



ZAVOD ZA ZDRAVSTVENO VARSTVO
MURSKA SOBOTA

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Tackling health inequalities in Roma Community in Pomurje region

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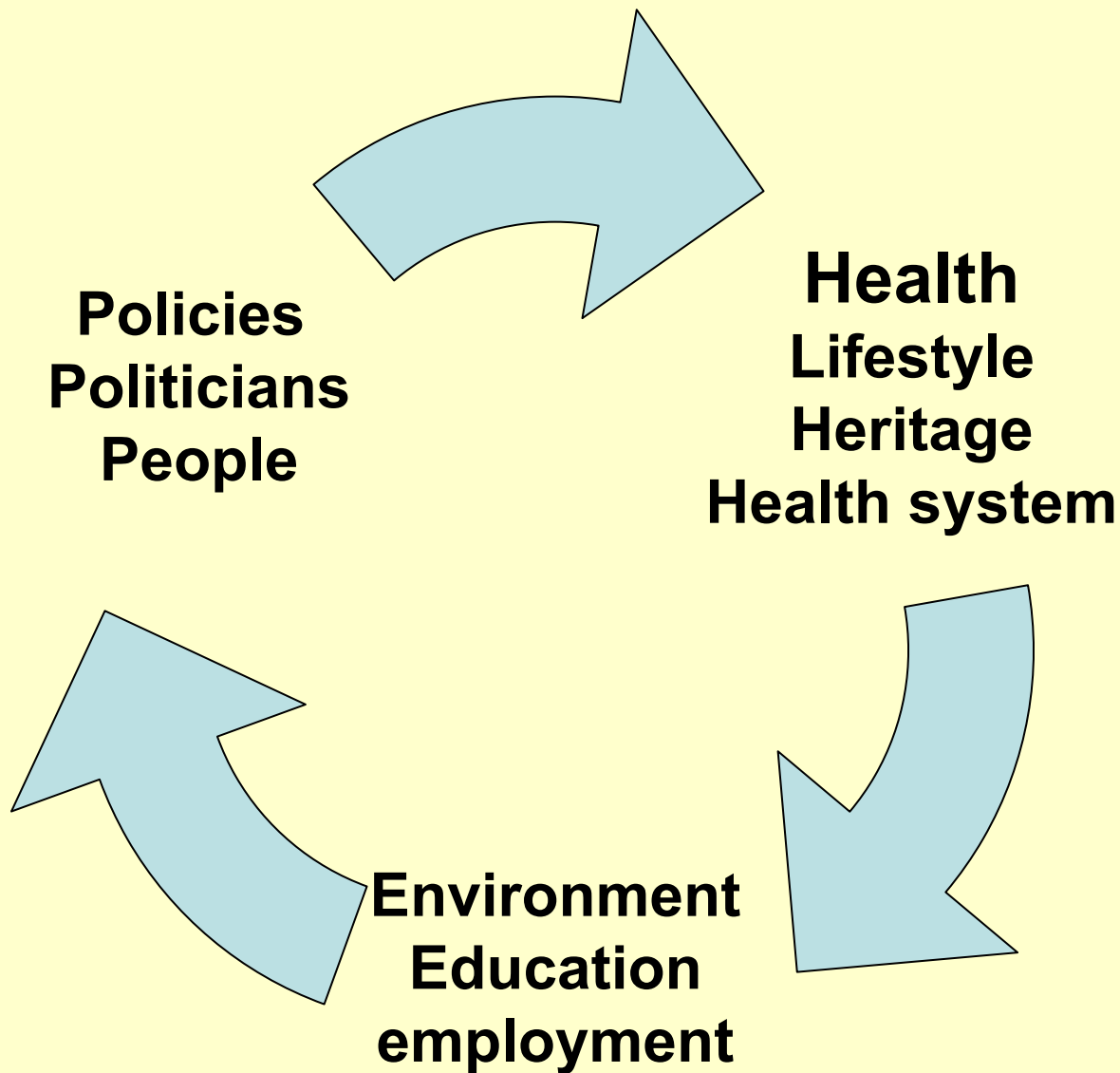
Tatjana Krajnc-Nikolić, MD

Zdenka Verban-Buzeti, prof.

Murska Sobota, 2007

Health inequalities

- Systematic and avoidable differences in health outcomes between social groups...
- Poor and/or disadvantaged more likely to have : illnesses, disabilities, shorter lives, higher mortality
- Unjust



Health policy

- International ,national, regional, local level
- Upstream interventions (social security system, education, employment...policies)
- Midstream interventions (social, physical environment influence behavior)
- Downstream interventions (health care sector-high costs)

Health promotion strategy and action plan for tackling health inequalities in Pomurje region

Strategy is a long term plan of action to achieve a particular goal. (www.wikipedia.org)

- Health promotion is a science and an art to enable people to increase control over their health
- Health promotion methods and means are the most cost-effective methods in improving health

Regional Strategy

- Bottom up approach
- 1st in Slovenia and one of few in EU
- Draft of national strategy
- Implementation of strategic objectives parallel with strategy development
- International acknowledgment
- www.ec.europa.eu/health_determinants/socio_economics/keydo.

Our strategic aims

1. Put health inequalities) in the centre of attention of the community and individuals)-raising awareness
2. Increase community capacity
3. Reduce inter-regional health inequalities using health promotion activities
4. Reduce intra-regional inequalities by supporting vulnerable groups
5. Support clean and healthy environment

Current achievements- policy acceptance

- Local level: authorities, population, regional development program
- National level: MoH, draft of national strategy
- International level: WHO award, DG SANCO, DG REGIO, MoH of Germany, Wales Centre for Health Wales MoH), international networks (EuroHealthNet)

IMPLEMENTED STRATEGIC OBJECTIVES

Objective 4.8 , Target 3:Identify the health needs of Roma

Objective

Design and perform a research on lifestyle of Roma population in Pomurje region

Target group:

Adult inhabitants of Roma community

Methodology :

field survey by interview– CINDI Health Monitor questionnaire

Results:

Available after finished analysis

IMPLEMENTED STRATEGIC OBJECTIVES

Objective 4.8., target 4:

Increase level of culturally appropriate health promotion for Roma

Objective:

- Develop culturally appropriate health promotion programme for Roma community with their active involvement
- implement health promotion programme

Target group:

Inhabitants of Roma community



PROJECT:ROMA COMMUNITY- REDUCING HEALTH INEQUALITIES



Project leader: cancer society of Pomurje

Partners : Institute of public health Murska Sobota, NGO's from Pomurje and Hungary (Zala region)

Goal:

Tackling health inequalities by means of health promotion

Objective:

- survey on lifestyle of Roma population in Pomurje region
- raising awareness about healthy lifestyle
- develop effective approaches for health promotion in Roma community

activities:

- Selection and motivation of local coordinator in Roma community
- Survey on lifestyle of Roma
- Intervention- family counseling
- thematic edition of newspaper “Romano them –Romski svet”
- conference
- media activities

Partnership with Roma union of Slovenia



Group of Roma coordinator



Why epidemiological survey?

- To set priorities and to plan activities for health improvement
- To plan and create health promotion activities
- to evaluate effectiveness of activities

CINDI Health Monitor Questionnaire

- basic demographic/vital data of participant
- health services utility
- health status
- smoking
- nutrition habits
- alcohol consumption
- physical activity
- seat-belt use

259 adult participants of Roma community of Pomurje

Interview and counseling in Roma family



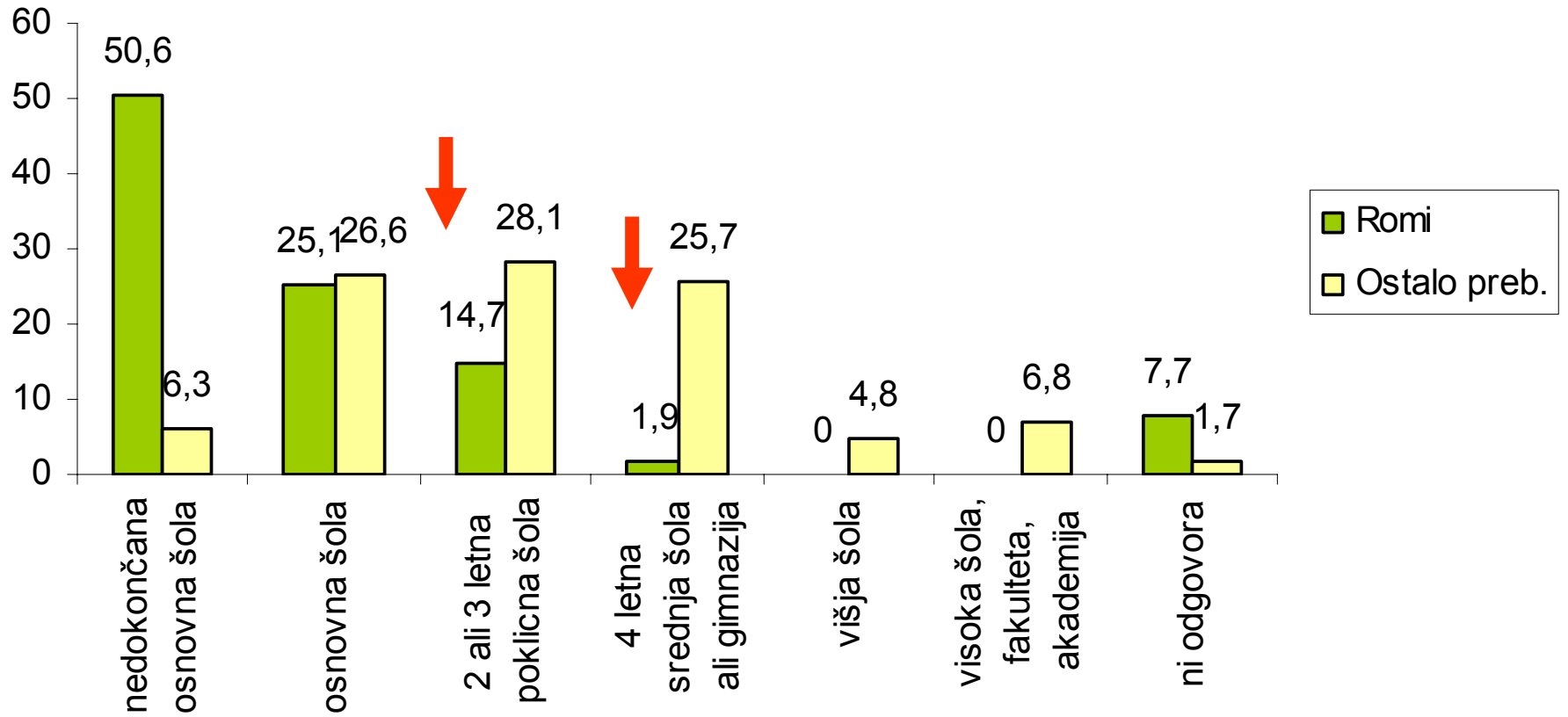
we were welcomed



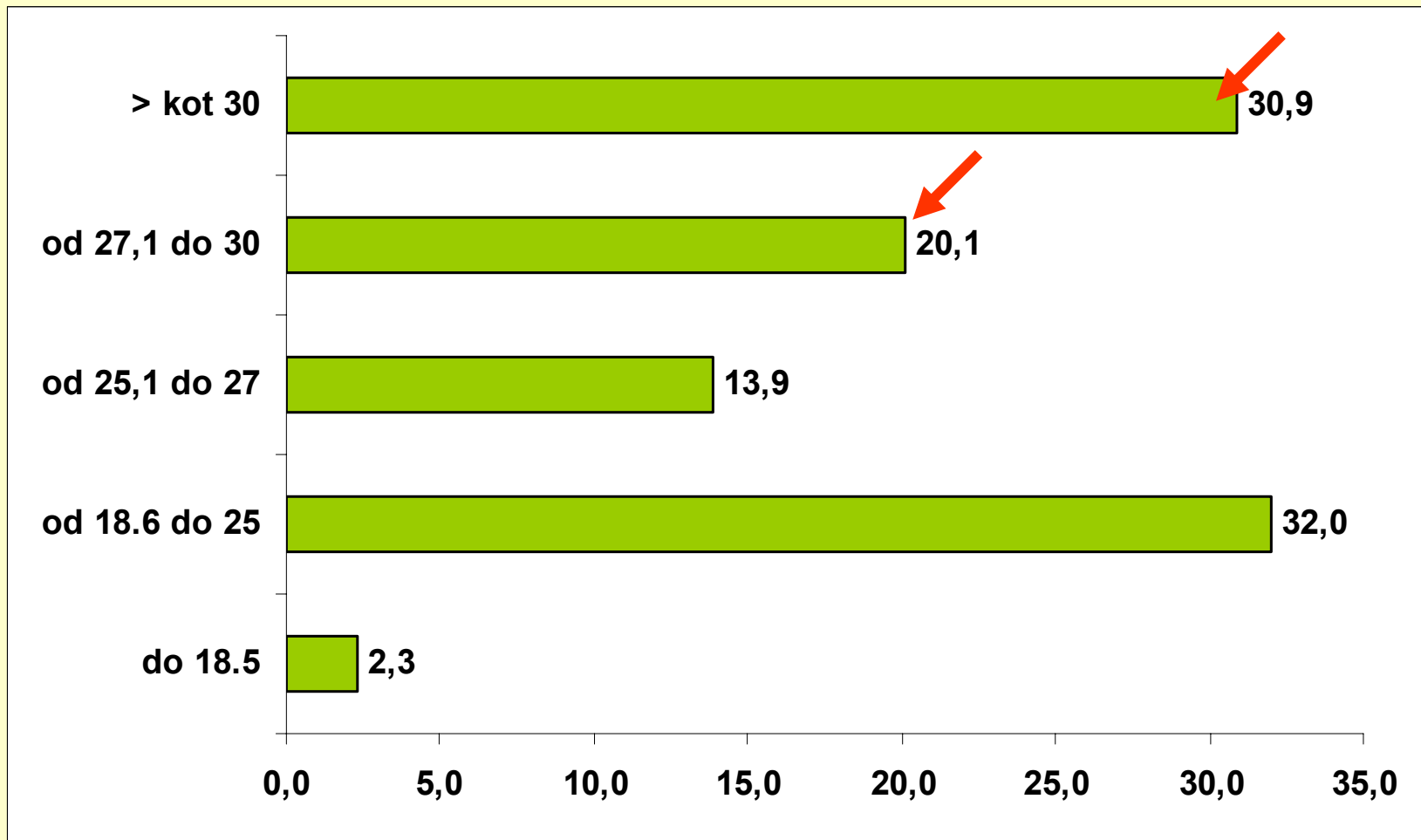
Results of survey

- 1. Poor educational structure**
- 2. Obesity and overweight by over a half of participants**
- 3. Unhealthy diet**
- 4. Insufficient physical activity by 2/3 of participants**
- 5. Smoking by more than a half + second hand smoking of family members**
- 7. Common chronic non-communicable diseases**

education

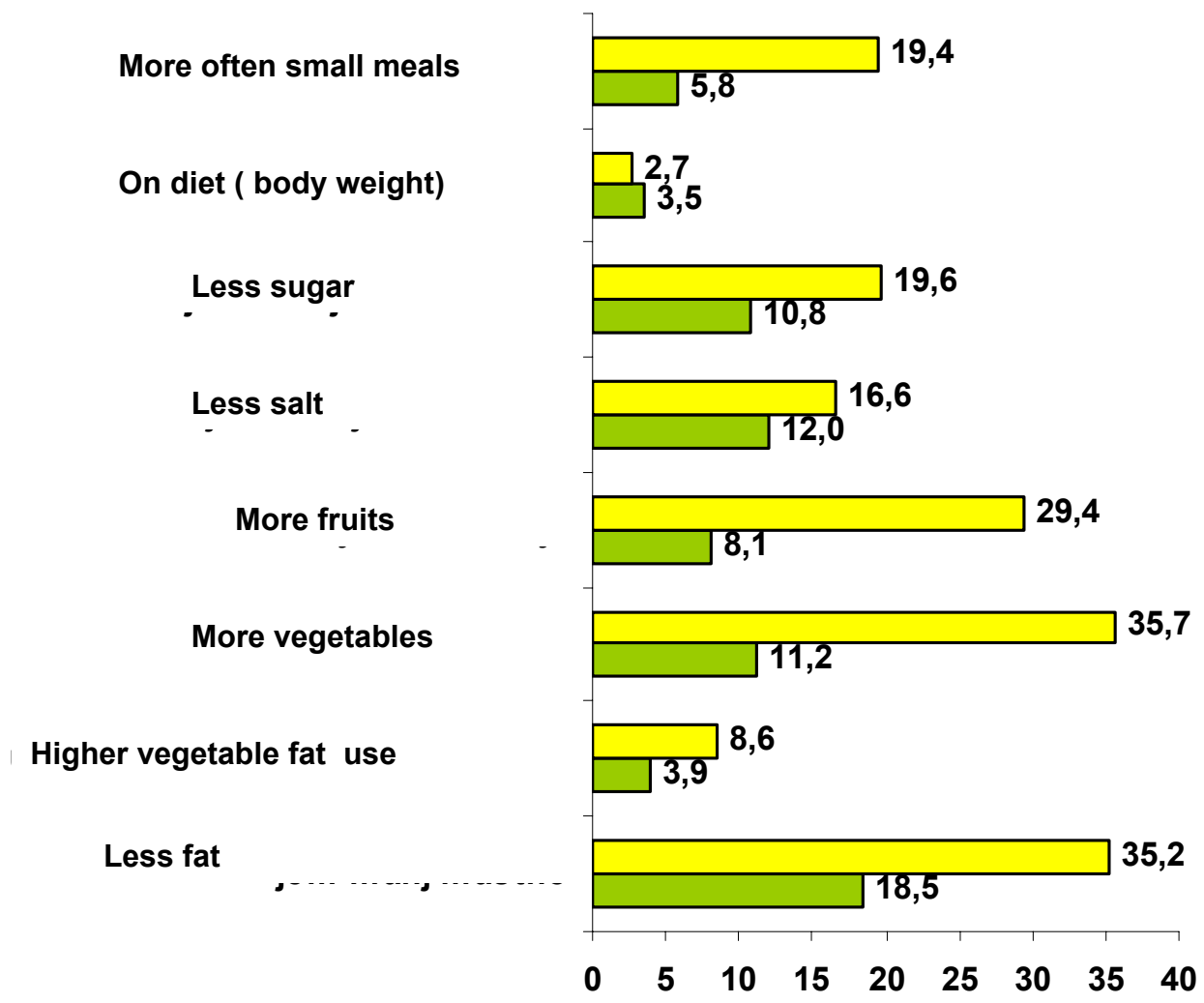


BMI



CHANGES IN NUTRITION DURING LAST YEAR

BY ROMA POPULATION AND BY THE REST OF POPULATION



Press conference on project activities

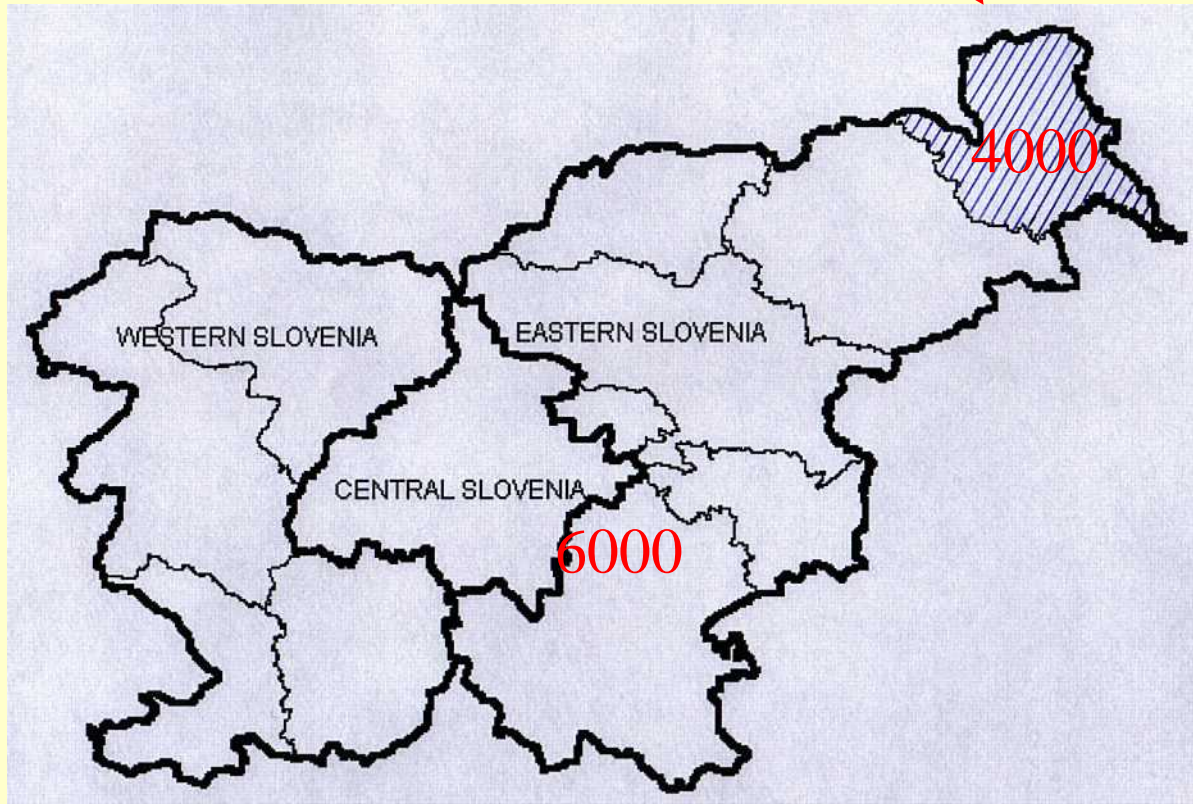


Based on evidence from survey we
prepare health promotion programs

Healthy lifestyle promotion in Roma community and field work presentation



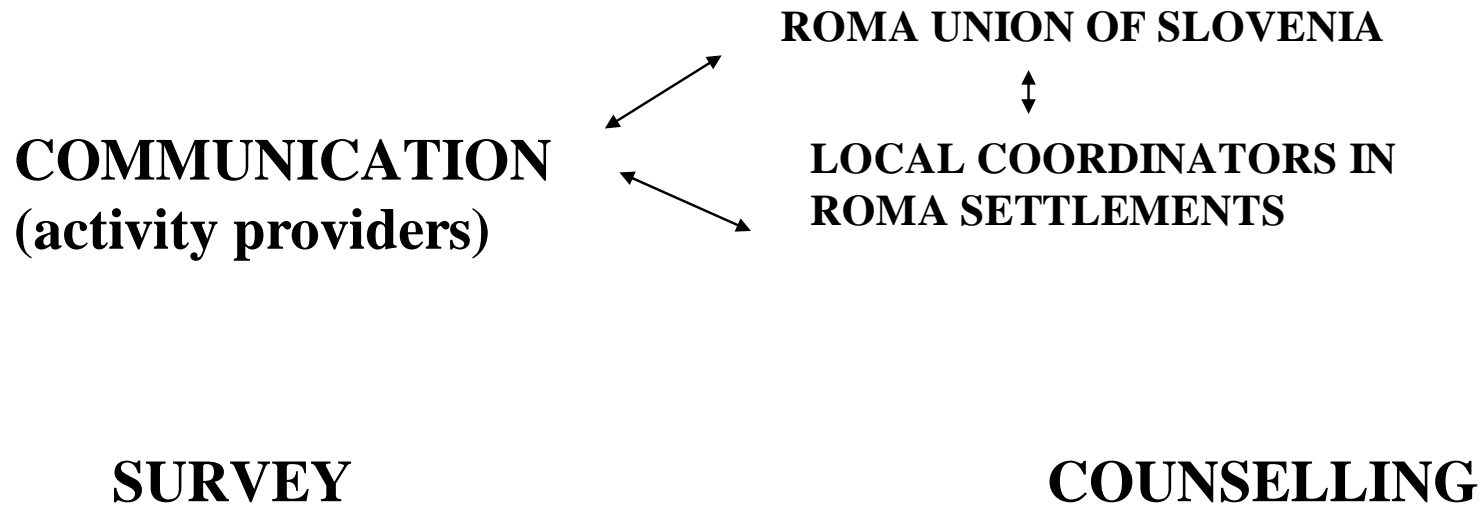
POMURJE REGION



Slovenia = 90 Roma settlements

Pomurje region = 23 Roma settlements

ORGANIZATION OF THE FIELD WORK IN THE POMURJE ROMA SETTLEMENTS



Team of experts



Talking about partnership with senior of the village



Open air kitchen for workshops



Preparation of healthy meals



Tasting of delicious salad



It's more tasteful if you have company





**Open air workshop
on topic “ Fruits
and Vegetables”**

Healthy cooking with Roma family



Senior of the village and programme coordinator- building partnership



Experts in action





We have very
good support by
children

She will ask once:” Health **INEQUALITIES?**



Conclusions

- We detected the following advantages and obstacles: it was a two way learning process, gaining new experiences and getting insight into lifestyle and culture of Roma population.
- Work conditions were sometimes challenging, stimulating us to creativity.
- We developed specific culturally appropriate approach in every Roma settlement
- We used innovative approaches, which are based on Roma needs, identified in our survey