

FEBRUARY 4, 2025

# Spain

Fundacion para el Fomento de la Investigacion Sanitaria y Biomedica de la Comunitat Valenciana (FISABIO) with El Raval (Cullera) and La Coma (Paterna)



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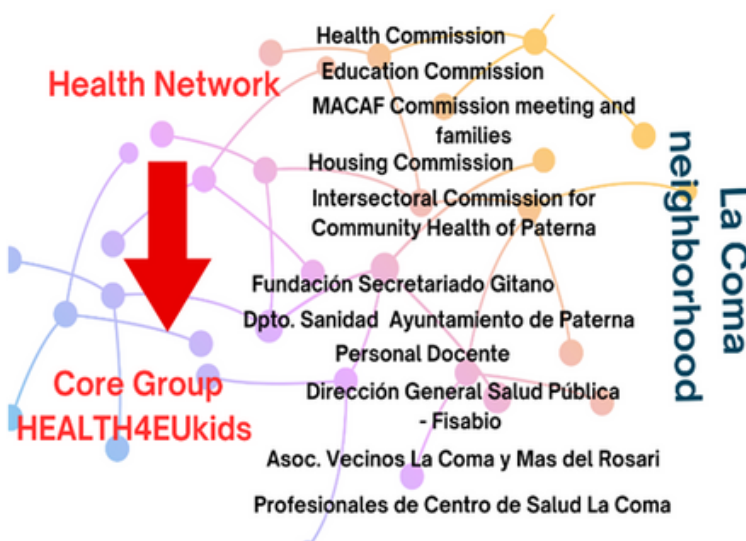
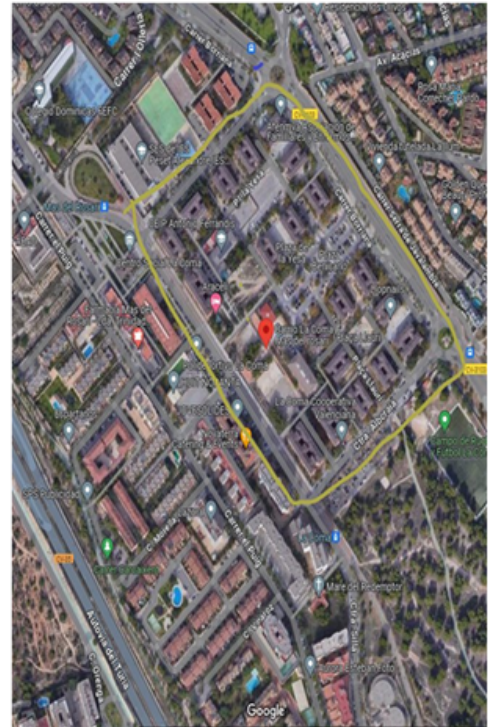
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## Characteristics of La Coma neighborhood:

- It is a depressed neighborhood
- More than 6,000 families, mostly Spanish families of the roma ethnic group, families from Africa and Latin America.
- It is far from 14km to the city centre, València.
- It is a place where all inequalities exist.
- It does not have basic services to take care of health (there are no supermarkets, no parks, green spaces, no clean and safe spaces and poor transport connections)
- Social conflicts, coexistence and insecurity. They do not have a pediatrician (in a neighborhood where families have 2 to 5 children)



## Core group:

- Systematize the work that has been prioritized to ensure continuity
- Most significant needs:
- Healthy and unhealthy eating.
- Neighbors demand that the Pediatric Service be restored.
- Security against vandalism (young people and dirtiness).
- Improve public transport service and its frequencies.
- There are no clean, safe outdoor spaces/parks, playgrounds, or water fountains for children or any age within the neighborhood.

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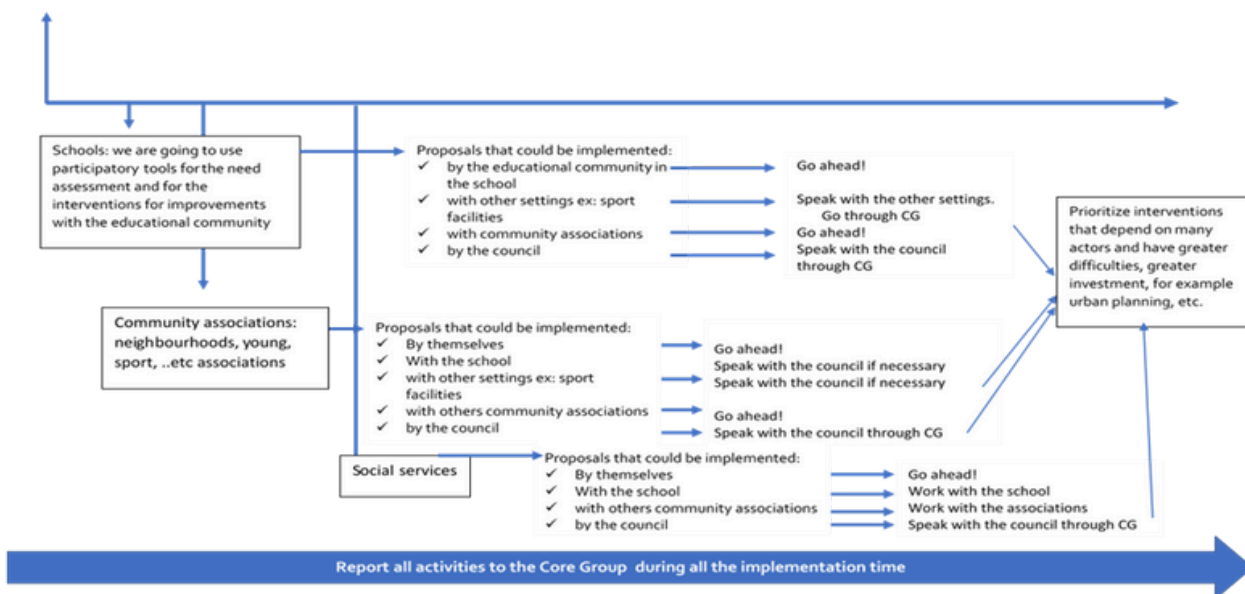
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## Participatory needs assessments:

- Starting point.
- Tools used that have facilitated the needs report.
- Health Asset Mapping.
- Community Tools.
- It could be said that through these surveys approximately 300 people have been reached.
- LHT has been used, moreover in a simplified and short version and the layout has made street surveys easier.
- Open analysis/moving needs map.



## Co-creation-priorization-implementation:



## Implementation:

### Barriers

- Prejudices and stereotypes by some professionals about the neighborhood and its inhabitants.
- Lack of human and economic resources.
- Lack of teamwork
- Challenges

## Implementation:

### Assets for health

- School a place full of opportunities



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## Characteristics of EL RAVAL neighborhood:

- Neighborhood located on the periphery of Cullera, beneath the mountain
- Population:
- Elderly residents, who have lived there all their lives. However, their children have moved to other neighborhoods or municipalities.
- Extended families of Roma ethnicity
- Shops: Only grocery stores on the main street and some bakeries



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## Health Network:

Individual interviews with a “snowball” effect:

- Technical and political staff of the city council (Health, Social Services, Youth, Education, Citizen Participation, Sports, Citizen Security, Urban Planning)
- Associative Network: 7 associations in total (Roma ethnic, cultural, NGOs and health related organization)
- 3 Educational centers: one public school located In The Raval, and two semi-private near the neighborhood
- Other individuals who I thought were key and active for later phases (because they are familiar with the neighborhood or are involved in some type of activity in it)

The Health Network is growing: Neighborhood pharmacy, a new neighborhood association, the PTA of the local school, businesses, and residents who have shown interest thanks to the diffusion and to the process of the needs assessments.

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## Core Group:

First meeting with the Core Group: constitution, presentation of members, and planning of agenda and course of action. CG composition:

- 4 Roma ethnical associations
- Neighborhood educational center
- Medical Public Health of the area
- Medical-pediatric coordinator of the area
- Social Services technician
- Health Councilor

Planning regular meetings every months: 6 in total (from January to June 2024)

Each representative commit to convene a working group with people from their association or workplace, for the Needs Assessment in the step 2.

Diffusion Plan: Creation of posters and the design of bracelets with the goal of generating interest in the project and fostering a sense of belonging and unity in the neighborhood. Communication through WhatsApp

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## Participatory Needs Assessments: Implementation:

LHT with 14 population groups, totaling around 146 people:

- CG, associations and neighborhood residents (using an adaptation with the dynamic “Speak a common language” about the Social Determinants of Health): 41
- Professionals: city council, health center, social services and educational center: 33
- Children: educational center and social services day center: 42
- Educational center: 1st, 2nd, and 3rd cycle of primary education
- Social services day center: primary and secondary
- Local Fallas Festivity (BRIEF version): 30
- Stand, informational posters and brochures, and wristbands (all produced by the CG)

Health Assets: 2 Photovoice sessions with the CG (6 and 7 people): We identify needs, assets, and improvement proposals.

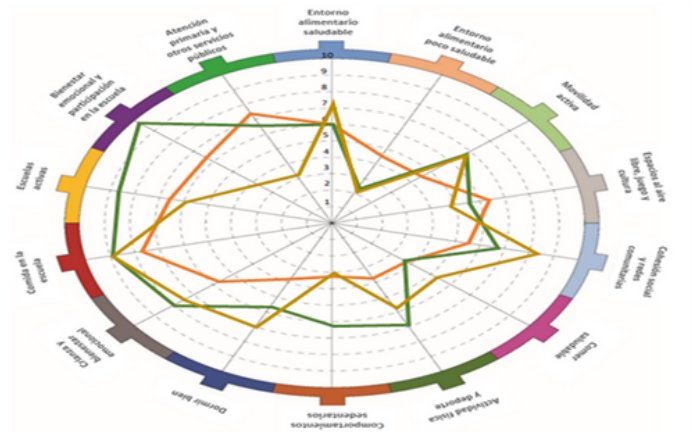
- Six people attended the first session, including representatives from a Roma women’s association, the public school, and the Health Center.
- The second session was held with seven members of another Roma neighborhood association.



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The CG and some stakeholders of the HN, co-designed and event after presenting the initial results of the needs analysis.



**Figura 1.** Resultados de la herramienta Vivir Saludable con los tres sectores que participaron en los talleres –asociaciones (amarillo), profesionales (naranja) y población infantil (verde).

## June 28 End-of-Year Event: "CONNECTING WITH HEALTH"

**Objective:** Promote SOCIAL COHESION and raise awareness about the work of all neighborhood associations, municipal resources, and H4EUk team (all together).

18 stakeholders participated in the organization (3 meetings): With stands, activities, workshops, games, music... for all the residents and resources of the municipality of Cullera.

10 associations

2 neighborhood assets (school and Social Services day center)

3 healthcare resources (Health Center, Public Health Center, Pharmacy)

3 from the City Council (Technical Youth, Local Police, Health Councilor)

**Results:** very positive, with a strong turnout and participation from the neighbors, but the evaluation is still pending.

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## Next Steps:

- Program with Social Services the implementation of a physical activity plan in the neighborhood, through a local grant awarded under the H4EUKids framework.
- Start an activity plan for the neighborhood's children and youth, focused on promoting healthy habits and providing educational support. This plan was developed by a Roma community association, also through a local grant awarded under the H4EUKids framework.
- Prioritize other needs and create an implementation plan with the core group.

## Difficulties and Barriers:

- Lack of political involvement.
- Inexperience in intersectoral work.
- Lack of resources from those responsible for the various actions



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# NEWSLETTER

## Spain

Asociación Instituto de Investigación en Sistemas de Salud – Biosistemak with Basque Country in WP5: Grunau Moves



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### Erandio:

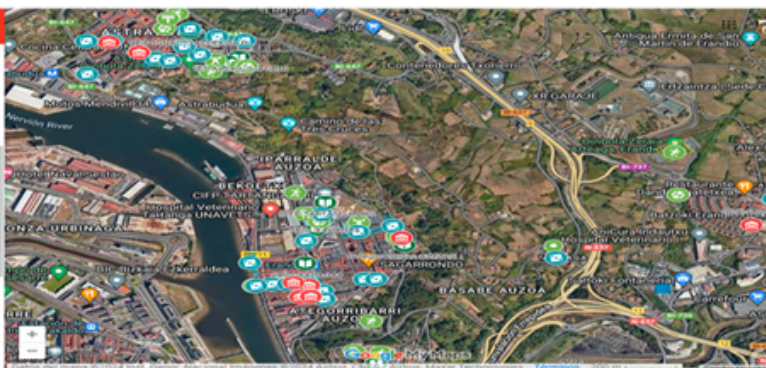
“A socio-economically deprived municipality in the Uribe Kosta area” and also in the Basque autonomous community.

### Characteristics:

Industrial rural area, 24.000 inhabitants, disperse and isolated areas, divided mainly into two big neighbourhoods.

### Core Group Representatives:

- Erandio City Hall councillors,
- Primary Schools Directors,
- Parents and Childhood assoc.,
- NGO (Caritas),
- Social worker,
- Community nurse,
- Paediatricians
- Sports club representative.



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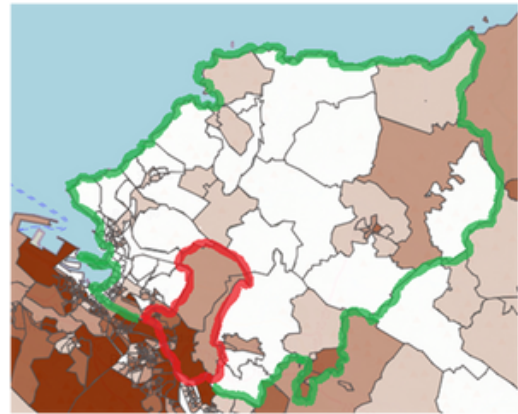


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## Health Network Members:

- Sirimiri childhood association,
- Judo club,
- Women association,
- Betiko women football club,
- Paediatricians (Alzaga & Astrabudua),
- Local trade association Alzaga & Astrabudua,
- Families representatives,
- Social worker for childhood,
- Basketball club,
- Council Sports Director,
- Basque folk assoc. Goikolanda,
- Astrabudua Fest Commission,
- Children Commission,
- Youngsters & adolescents,
- Migrant collective,
- Senior associations,
- Education community.



## Performed activities:

- Basque Government Ethical Committee approval and two EIPDs approved for the data processing.
- Data extracted from Osakidetza Basque Health Service database on Prevalence of Obesity and overweight in childhood.
- Develop and validation of the Health Assets map of Erandio with the Core Group.
- 12 Semi-structured interviews based on 5 dimensions of the LHT items.
- Distribution in 4 schools of the questionnaire “Eating and physical activity habits” (children 6-12 yrs. old) (1,000 Q distributed – 350 people answered).
- Piloting of the Living Health Tool with the Core Group (CG= 12 participants)
- Local trade association Astrabudua
- Social worker for childhood
- Basketball club
- Council Sports Director
- Basque folk assoc. Goikolanda
- Astrabudua Fest Commission
- Sirimiri childhood association
- Judo club
- Women association
- Betiko women football club
- Paediatricians (Alzaga & Astrabudua)
- Local trade association Alzaga
- Conduct six LHT activities with six Sectoral Groups: Education, Families, Cultural diversity, Childhood, Young and Elderly.
- Prepare the video presentation and invitation of the City Mayor.
- Launch the website of Erandio Mugitzen ari da!
- All data assessment: questionnaires, interviews & LHT with sectoral groups
- Develop the needs assessment report.



## Next activities:

- Organize the Core Group meeting to present the results and prioritize actions.
- Organize the World Café in the “Merkatu zaharra” (old market) building
- (expected to Febr 2025)

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# Spain

## Conselleria de Sanidade de Galicia (CSG) with Pontareas 'Core Group' and 'Health Network':

- City Council (urban planning, health, sports, education),
- NGOs,
- Youth Association,
- Parents' association,
- Schools professionals,
- Patients associations,
- Romani ambassador.

### Difficulties and barriers:

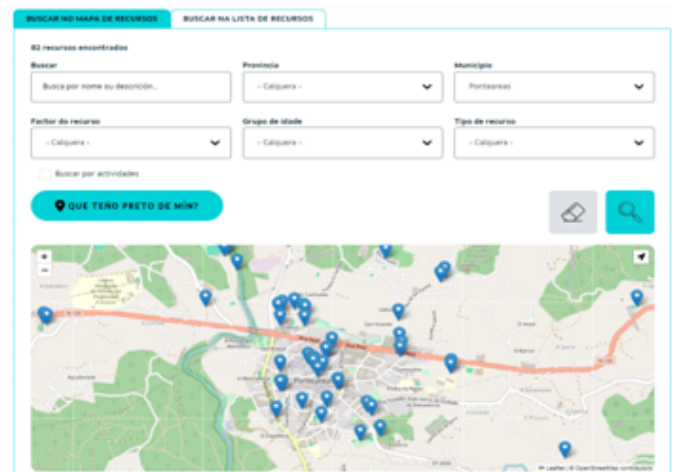
- Large target population: > 1300 children between 6 and 12 years old.
- Highly dispersed population in rural areas, far from urban nucleus.
- Families of rural areas engagement.
- Rural-Urban transportation.
- Difficulty in carrying out transversal actions for the entire target population.
- Many Local activities but lack of dissemination and then lack of participation.
- Schools as facilitating entities to carry out actions for the whole population through teachers.
- Possibility of carrying out the actions during school hours or just at the end joining their families.
- Transferring the urban activities to each rural área (Parroquia).
- Creating an easy way for dissemination.
- Weaknesses: reliance on schools and teachers to a large extent.
- Dependence on volunteerism and availability of school staff and rural families.



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### Need assessment:

- SWOT analysis.
- Living Healthy Tool with CG, Local Health Network and children.
- Atopa Saúde health assets mapping tool:
  - Galicia Health Promotional Network
  - Local Health Network
  - Families Photovoice in process



### Next steps:

- Creation of a local dissemination system (Telegram group "Pontareas moves with children's families", Creation specific private access in the city hall website with a shared folder, monthly local newsletter and a monthly local activities agenda).
- Training in healthy eating in the classroom.
- Intergeneration Show cooking.
- Healthy breaks.
- Traditional games.
- The Schools' Trail.
- Programme 16 established by the Spanish Ministry of Health.
- Escape Room "discovering my neighbours and my neighborhood"



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# Spain

**Fundacio Institut d'Investigacio Sanitaria Illes Balears (IdISBa) with Llevant Sud Moves**

**Core Group Representatives:** Social services, school program, teachers.

**Health Network Members:** Centre de Salut.

**Performed activities:**

- Implementation of LHT.
- Report on context-adaptation about healthy food and physical activity, use of bike at school, schools work on healthy food and physical activity.

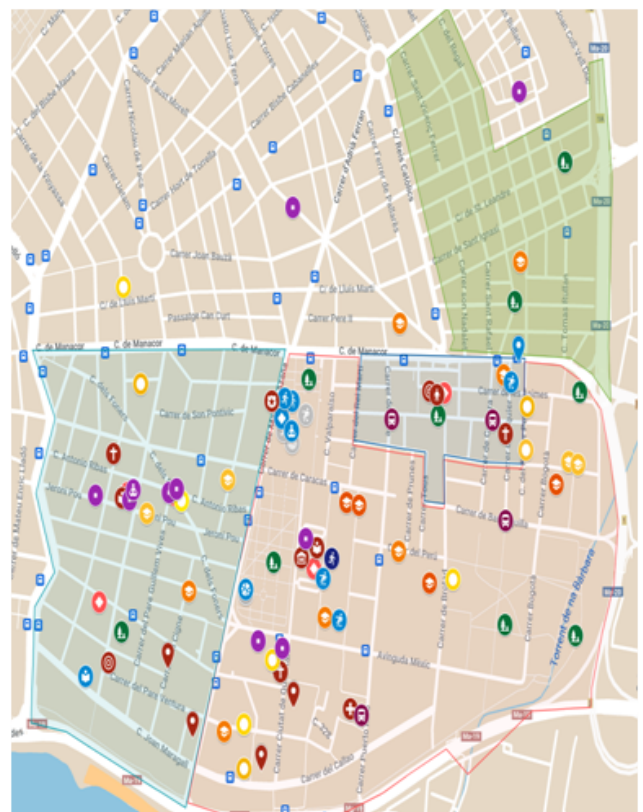
**Need assessment:**

- Lack of adequate spaces for children's play and sports activities in the Soledad neighborhood.
- Need for recreational activity proposals.
- Issues of coexistence: neighborhood safety, problematic behaviors in public spaces, drug dealing.
- Neighborhood cleanliness, lack of trash bins, lack of lighting, and architectural barriers.
- Misuse and degradation of public spaces. Improvement of sports courts.
- Need for public restrooms.

**Need steps:**

- Physical Activity
- Looking for a Treasure (Healthy Route)
- Gardening
- Healthy Food “Vida Sana Vida Bona”
- Community Food Celebration
- School of Cooking
- Revision and improvement of Scholar’s menus
- Revision of canteens and vending machines in High Schools.

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# Spain

**Fundacion Instituto de Investigacion Marques de Valdecilla (IDIVAL) with Covadonga neighbourhood, Torrelavega**

## Need assessments:

- Living Healthy Tool
- Food and PA questionnaires

## Implemented activities:

Workshop Small steps, big changes:  
Health and Community

## Next steps:

1. Healthy eating training in class
2. Show cooking
3. Sports card
4. Pupil/teacher sports tournaments//  
Sport days
5. PA training
6. Economic food management
7. Trainer of trainers:
8. Awareness-raising days for children and adults

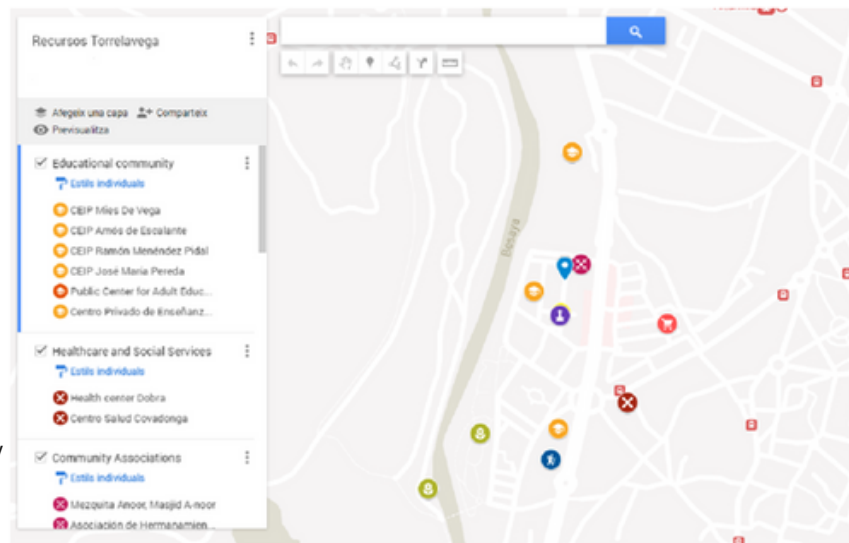


## Health network “Polígono Sur for Health” (PS4Health):

- Public institutions related to health, education, sports, social services and urban planning.
- Professionals from the Third Sector.
- Social entities in the area.

## Core group & Health network:

- Educational community
- Health and social services
- Humanitarian and charitable organisations
- Pupils
- Associations



# Spain

**Servicio Andaluz de Salud (SAS), Escuela Andaluza de Salud Publica SA (EASP), Fundacion Publica Andaluza Progreso y Salud M.P. (FPS) (Seville) with Polígono Sur district**

## Core group:

- Andalusian Health Service (SAS)
- Andalusian Comprehensive Childhood Obesity Plan.
- Andalusian Strategy for Healthy Living.
- Commissioner for Polígono Sur (Seville).
- Andalusian School of Public Health (EASP).
- Fundacion Progreso y Salud (FPS).
- Health education technician

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### Performed activities:

1. Piloting of the environment evaluation tool with a group of professionals who work in the neighborhood (city council, health delegation, health district, health center...)
2. Adaptation of the tool to an online questionnaire (Google form) for mediators from different neighborhood associations
3. Group of mothers 0-3 years old. Work dynamics prepared by Valencia with vulnerable population

### Next steps:

- Health Network Poligono Sur - PS4Health
- Training of Trainers Strategy. Healthy eating and shopping basket course in vulnerable population.
- Mapping Community Assets to Promote Physical Activity
- Ideas Competition to Promote Healthy Habits in the Young Population of Polígono Sur



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