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WHITE PAPER Together for Health: A Strategic Approach for the EU 2008-2013

FUNDAMENTAL PRINCIPLES FOR EUROPEAN COMMISSION ACTION ON HEALTH

PRINCIPLE 1: A STRATEGY BASED ON SHARED HEALTH VALUES

PRINCIPLE 2: HEALTH IS THE GREATEST WEALTH

“Spending on health is not just a cost, it is an investment. Health expenditure can be seen as an economic burden, but the real costs to society are the direct and indirect costs linked to ill health as well as a lack of sufficient investment in relevant health areas. It has been estimated that the annual economic burden of coronary heart disease can amount to 1% of GDP, and the costs of mental disorders to 3-4% of GDP. Healthcare spending should be accompanied by investment in prevention, protecting and improving the population's overall physical and mental health which, according to OECD data, currently amounts to an average of 3% of their Member States' total annual budgets for health compared to 97% spent on healthcare and treatment.”

PRINCIPLE 3: HEALTH IN ALL POLICIES

PRINCIPLE 4: STRENGTHENING THE EU'S VOICE IN GLOBAL HEALTH



“HEB-VET”

**Fit for the Job - health
education and
behaviour in
vocational education
and training**

**Leonardo Partnership
in LLLP
2010-2012**

<https://sites.google.com/site/hebvett11>

Background of the project

1. **European countries face the situation that populations are getting older.**
2. **Demographic statistics show there will be a lack of young employees in the labour market in the future.**
3. **Additionally, already today enterprises complain that young people are in a poor health condition and are not able to carry out their tasks.**
4. **These social key competences, demand understanding of how to ensure physical and mental vitality and fitness. Young people need motivation and knowledge of how to practise a healthy lifestyle to ensure, to keep and to extend employability.**
5. **Smoking, binge drinking, drug consumption, nutritional disturbance and also lack of physical exercise cause problems in their working life and reduce their chances on the labour market.**

Aims of the project:

Exchange of information, experiences and knowledge regarding involvement of health education and motivation into every day life in schools and in vocational training programmes in EU-countries

Comparison of different approaches and training programmes, to implement them into partners' organisations

Discussions with health experts and local partners

Motivation of participating organisations, trainers and learners to organise Kick-off "Fit for the Job - Days of Health"

Invitation of social partners, local providers of health supporting offers to this event


Earning experiences in performing a "Fit for the Job - Day of Health"


Reporting those days by reports, videos/DVDs


Implementation of best practice into every day life at school and into training programmes


Connecting theoretical and practical work in the field of holistic health support and health education


Transnational meetings of the project partners:


1st TNM  Agreement of project documents, plan of communication, public relations, evaluation and distribution of tasks

2nd TNM  Presentation of analyses, comparisons, conclusions. SOU presents involvement of healthy nutrition in training programmes and daily life at school.

3rd TNM  Methods of motivation and contents of health education and behaviour with experts, start working on suggestions and recommendations

4th TNM  Continuing work on suggestions and recommendations, draft Guidebook. TREBAG presents involvement of motion and fitness into training programmes.

5th TNM  Presentation of regional innovative health supporting tourism and sports offers for youngsters. Input report: prevention of addictions, preparation for final conference

6th TNM  Final Conference. Project team presents process and outcomes of the partnership to public audience. All partners present activities undertaken in their organisations, and suggestions for training modules, contents and methods.