palaio Faliro. Speeches were given by Mr. Yannis Tountas, Professor of Social and Preventive Medicine, Medical School of EKPA, Chairman of EOF, Chairman of the Scientific Committee of EDDYPPY, Mrs. Dasy Papathanasopoulou, Member of the Counselling Committee of W.H.O. for the National Networks in Europe, Head of the Program “Healthy Cities” of EDDYPPY, Mrs. Vaso Danelli-Milona, Chairman of the Institute of Road Safety “P. Milonas”, Mr. Markos Mihelakis, Dermatologist, Mrs. Iro Schoretsaniti, Psychologist, MSc. On Promotion and Behaviour of Health, Doctoral Candidate of the Medical School of EKPA, Center of Studies for Health Services, Medical School of the University of Athens, Mr. Nikos Lykoudis, Chairman of PYRAMIS-Applications on Computing, Mrs. Anastasia Aggeli, Manager of Enterprise Relationships of DIAGEO Hellas.



3rd Round Table - Subject: “The Role of Secondary Prevention and Screening on Infants, Children and Teenagers’ Health.”

The discussion was coordinated by Mr. Sotiris Papaspyropoulos, Doctor Hygienist-Psychiatrist, Manager of EDDYPPY. Speeches were given by Mrs. Helen Petridou, Professor of Preventive Medicine and Epidemiology, Mrs. Helen Meliadou, Pediatrician, Mrs. Katerina Douma, Special Orthodontist, Louisville USA, Ph.D. EKPA, Mrs. Helen Doulianaki, PhD Medical School of Aristotle University of Thessaloniki, Pediatrician, Member of the Scientific Committee of EDDYPPY, Mrs. Efi Simou, Ph.D., Epidemiologist, Coordinator of the Center for Breast Cancer Prevention of the Association of the Friends General Oncology Hospital “Agioi Anargyroi” and Mr. Sotiris Papaspyropoulos, Doctor -Hygienist-Psychiatrist, Manager of EDDYPPY.

The Chairman of the board of EDDYPPY, Mr. George Patoulis summarized the issues of the Conference.

During the Conference the following took place:

- Demonstration of a special device for simulation of car accident by the Institute of Road Safety “P. Milonas”.
- Demonstration of the Electronic Medical Record for Health and its advantages for the Municipalities and the citizens.

Sponsors of the Conference: BLUE STAR FERRIES, DIAGEO, NOVARTIS, NFX PRODUCTIONS, BIOIATRIKI, IATRIKI DIAGNOSI, ATHENS MEDICAL GROUP, GAIA MATERNITY, OLYMPIC AIR, PAPAPOSTOLOU MEDICAL EQUIPMENT CENTER



INTRODUCTION

The Hellenic Healthy Cities Network is a network of municipalities of our country designated by the World Health Organization. This network is committed to promote the philosophy, the values, the principles and the methodology of the W.H.O. Healthy Cities to its municipalities members and for this reason it is one of the 32 certified National Networks of the W.H.O. in the European region.

As a certified Network, it is a member of the Network of National Networks of countries members of the W.H.O. in the European region and hence is taking part in business meetings and teams set up by the W.H.O. The purpose of which is the design and implementation of the program by the cities of the country members. Moreover, a certified network is subject to evaluation every five years.

Therefore, the main mission of the National Network, is the harmonization of the policy of the network and its members for the promotion of health, according to the methodology and criteria of the W.H.O. The Network conveys the expertise developed at a European level to its member municipalities. The Municipalities are essential aspects for the promotion of health.

It has been thoroughly demonstrated that the health of the citizens is directly and indirectly affected by social, environmental, economic and cultural factors. The quality of life and the quality of the provided services are both key factors that affect health. The Cities affect or are likely to affect these factors as they constitute the environment, where a large part of the population resides.

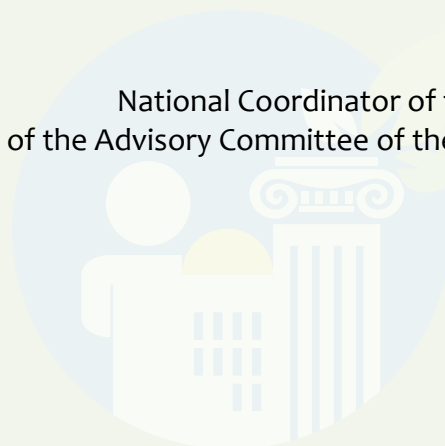
Consequently, it is of high importance for the local authorities, during the formulation and the implementation of their policy, to have as the focal point the health and quality of life of their residents.

Since 1988 when the W.H.O. first began cooperating with the local authorities for the promotion of health and until today, 25 years later, vast experience has been gained and a methodology has been developed. More than 1200 cities across the European region have benefited from this experience and it is for certain a very useful mechanism that guides the Mayors as to how to govern their city.

On the report of our National Network, we will refer to the events that took place, the decisions made at a European level in relation to our membership in the Network of National Networks of the W.H.O. In addition, reference will be made to our operation as National Network (Business Meetings, the implementation of the W.H.O. criteria from our municipalities members), the annual conference and the corresponding actions undertaken.

Dasy Papathanasopoulou

National Coordinator of the Hellenic Healthy Cities Network
Chairman of the Advisory Committee of the W.H.O. for the National Networks



HELLENIC HEALTHY CITIES NETWORK

The end of the fifth phase of W.H.O.'s program «Healthy Cities», which officially ended in December 2013, finds our Network empowered, after the merger of the three Networks (November 2011), with a total of 156 municipalities members.

The merger of the networks and the creation of a large and powerful Greek Network gives a very important role in what is happening in our country in the field of health promotion at the local authorities level.

The beginning of the sixth phase of the Healthy Cities program and the implementation of the new policy agenda of W.H.O. «HEALTH 2020», show that the National Network of Healthy Cities could play an essential role in the field of Public Health in our country. In particular, the policy agenda suggests an enhanced role of the local government in promoting health and promotes cooperation within the country and among all levels of government (government, regional, local).

The economic crisis in our country has created new conditions, needs and problems in citizens' lives. W.H.O.'s policy for the next phase puts the need to create resilient and supportive communities in order to make not only healthier cities but better in general.

The methodology of Healthy Cities as has been developed with the experience gained over the years has become an effective urban governance model. Most municipalities have responded directly, flexibly and effectively to support their citizens. They have utilized every available resource and have developed a sense of solidarity and a wide range of innovative programs thus demonstrating that they are the bodies that can mobilize, combine and utilize the resources of society.

Under these circumstances the national network attempted through the business meetings of its members to simultaneously help the municipalities acquire the basic structure established by the W.H.O. and help members communicate with each other as well as exchange ideas, information and expertise.

BUSINESS MEETING April 12, 2013 - Amaroussion (22 municipalities participated)



During the business meeting were presented the below programs made by municipalities:

Municipality of Drama: The creation of a Social Solidarity Network, a Local Social Solidarity Pact, and a social vegetable garden.

Municipality of Aigaleo: «OIKOSTIRIZO» (Technical House Support) program

Municipality of Vryonas: «Podarakia - Papoutsakia» («Feet - Shoes») program

Municipality of Agia Paraskevi: The preventive dental examination and fluorosis to students, a program of treatment for hypertension, vaccination of uninsured Greek and immigrant children and a stress control program to people with cervical.

CONFERENCE OF THE EUROPEAN NETWORK OF HEALTHY CITIES of W.H.O.

At the Annual Conference of the Healthy Cities held in Smyrna from 20 to 22 September 2013 by the City of Smyrna in addition to the National Coordinator Ms. Dasy Papathanasopoulou also attended the Network Manager Mr. Sotiris Papaspyropoulos. The main theme of the conference was «**Innovation through leadership and shared governance for health and well-being**».

During the Conference the above issue was developed and analyzed through three main categories:

- Health through all policies in the local communities
- The creation of resilient local communities and
- The Public Health economics, taking into account the new solid facts as they are known to the existing situation.

At the Conference a particular emphasis was placed on innovation and the governance method of cities, with examples from the European region and beyond. Also, there was a focus on the new policy agenda «HEALTH 2020». The Healthy Cities of Europe were involved in the formulation of this policy, which will be a guide for the Healthy Cities in the coming years. The conference also dealt with the results and conclusions of the 8th World Conference on Health Promotion - «Health in All Policies», held in Helsinki, Finland on 10-14 June 2013.

The objectives of the Conference were the cities of the European Network and National Networks:

- To share and learn from the best practices and innovative approaches for common and smart governance for health, equality and prosperity at local and regional level.
- To investigate the effects of austerity and health effects and examine potential opportunities to enhance public health and investment in strong communities.
- To explore mechanisms for establishing dialogue with the private sector.
- To start the evaluation phase V, the content and objectives.

During the Conference the new members of the Advisory Committee of the W.H.O. were elected. The Coordinator of our National Network was elected unanimously as Chairman of the Advisory Committee of the W.H.O. for the National Networks.



MAGAZINE: “Municipalities’ Health”

The magazine of Hellenic Healthy Cities Network (EDDYPPY) “Municipalities’ Health” is an important information portal for member municipalities about all actions of the Network on each municipal stage.

It is also a promoting tool of prevention policies and good practices in administrative reform of each local community.

The issues of our magazine posted actions of all member municipalities as well as actions of central EDDYPPY with headquarters at Amaroussion municipality.

Since the first copy on February 2006, EDDYPPY is publishing by today its 35th edition.

Publication of texts in “Municipalities’ Health”

The Hellenic Healthy Cities Network (EDDYPPY) gives to its members the opportunity to present their activities, which are directly linked to primary and secondary health prevention.

How you can get the magazine of EDDYPPY

“Municipalities’ Health” is being posted on site of EDDYPPY and electronically sent to all member municipalities and registered users on the url www.eddyppy.gr

If you have not become a member of EDDYPPY yet, you can subscribe now on www.eddyppy.gr, in order to receive the magazine and the newsletters with additional updates, completely free.



WEB PORTAL – NEWSLETTER

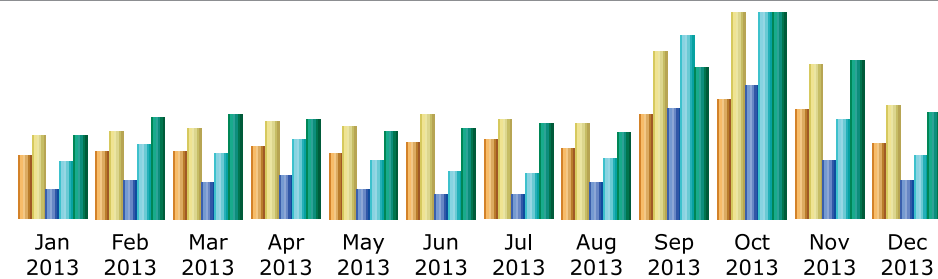
www.eddyppy.gr

The National Healthy Cities Network web portal www.eddyppy.gr works for the 6th consecutive year as an open electronic platform for communication and awareness in the field of disease prevention, providing wellbeing equal for all citizen on a municipal level.

Building and managing a membership website with multiple activities, we succeeded in creating a fairly sophisticated and innovative web-based platform, which shows the dynamic and the interaction for both municipalities and citizens/physicians, providing free or restricted access to the content (i.e. e-health records), based on the membership status.

Monthly history for eddyppy.gr / 2013

Monthly history



Month	Unique visitors	Number of visits	Pages	Hits	Bandwidth
Jan 2013	2,323	3,065	52,835	105,159	5.00 GB
Feb 2013	2,512	3,295	70,916	140,008	6.06 GB
Mar 2013	2,458	3,316	65,713	125,191	6.18 GB
Apr 2013	2,660	3,620	78,351	151,038	5.97 GB
May 2013	2,452	3,385	55,655	108,775	5.22 GB
Jun 2013	2,818	3,859	47,637	89,616	5.39 GB
Jul 2013	2,884	3,700	44,190	83,233	5.63 GB
Aug 2013	2,604	3,509	67,744	114,947	5.10 GB
Sep 2013	3,871	6,206	212,330	350,071	9.06 GB
Oct 2013	4,434	7,613	252,004	390,412	12.22 GB
Nov 2013	4,005	5,744	112,272	190,784	9.40 GB
Dec 2013	2,730	4,170	72,458	120,366	6.29 GB
Total	35,751	51,482	1,132,105	1,969,600	81.50 GB

CONCLUSION: 35.751 visitors, 51.482 visits and 1.969.600 hits

The e-Newsletter of the portal is sent every month to all registered users (municipalities, health providers, citizens), including all information regarding news, announcements, press releases and the latest publications of the network. For the year 2013 it is estimated that the Newsletter attracted over 2.500 users.



WEBSITE ADDRESS INDEX OF OUR PARTNERS

A

Abbott
www.abbott.gr
Addiction Treatment Center
www.kethea.gr
Adolescent Health Unit
www.youth-health.gr
Advocate
www.advocate-bm.gr
AgaliaZO
www.oekk.gr
Anichti Agalia
www.fkpanoixtiagalia.gr
APLS
www.aplshellas.gr
APOLLO SA
www.apollo.gr
Association of Municipalities and Communities for the Protection and Restoration of Penteliko
www.spap.com.gr
Astra Zeneca
www.astrazeneca.gr
Atenistas
www.atenistas.gr
Athens Medical Group
www.iatriko.gr
ATTIKON University General Hospital
www.attikonhospital.gr

B

Bayer Shering AG
www.bayer.gr
Becel Pro - activ
www.becelproactiv.gr
Bianex/MSD
www.vianex.gr
BioMed
www.bioiatriki.gr
Boehringer Ingelheim
www.boehringer-ingelheim.com
Bristol Myers Squibb
www.bms.com

C

Coloplast
www.coloplast.com
Community of Information
www.ktpae.gr
Cosmote
www.cosmote.gr
Creta Farm
www.cretafarm.gr

D

DAIS
www.daiscenter.gr

E

E.K.PI.ZO
www.ekpizo.gr
ELPEN
www.elpen.gr
Ethniki Insurance
www.ethniki-asfalistiki.gr

F

Fitness
www.fitness.com

G

General Secretariat of Health
www.yyka.gov.gr
General Secretariat of Public Health
www.ygeia-pronoia.gr
General Secretariat of Social Security
www.ggka.gr/asfalistikokefl.htm
General Secretariat of Youth
www.neagenia.gr

H

HARTMANN
www.hartmann.info
Hellenic Association of Pharmaceutical Companies
www.sfee.gr
Hellenic Cancer Society
www.cancer-society.gr
Hellenic Center for Disease Control & Prevention
www.keelpno.gr
Hellenic Company of Emergency Prehospital Care
www.eeepf.gr
Hellenic Institute of Cardiology
www.elikar.gr
Hellenic Ministry for Health and Social Solidarity
www.yyka.gov.gr
Hellenic Ministry of Education, and Religious Affairs
www.minedu.gov.gr
Hellenic Ministry of Employment & Social Protection
www.ypergka.gr
Hellenic Ministry of Interior
www.ypes.gr
Hellenic Pediatric Society
www.e-child.gr
Hellenic Society of Digestive Oncology
www.digestiveoncology.org.gr
Hellenic Society of Nephrology
www.ene.gr
Hellenic Urological Association
www.huanet.gr
HL7 Hellas
www.hl7.org.gr
Hygeia
www.hygeia.gr

I

IASO General
www.iaso.gr
IATRICA Network
www.iatrica.gr
IATRIKA NEA
www.iatrikanea.gr
IMS SA - Enterprise Solutions
www.imsgr.com

K

KERDOS
www.kerdos.gr
KITE HELLAS
www.kite.gr
KLEVA
www.kleva.gr
KLIMAKA
www.klimaka.org.gr

L

Leo Hellas
www.leo-pharma.gr
Life Line - Non Profit Organization
www.lifelinehellas.gr
Lilly
www.lilly.gr
LR
www.lrworld.com

M

Manpower Employment Organization
www.oaed.gr
Med week
www.medweek.gov
Mediterranean Forum for Health & Environment
www.mediforum.eu
Mediterranean SOS
www.medsos.gr
MEDLABNEWS
www.medlabnews.gr
MERCK SERONO
www.merckserono.gr
MSD
www.msd-uk.com

N

National and Kapodistrian University of Athens
www.uoa.gr
National Organization of Medicines
www.eof.gr
National School of Public Health
www.nsph.gr
NESTLE Fitness
www.nestle-fitness.com
New Event Generation
www.neweventgeneration.gr
NIFALIOI
www.nifalioi.greekinfo.net
NOSTUS COMMUNICATIONS & Events
www.nostus.gr
NOVARTIS
www.novartis.gr

O

OTE - Hellenic Telecommunications Organization
www.ote.gr

P

Papapostolou
www.papapostolou.gr
1st Pediatric University Clinic of Aristotle University of Thessaloniki
www.ped1.gr
PERAMIS
www.peramis.eu
Pfizer Hellas
www.pfizer.gr
Plus Radio
www.plusradio.gr
PRAKSIS
www.praksis.gr
PRIORITY
www.priority.com.gr
PROSARMOGI - Interdisciplinary Society of Psychological Intervention
www.prosarmogi.gr

R

Recordati Hellas Pharmaceuticals SA
www.recordati.com
Roche
www.roche.gr

S

SANOFI - Aventis
www.sanofi-aventis.gr
School of Medicine - University of Patras
www.med.upatras.gr
Scientific Society of Greek Students of Medicine
www.eefie.org.gr
SELI KANOU
www.selikanou.com
Solid Relations
www.solid.gr
SOS Doctors
www.sosiatroi.gr
SPENTZOS and delicatessen
www.spessen.gr
St. Luke's Hospital
www.klinikiagiosloukas.gr
STAT HELLAS

T

The Smile of the Child
www.hamogelo.gr

U

UNILEVER
www.unilever.gr

V

VIDAVO
www.vidavo.gr
VODAFONE
www.vodafone.gr

W

World Health Organization
www.who.int

X

Youth Plan
www.olympiafestival.gr