HEALTH THROUGHOUT THE LIFE COURSE
16-20 MAY 2022
Join the 4th European Public Health Week! #EUPHW

5 DAYS, 5 THEMES

MONDAY 16 MAY
A healthy and health literate youth

TUESDAY 17 MAY
Vaccination as key prevention strategy

WEDNESDAY 18 MAY
Climate change affects our health

THURSDAY 19 MAY
No health without mental health

FRIDAY 20 MAY
Building resilient health systems

GET INVOLVED!
Organise your own activity (Event Host)
Spread the word (Disseminator)
Join events online or where you live (Participant)

For all professionals and citizens contributing to better public health at local, national, regional and European level.

The European Public Health Week (EUPHW) is an initiative by the European Public Health Association (EUPHA) supported by the WHO Regional Office for Europe.

Find out more at www.eupha.org/euphw
Contact EUPHACommunications@eupha.org

EUPHA

The European Public Health Week (EUPHW) is an initiative by the European Public Health Association (EUPHA) supported by the WHO Regional Office for Europe.
SUMMARY OF EVENTS
organized by BPHA
EUPHW 16-20 May 2022
44 events
BULGARIAN SITES AND MEDIA FOR EUPHW 2022
BULGARIAN NATIONAL RADIO PROGRAMME HORIZON

THE INTERVIEW OF THE PREZIDENT OF BPHA GENA GRACHAROVA

PUBLISHED ON 16 MAY 08.05 BG TIME

THE INTERVIEW WAS ISSUED SEVERAL TIMES A DAY
Европейската седмица на общественото здраве започва от днес. Регистрирани са общо 235 събития на 21 езика, сред които Българската асоциация по обществено здраве е организатор на повече от 40 разнообразни по формат прояви у нас.

Логото на тазгодишната Европейска седмица на общественото здраве е „Здравето през целия живот“.

Доц. д-р Гена Грънчарова – Председател на Българската асоциация по обществено здраве, дългогодишен преподавател в плевенския Медицински университет:

"За всеки един ден от седмицата се посочват конкретни теми, по които да се съсредоточи вниманието. Целта е да се повиши осъзнаването на проблемите от обществеността, от една страна, а, от друга страна - да се покаже ролята на общественото здраве и да се обединят специалистите, които работят в тази насока. Европейската асоциация по обществено здраве е една от най-мощните организации в която има 87 пълноценно членове".

Откриването е днес в Брюксел, всички прояви могат да се видят на страницата на Българската асоциация по обществено здраве.
The newspaper “Pleven for Pleven”

Part of the today’s publication

The title

“The Fourth European Week of Public Health starts today”
Европейска седмица на общественото здраве 2022
Здравето през целия живот
16 Май 2022 - 20 Май 2022
BULGARAIN PUBLIC HEALTH ASSOCIATION WITH 41 EVENTS IN THE FOURTH EUPHW

On 16 May 2022 the Fourth EUPHW starts under the motto Health throughout the life course.

5 DAYS, 5 THEMES

16 May: A healthy and active lifestyle
17 May: Vaccination as key prevention strategy
18 May: Climate change affects our health
19 May: No health without mental health
20 May: Building resilient health systems
SITE OF THE MEDICAL UNIVERSITY OF PLEVEN

Европейска седмица на общественото здраве (16-20 май 2022)

ЗДРАВЕТО ПРЕЗ ЦЕЛИЯ ЖИВОТ
16-20 МАЙ 2022
Присъединете се към 4-ата Европейска седмица на общественото здраве!

5 ДЕНА, 5 ТЕМИ

Понеделник 16 май: Здраве и здравословно хармонирано ползване
Вторник 17 май: Ефективни начини на изпълнение на здравословните стратегии
Събота 18 май: Важността на здравето като неразрушима основа на живота
Четвъртък 20 май: Прави ли здравето ви както трябва да се чувства
Петък 21 май: Използване на услуги за здраве

БИЛЕТЪТО СЕ!
Отварянето на вратите за всеки, всичко, всичко, относно здравето
Разпространяване на информация
Придвижване за прави здравето за всички, всичко, всичко, относно здравето

5 DAYS, 5 THEMES

MONDAY 16 MAY: A healthy and inclusive health for all ages
TUESDAY 17 MAY: Effective ways to implement health strategies
SATURDAY 18 MAY: Importance of health as an unbreakable foundation of life
THURSDAY 20 MAY: Are you right about your health?
FRIDAY 21 MAY: Using health services

КЪМ УЧАСТИЕ!
Глобална събитие за всеки, всичко, всичко, относно здравето
Распространяване на информация
Придвижване за прави здравето за всеки, всичко, всичко, относно здравето

 ЕПУХА (EUPHA) е инициатива на Европейската Асоциация за здравно въпроси (EUPHA) с подкрепата на Европейската комисия.
Европейска седмица на общественото здраве в ЮЗУ
публикувано на 16.05.22 в 07:08

От 16 до 20 май 2022 г. ще се проведе Европейска седмица на общественото здраве, организирана от Българската асоциация по обществено здраве и Европейската асоциация по обществено здраве. Като редовни членове на асоциациите, преподавателите от катедра „Логопедия“ и катедра „Кинезитерапия“ към Факултета „Обществено здраве, здравни грижи и спорт“ в ЮЗУ „Неофит Рилски“ организират
SITE OF DARIC RADIO WITH BRANCHES IN ALL BIG CITIES
Събития на НЦОЗА в рамките на Европейската седмица на общественото здраве

13.05.2022

16 май: Здрави и здравообразовани млади хора

10:00 - 12:00 ч. - Доц. д-р Лалка Рангелова, дм. отдел Храни и хранене” и проф. д-р Весела Дулева, дм. началник отдел „Храни и храни и хранене” проведоха онлайн дискусия върху здравословно хранене на възрастта и здравословно хранене на деца на 3-годишна възраст." тук https://ncpha.government.bg/uploads/pages/125/Rakovodstvo_hranene_deca_0-3_godini.pdf и „Препоръки за здравословно хранене на ученици на 7-19 години” тук https://ncpha.government.bg/uploads/pages/3001/Healthy_e

Въпросите могат да бъдат зададени на следните имейли: v.duleva@ncpha.government.bg
l.rangelova@ncpha.government.bg
SOME IMAGES FROM GOOGLE

8 hours ago

Четвърта европейска седмица на обществен
Monday 16 May 2022
A healthy and health literate youth
20 events
EUPHA featured: live radio item on Bulgarian radio
Monday 16 May
8h00 until 8h15 (GMT+02:00) Sofia

It's an interview by the President of BPHA Assoc. Prof. Gena Grancharova at the news emissions on BNR Horizon. It served as an official opening of the Fourth EUPHW 16-20 May 2022 and its reflection in Bulgaria. The role of EUPHA, the significance of public health, the logo, 5-day themes and participation of BPHA in this initiative were underlined.
**HW9 - Diagnosis of postural control disorders**

**Monday 16 May: A healthy and health literate youth**

9h00 until 12h00 (GMT+02:00) Sofia

**Event type:** Open day for free diagnostics of children with postural disorders

**Event format:** In-person

**Description:** Fifteen children with various postural deformities and postural control disorders were assessed. For the needs and purposes of the event, an assessment form was prepared, including specialized tests and scales to determine and analyze the postural control of the children who took part in the event.

In addition to assess the presence of postural disorders, all participants were given individualized guidelines for prevention and specialized sets of kinesitherapy exercises for home performance.

**Organizers:**
1. Assoc. prof. Stamenka Mitova, PhD;
2. Ass. prof. Margarita Avramova, PhD;
3. Ass. prof. Dilyana Georgieva, PhD student
4. Ass. prof. Georgi Stoyanov, PhD student

**Department of Kinesitherapy,**
**Faculty of Public Health, Health Care and Sport,**
**SWU ”Neofit Rilski” - Blagoevgrad**

https://www.swu.bg/bg/eventsbg/797-ewh1305?fbclid=IwAR01sPKDz-EqNHfp14tNyxDLoWVD5fKm_zcOrbr2u4NzC4PpSyUxalEqH4
https://www.facebook.com/groups/154553266557006
HW11 - Free assessment of flat feet in adults and adolescents.

Monday 16 May - A healthy and health literate youth
14h00 until 15h30 (GMT+03:00) Sofia

- **Event type:** Open day for free assessment of flat feet in adults and adolescents.
- **Event format:** In-person
- **Description:** In order to prevent deformations of the arches, a plantographic study of children and adults was conducted. **Twelve children (mean age of 10 years) and 10 adults mean age of 30 years** were studied. For this purpose, a high-sensitivity 3D plantograph was used, providing detailed information on the type of foot, the zone load, the presence of pathological changes and neurodynamic characteristics in static posture. All participants were consulted with expert advice on proper care of their feet and posture.

**Organizers:**
Department of Kinesitherapy, 
Faculty of Public Health, Health Care and Sport, 
SWU "Neofit Rilski" - Blagoevgrad
1. Assoc. prof. Mariya Gramatikova, PhD;
2. Ass. prof. Yulian Zlatkov, PhD;
3. Ass. Prof. Nasko Nikolaev, PhD;
4. Ass. prof. Christian Stoichev, PhD student

https://www.swu.bg/bg/eventsbg/797-ewh1305?fbclid=IwAR01sPKDz-E8qNHFp14tNyxDLoWVD5fKm_zcOrbr2u4NzC4PP5yUxalEqH4
https://www.facebook.com/groups/15453266557906
HW13 - Awareness of communication disorders among young people

- **Monday 16 May:** A healthy and health literate youth
  11h00 until 12h00 (GMT+02:00) Sofia

**Organiser:** Academic Staff of the Department of Logopedics, Faculty of Public Health, Health Care and Sport, South-West University “Neofit Rilski”, Blagoevgrad, [anna_andreeva@swu.bg](mailto:anna_andreeva@swu.bg)

**Audience:** 45 students from the specialty of Kinesitherapy and specialty of Speech and Language Therapy

**Impression:** The academic staff share their theoretical and practical knowledge about prevention and early detection of communication disorders. The event aims to target the young people and different professionals working with speech and language pathology client.
HW14 - Innovative Technologies in Speech and Language Pathology

Monday 16 May - A healthy and health literate youth
14h00 until 16h00 (GMT+02:00) Sofia

Audience: 35 students in Logopedics and speech and language therapists from Bulgaria, Greece, Poland and Nord Macedonia

Lecturers and organizers: Faculties from the Department of Logopedics, South-West University Neofit Rilski

1. SIGNITY - Application for Translation from Bulgarian Sign Language to Text and Vice Versa - Martin Manchev, Dimitar Kyuchukov, Emilia Nikolova, PhD
2. Using Robots in Speech and Language Therapy - Assist. Prof. Anna Andreeva, PHD
3. Complex and Functional Therapy of Stuttering in Adults with Biofeedback System – Assoc. Prof. Elka Goranova, PhD

Event type: Lecture, Webinar
Event format: In-person with live streaming
Description: There were presentations of innovative technology, methods for tele-health and software for Speech and Language Pathologists. The event aims to target the students, different professionals working with speech and language pathology clients and their families.

Local media info: shorturl.at/cqLWZ; shorturl.at/fDlL2; shorturl.at/bpsBO; shorturl.at/foGN5
https://www.facebook.com/profile.php?id=100057660601255
Ograniser: Assoc. prof. Dima Tsanova, PhD

Audience: 110 medical students second year, MU-Pleven

Description: During the webinars, medical students were introduced to the huge role and responsibility of medical professionals to increase the level of health knowledge in the society. With the active participation of the students, the main methods and means for raising the health education of Bulgarian population were discussed.
The need to invest in the public health workforce is as great now as it has ever been. The COVID-19 pandemic has illustrated the magnitude of the threat posed by communicable disease outbreaks and the importance of the public health workforce in responding to such outbreaks. Against the back-drop of an ageing population, the rising costs of health care and an epidemic of non-communicable diseases, society cannot afford not to invest in the public health workforce.

Lecture with 25 students from the specialty "Medicine", Medical University - Pleven, Bulgaria together with BPHA was organised. The questions such as:
- **What is a competency framework and why is it needed?**
- **For whom is it intended?**
- **What does the Framework contain?**

were discussed.

The WHO- ASPHER Competency Framework will help to ensure the availability of the competent public health workforce that necessarily plays a central role in fulfilling that right.
Organiser: senior assist. prof. Elena Merdzhanova, PhD, Department of Nursing Faculty of Public Health Medical University of Plovdiv

Audience: Online lecture and great discussion with 12 students in the specialty “Social work in health care system”.

Monday 16 May - A healthy and health literate youth
13h00 until 14h00 (GMT+02:00) Sofia
Organizers: Chief Assistant Gergana Markova, Department of Surgical nursing care, Faculty of Health Care, MU-Pleven, Bulgaria, member of BPHA Stoilka Chabrakova – student in Nursing

Audience: 22 second grade children. at the Primary school “Hristo Botev” in Pleven, Bulgaria.

Description: The issues of healthy eating habits were discussed through PowerPoint presentation, conversation, role play and test for final control.
HW37 - Social interaction in the distance learning process

Monday 16 May - A healthy and health literate youth
11:00 until 11:45 (GMT+02:00) Sofia

Organizers: Assoc. Prof. Iskra Petkova, Head of the Department "Social and Pharmaceutical Activities" Medical College, MU-Pleven; Assoc. Prof. Danelina Vacheva, Department of Physical Medicine, Rehabilitation, Occupational Therapy and Sports, Faculty of Public Health, MU-Pleven, Bulgaria

Audience: Webinar with 45 students and lecturers from the specialties "Medical Rehabilitation and Occupational Therapy", "Social Activities in Healthcare" and "Social Activities", MU-pleven, Bulgaria together with BPHA.

Description: The participants actively participated in the discussion on the topic. The positive aspects, problems and tendencies of the social interaction in the conditions of e-learning were reported.
**HW58 - The continuous use of mobile devices: benefits and harms**

**Monday 16 May** - A healthy and health literate youth
10h30 until 11h15 (GMT+02:00) Sofia

**Organisers:** Faculty of Health Care, MU-Pleven, Bulgaria
1. Assoc. Prof. Evgenya Dimitrova, PhD, Department of Therapeutic Care
2. Chief Ass. Prof. Petya Dilova, PhD, Department of Midwifery
3. Diana Panchelieva, student in Midwifery

**Audience:** Webinar with 58 students from the specialties of Nursing and Midwifery.

**Description:** The topic of the event relates to the benefits and harms of the continuous use of mobile devices among young people. We presented a study among students in Nursing and Midwifery at the Faculty of Health Care, followed by a discussion about the overcoming dependence on mobile devices with active participation of the students.

https://bbb2.mu-pleven.bg/b/ase-f0m-w8p-pi2
HW85 - Building health educational skills of health professionals

**Monday 16 May** - A healthy and health literate youth
15h30 until 17h00 (GMT+02:00) Sofia

**Event description:**
Webinar with students of Medical University – Pleven delivered by on-line classroom. It emphasizes on the importance of health education skills of health professionals which contribute to enhancing adolescents’ health literacy. The accent of discussion is how to choose the most appropriate approach of health education in dependence of the audience’ characteristics.

**Institutions involved:**
Medical University – Pleven, Bulgaria
Bulgarian Public Health Association

**Lecturer:**
Stela Georgieva (BPHA member, EUPHA member), Department of Social Medicine and Health Management, Faculty of Public Health, Medical University – Pleven, Bulgaria

**No HW 85:** Webinar with students of Medical University – Pleven delivered by on-line classroom.
**Organizers:** BPHA; Faculty of Public health, MU-Pleven, Bulgaria
**Description:** It emphasizes on the importance of health education skills of health professionals which contribute to enhancing adolescents’ health literacy. The accent of discussion is how to choose the most appropriate approach of health education in dependence of the audience’ characteristics.
**HW87 - Basics of healthy nutrition for children under 3 years old**

**Monday 16 May** - A healthy and health literate youth
10h00 until 12h00 (GMT+02:00) Sofia

**Organisers:** National Centre of Public Health and Analyses (NCPHA), Sofia, Bulgaria
Assoc. prof. Lalka Rangelova, PhD
Prof. Veselka Duleva, PhD

**Audience:** Broad community

**Description:** The event was announced on the website of the NCPHA a month before the start of EUPHW. An e-mail line was opened for asking questions on the issues of healthy nutrition for children under 3 years old. The specialists of nutrition answered questions asked by e-mail from 10:00 to 12:00 AM. The aim is to educate young mothers on the principles of healthy feeding their infants and young children and to provide them with practical recommendations.
Eighteen mothers put specific questions and were provided with detailed information and advices.
**HW88 - Food-based dietary guidelines for healthy nutrition for students between 7-19 years**

**Monday 16 May** - A healthy and health literate youth
12h00 until 14h00 (GMT+02:00) Sofia

**Organisers:** National Centre of Public Health and Analyses (NCPHA), Sofia, Bulgaria
**Prof. Veselka Duleva, PhD**
**Assoc. prof. Lalka Rangelova, PhD**

**Audience:** Broad community

**Description:** The event was announced on the website of the NCPHA a month before the start of EUPHW. An e-mail line was opened for asking questions on the issues of healthy nutrition for students 7-19 years old. The specialists of nutrition answered questions asked by e-mail from 12:00 to 14:00 AM. The online discussion aims to educate parents and children at school age through the recommendations for healthy eating, healthy food pyramid, assessment of nutritional status, and test to determine the pattern of nutrition in school age. Twenty one persons participated in the event putting specific questions to the specialists.
HW107 – Sexual Health – The Base for Health Literate Youth (1)

Monday 16 May - A healthy and health literate youth
10h30 until 16h30 (GMT+01:00) Paris

Organisers: Department of Healthcare, Faculty of Public Health and Health Care, Ruse University, Bulgaria

Audience: A total of 414 users have been reached so far and the video presentation has collected 211 unique views as of now. We hope to raise a constructive conversation around this topic and continue working with our students in projects in the field.

Online informational campaign on the Department`s Facebook page.
We have uploaded a new presentation discussing Sexual Health and healthcare experts` role in the process of educating young people. The main setbacks to health literacy and sex education in Bulgaria are outlined and strategies through which midwives and nurses can influence the trend. We have also discussed some ideas to optimise sex education through more activism and peer support.
Organisers: Department of Healthcare, Faculty of Public Health and Health Care, Ruse University, Bulgaria

Online informational campaign on the Department’s Facebook page. A total of 414 users have been reached so far and the video presentation has collected 211 unique views as of now. We are hoping to raise a constructive conversation around this topic and continue working with our students in projects in the field.
HW111 - Sexually transmitted infections: prevention and education of youth

Monday 16 May - A healthy and health literate youth
11h30 until 12h15 (GMT+02:00) Sofia

Organizers: Department of Social Medicine, Health Management and Disaster Medicine, Medical Faculty - Trakia University, Stara Zagora; Bulgarian Family Planning Association (BFPA), branch of Stara Zagora, Bulgaria
1. Assist.Prof. Dr. Raina Gardeva
2. Assist.Prof. Penka Gospodinova
3. Chief Assist. Prof. Dr. Galya Chamova, MD
4. Assoc. Prof. Dr. Boryana Parashkevova, PhD
5. Prof. Dr. Juliana Marinova, MD

Audience: 20 students in Midwifery

Description: It’s a panel discussion with 20 students of Midwifery on the Sexually Transmitted Infections: Prevention and Education of Youth after the presented lecture in which we presented our 30 years joint experience.

Organisers: The basketball players from the DANUBE-RUSE 2016 and DANUBE 2007 Basketball Clubs demonstrated enviable skills. Basketball matches were played with attractive performances. In the competitions won Ranya Aburaya and Ivaylo Ivanov from DUNAV-RUSE 2016, who were the most accurate and received prizes from Assoc. Prof. Iskra Ilieva, coaches Ruslan Rusev and Nikolai Nikolov. From the team of DUNAV 2007 in this competition won Daniel Ivanov, who was awarded by his coach Tsvetan Toshkov.

The young football from Lokomotiv Club players demonstrated in a children's match against their parents. Erasmus students took part in the event by mastering climbing skills. Photos by Yuliana Andonova, Iskra Ilieva and Tsvetelin Georgiev
HW138 - Demonstration of Students Sports for health at the University of Ruse (2)
Organizers: Department of Hygiene and Epidemiology, Faculty of Public Health, MU-Varna with the assistance of Medical University Television

**HW148 - Promoting healthy habits among young people (1)**

**Monday 16 May** - A healthy and health literate youth
13h00 until 15h30 (GMT+03:00) Sofia

**Audience:** The target groups consisted of 205 students from three high schools in Varna.

**Description:** It included 3 seminars in which 14 medical students from different years of their study at the Medical University of Varna presented seven topics concerning healthy lifestyle habits. The event was organized under the supervision of the Department of Hygiene and Epidemiology, Faculty of Public Health with the assistance of MU-VI TV (Medical University of Varna TV). The seminars were of great interest for the students and their teachers.
Promoting healthy habits among young people (2)
HW213 - Be responsible! Live consciously!
Monday 16 May - A healthy and health literate youth
14h00 until 15h30 (GMT+03:00) Sofia

Organisers: Galina Petrova, PhD,
Department of Nursing Care, Faculty of Public Health, MU-Varna,
High School “Konstantin Preslavsky” - Varna, Bulgaria

Audience: 25 students at the age of 17 years

Description: A discussion in-person was held. The topic was the prevention of AIDS and HIV and sexual transmitted diseases. Our team tried to answer many questions of young people - being health young person, to define the risk sexual behavior.
**Organisers:** Assoc. prof. Valya Dimitrova, PhD, Department of Nursing Care, Faculty of Public Health, MU-Varna, High School “Konstantin Preslavsky” - Varna, Bulgaria

**Audience:** 27 students at 17-18 years

**Description:** A discussion between 27 students aged 17-18 years old about the risks and benefits in pregnancy after 40 years of age. The main focus was the need for clear definition of priorities and creation of skills for optimal combination of biological and social functions of adolescents in society.
Bulgarian events

Tuesday 17 May 2022

Vaccination as key prevention strategy
HW8 - Functional study in patients after COVID-19 infection

Tuesday 17 May - Vaccination as key prevention strategy
9h00 until 12h00 (GMT+02:00) Sofia

Event type: Open day for free diagnostics of patients with Post Covid symptoms
Event format: In-person
Description: COVID-19 affects several physiological systems as well as short-term and long-term changes in physical and mental health which require the definition of stages for specific rehabilitation and physiotherapy programs. On this open day during the EUPHW, we provide free functional testing of **30 patients aged 30-75 years** in the university rehabilitation centre.

**Organizers:**
1. Assoc. prof. Mariela Filipova, PhD;
2. Ass. prof. Miglena Tsvetkova- Gaberska, PhD;
3. Ass. prof. Krasimira Zlatkova, PhD;
4. Ass. prof. Yulian Zlatkova, PhD

Department of Kinesitherapy,
Faculty of Public Health, Health Care and Sport,
SWU ”Neofit Rilski” - Blagoevgrad

https://www.swu.bg/bg/eventsbg/797-ewh1305?fbclid=IwAR01sPKDz-E8qNHfp14tNyxDLoWVD5fKm_zcOrbr2u4NzC4PpSyUxalEqH4
https://www.facebook.com/groups/154553266557006
**HW30 – Awareness of vaccine prophylaxis in elderly**

**Tuesday 17 May** - Vaccination as key prevention strategy
11h00 until 12h00 (GMT+02:00)

**Organisers:**
Dr Rozalina Yordanova  
Prof. Hristina Milcheva  
Trakia University, Stara Zagora, Bulgaria

**Audience:** 25 students future health professionals.

**Description:** We were pleasantly surprised by the interest of the audience in the online lecture we conducted. The online event emphasizes the key role of health professionals in raising health awareness of the population, including the benefits and risks of vaccine prevention. The students actively participated in the discussion at the end of the lecture.
**HW40 Interaction between social workers and midwives**

**Tuesday 17 May** - Vaccination as key prevention strategy

11:00 – 11:45 [am] (GMT+03:00) Sofia

**Organisers:** Department of Social activity and Department of Midwivery, Faculty of Health Care, MU-Pleven, Bulgaria

Chief ass. prof. Veronika Spasova, PhD

Ass. Prof. Kalina Kaneva

Chief ass. prof. Petya Dilova, PhD

**Audience:** 38 students from both specialty “Social activity” and “Midwivery” participated in the webinar.

**Description:** A survey among students final year students of MU – Pleven in specialties Midwife and Social worker. The results of study show students' awareness of the role of health education, their attitude to immunizations, preparation and willingness to interact as specialists in a team.
The vaccines – the active choice for a better healthy future

Tuesday 17 May - Vaccination as key prevention strategy
10h00 until 11h30 (GMT+02:00) Sofia

Organisers: Department of Medical Ethics, Management of Health Care and Medical informatics, Faculty of Public Health, MU-Pleven, Bulgaria
Assoc. Prof. Makreta Draganova
Ass. prof. Milena Saleva
Mrs Milka Vasileva – President of Bulgarian Association of Health Care Professionals

Audience: 20 students from the specialty “Management of Health Care participated in the webinar.

Description: The president of BAHP presented the COVID-19 vaccination campaign on the national level. The participants actively discussed the reasons for low percentage of vaccinated people and in particular low percentage among health workers and in Bulgaria.
The new threats from Omicron were commented and also the significance of the personal example of healthcare professionals to the public for vaccination activity.
 HW109 – How to Talk Vaccines with Parents & where do we lose the connection (1)

Tuesday 17 May - Vaccination as key prevention strategy
10h00 until 11h30 (GMT+02:00) Sofia

Organisers: Department of Healthcare, Faculty of Public Health, Ruse University, Bulgaria

Online informational campaign on the Department`s Facebook page
A couple of posts on our page focus on healthcare experts` role in helping parents of young children navigate vaccine safety concerns and immunisation calendar. We have asked our followers to partake in discussing different strategies to better communicate and effectively inform mothers and fathers on vaccines. Vaccine anxiety has been visible lately and nurses & midwives, being closer to parents can greatly impact this trend. Having a trusted and accessible expert explain how vaccines work, even before birth, as a part of the prenatal education may be really helpful.

Audience: The post has been reached by 141 users.
Online informational campaign on the Department’s Facebook page

A couple of posts on our page focus on healthcare experts’ role in helping parents of young children navigate vaccine safety concerns and immunisation calendar. The second part of this campaign includes information about covid vaccines during pregnancy and breastfeeding. With this publication we encourage people to get to know the true facts, with the help of evidence based medicine and ask the experts. We have posted a couple of links that contain evidence based information about covid vaccines during pregnancy and breastfeeding and what current recommendations suggest.

The post has been reached 141 users.
Wednesday 18 May 2022

Climate change affects our health
Description: This was an extra event by the President of BPHA assoc. prof. Gena Grancharova. The interview was done by the official request of Mr Aleksander Raychev, leading a special emission at the BNR Programme “Hristo Borev”. It was 20 minutes live interview on 18 May at 10:25 AM in the emission “Our day”.

The key messages covered concerned the role of EUPHA, the aim and context of EUPHW2022 and BPHA participation in this initiative. Special attention was put on the role of NGOs on promoting healthy lifestyle and raising awareness of Bulgarian society on health in youth, vaccination, mental health, the biggest problems in Bulgarian health system and Bulgarian public health in comparison with the other European countries.
HW106 - Chemical pollutants, microplastics and marine biotoxins – their way (1)
Wednesday 18 May - Climate change effects our health
10h00 until 11h30 (GMT+03:00) Sofia

Panel discussion

Brief Information:
In the Panel the relation between marine environment pollution and human health was discussed. The main contaminants in the Black Sea, their origin and faith were outlined. Students were involved in a game for analysing and discussing scientific information regarding microplastics.

Audience: students up to 18 years

Location: Bulgaria, Varna, Petko Karavelov Str. 3A, Municipal Children Complex

CLIMATE CHANGE IMPACTS OUR HEALTH
HW106 - Chemical pollutants, microplastics and marine biotoxins – their way (2)

Zlatina Peteva, Angelika Georgieva, MU-Varna

Is seafood safe for our health?

Mona Stancheva, Stanislava Georgieva, MU-Varna

• Human exposure assessment of PCBs through oral ingestion:

The estimated total daily intake (EDI) of the contaminants in a given fish species was calculated:

\[
\text{EDI} = C \times \frac{\text{Intake}}{\text{BW}}
\]

• The potential risks of non-carcinogenic effects are evaluated by the risk assessment index known as the risk quotient (RQ).

\[
\text{RQ} = \frac{\text{EDI}}{\text{RfD}}
\]

Table 1. Levels of total indicator PCBs (ng/g wet weight, mean and standard deviation) determined in fish collected from the Black Sea, estimated daily intake (EDI) and risk quotient (RQ).
**Climate change and health adaptation policies: a guidance for the health sector in Bulgaria**

**18 MAY 2022  CLIMATE CHANGE IMPACTS OUR HEALTH**

**Extra Event**

**Organizer:** Ass. Prof. Zornitsa Spasova, PhD, published on the website of the National Centre of Public Health and Analyses a broshura under the title “Climate change and health adaptation policies: a guidance for the health sector in Bulgaria”.

**Event description:** On 18 May from 14:00 until 16:00 within the EUPHW an e-mail line was opened for the public to put questions and to get answers.

**Participants:** 18 persons
Thursday 19 May 2022
No health without health
**Event type:** Conference  
**Event format:** In-person  
**Description:** The event was organized by the Faculty of Public Health, Health Care and Sports at South-West University “Neofit Rilski” in Blagoevgrad. Over 60 scientific reports based on research of teachers and students were presented. The thematic areas included: Health Care, Kinesitherapy, Speech Therapy, Medico-Social Sciences, Sports, Mental Health, etc. The conference discussed interesting topics in each area and challenges facing public health and professionals in this field.

https://www.swu.bg/bg/eventsbg/797-ewh1305?fbclid=IwAR01sPKDz-E8qNHfp14tNyxDLoWVDSfKm_zcOrbr2u4NzC4PpSyUxalEqH4  
https://www.facebook.com/B8-SWU-Neofit-Rilski-200550086696081
Assoc. Prof. M. Stoimenova and ass. prof. Ivanka Veleva, specialists in mental health took part in an interview on Zetra TV on the current problems in mental health and their impact on the whole body health. The information was spread out on five regions of Central and Northern Bulgaria.
HW49 - Caring violent child safely in psychiatric units

Thursday 19 May - No health without mental health
14h45 until 15h15 (GMT+02:00) Sofia

Organiser: Assoc. Prof. Gergana Petrova, PhD,
Department of Nursing care,
Faculty of Public Health,
MU-Plovdiv, Bulgaria

Project of Erasmus+
Caring violent child safely in child psychiatric and residential units (Safe4Child)
2021-1-FI01-KA220-HED- 000032106

Audience: 11 third year students in Nursing;

Impression: The students accepted very well information about the Project activity and Child Mental Health Promotion.
HW50 - Determinants of mental health and well-being

Thursday 19 May - No health without mental health
15h30 until 16h00 (GMT+02:00) Sofia

Organiser: Assoc. Prof. Gergana Petrova, PhD,
Department of Nursing care,
Faculty of Public Health,
MU-Plovdiv, Bulgaria

Project of Erasmus +
Developing multi-professional Higher Education for promoting mental health and well-being at schools.
2020-1-FI01-KA203-066521

Audience: 11 third year students in Nursing;

Impression: The students accepted very well information about the Project activity and Child Mental Health Promotion.
Event type: Webinar with 35 students in Nursing, Medical University – Plovdiv. The aim of the event was aimed to increase the motivation and skills of student nurses to work with difficult patients. The students took an active part in the discussion.
The event was organized by the Department of Physical Medicine, Rehabilitation, Occupational Therapy and Sports, headed by Assoc. Prof. Nina Mihailova, Ph.D. The participants were greeted by the Rector of the MU-Pleven Prof. Dr. Dobromir Dimitrov, MD, and the Dean of the Faculty of Public Health Assoc. Prof. Milena Karcheva, MD, PhD. She ended with the wisdom "A healthy mind in a healthy body" and "Be physically active to be mentally stable!"

The Rector awarded prizes to the ranked athletes and Head of the Representative Cricket Teams with coach Akshay Harikumar and head lecturer Petar Popov, as well as table tennis with head and coach lecturer Kaloyan Monov. The cricket athletes presented the Rector with a Silver Cup, won in the tournaments. We started with a demonstration in Shotokan Karate Do, coached by Milena Kirnikolova, Ph.D. We conducted traditional Bulgarian folk dances led by Delyan Demirev. Tournaments in the spirit of fair play in basketball were played - with Lecturer Svetoslav Rachkov, volleyball - with Lecturer Hristo Genov and badminton. The students did cross-country running in urban conditions under the guidance of Assoc. Prof. Tanya Megova, Ph.D. and Assoc. Prof. Rostislav Kostov, Ph.D.
In conclusion, the students and the lectures shared their satisfaction with this sports’ forum and expressed a desire for events in this format to become traditional and stated their readiness to be active in the next editions of the European Public Health Week, organized by EUPHW and BPHA.
HW110 – Mental Health During Pregnancy (1)

**Thursday 19 May** - No health without mental health
11h00 until 13h00 (GMT+02:00) Sofia

Organiser: Department of Healthcare, Ruse University, Bulgaria

**Online informational campaign on the Department’s Facebook page**
We shared a couple of posts centred around mental health during pregnancy – what to look out for, when to reach for help and some basic tips to get women on the right track. The focus is on removing the stigma from those women that do not feel as generally expected and experience depression and other difficulties with mental health. We have urged midwives and student midwives to pay close attention to women in their care in regard to their mental health and to also hold space for women, so they can share and be offered adequate help in a timely manner.
The posts encourage women to share their concerns with their midwife and discuss ways they can get help. They also point student midwives` attention towards paying some more attention on these aspects and committing to getting adequate education. This would allow for better care and timely intervention when necessary.

The posts have been reached between 417 and 46 people (earliest posted reaching the most).
HW157 - Mental health and Public Health

Thursday 19 May - No health without mental health
11h30 until 12h00 (GMT+03:00) Sofia

This is an interview with live-streaming with the Deputy Dean of the Faculty of Public Health and ass. prof. Rosalina Braikova was done at The MU-Varna TV for the EUPHW, focusing on the participation of MU-Varna in this initiative, as well as the specific activities of the Faculty of Public Health to improve mental health. The key message was that mental health should be protected at every age, starting with raising children with a resilient psyche, creating a positive workplace climate, positive interactions with family and friends, exercising and walking in nature. Participation in EPHW is important given the involvement of public health professionals at various levels and the subsequent multiplier effect of the events among various population groups.
HW179- The invisible sights of conflicts
Thursday 19 May - No health without mental health
10h00 until 11h00 (GMT+02:00) Sofia

Organizers:
Assoc. Prof. Silviya Nikolova, PhD
Faculty of Public Health, MU-Varna, Bulgaria

Description: In a roundtable with students of the National High School of Humanities and Art we discussed the core of conflicts on a macro and micro level, comparing war conflict from Ukraine and personal conflicts between peers. Victims of conflicts are all involved in it.
Friday 20 May 2022

Building resilient health systems
HW12 - Methodology of application of kinesitherapy in neurology
Friday 20 May - Building resilient health systems
9h00 until 12h00 (GMT+02:00) Sofia

Description: In this lecture we presented and shared our experience in application of different effective methods of an adequate kinesitherapy programme for restoring motor deficiency in stroke patients.

Audience: 15 students majoring in kinesitherapy and PhD students and assistants.

We discussed current issues related to the social significance, serious disability and long-term neurorehabilitation of patients with various neurological diseases and the important role of therapists in their integration and return to independent living.

Organizers:
1. Assoc. prof. Mariela Filipova, PhD;
2. Ass. prof. Miglena Tsvetkova- Gaberska, PhD
3. Ass. prof. Krasimira Zlatkova, PhD;
4. Ass. prof. Yulian Zlatkov, PhD

Department of Kinesitherapy, Faculty of Public Health, Health Care and Sport, SWU "Neofit Rilski" - Blagoevgrad

https://www.swu.bg/bg/eventsbg/797- ewh13057fbclid=lwAR01sPKDz- E8qNHfp14tNyxDLoWVD5fkM_zcOrbr2u4NzC4PpSyUxalEgH4 https://www.facebook.com/groups/154553266557006
HW35- Medical Simulation Education for nurses in conditions of COVID-19

Friday 20 May - Building resilient health systems
12h30 until 13h30 (GMT+02:00) Sofia

Organiser: Senior Ass. Prof. Valentina Lalova, PhD
Department of Nursing, Faculty of Public Health
MU-Plovdiv, Bulgaria

Project of Erasmus+
Project title: "Interdisciplinary, multiculturalism, and work with the patient in a non-standard situation in the context of conducting didactic classes in the field of medical sciences and health sciences in Centers of Medical Simulation."
2019-1-PL01-KA203-065205

Audience: 11 third-year students from Nursing department /20.05.22 – 12:30h/

Impression: The students accepted information about the Medical Simulation Center in MU-Plovdiv, International Project work according to simulation education for nurses in the COVID-19 conditions.
**Organiser:** Svetla Ivanova, Department of Nursing, Faculty of Public Health, MU-Plovdiv, Bulgaria

**Audience:** 10 nursing students in their second year of education. The language of the lecture was English because of the invitation to the Erasmus students from European countries.

**Impression:** The students were informed of the opportunities and advantages of becoming a scrub nurse. A discussion was held both in English and Bulgarian in the context of the topic and the problem with the lack of nursing staff worldwide.
HW39 Pedagogical competence of mentors during the pre-graduation training
Friday 20 May - Building resilient health systems
11h45 until 12h00 (GMT+02:00) Sofia

Organiser: Senior Assis. Prof. Snezhana Dragusheva, PhD
Department of Nursing care, Faculty of Public Health, MU-Plovdiv

Audience: The lecture is presented in front of students from the specialty of Nursing - 1st and 4th year of study.

Note: It is important for the students to know the beginning of the specialized education of nurses not only in Bulgaria but also in Europe.
Assoc. Prof. Kostadinova presented a model for ensuring sustainability of “home visiting” program for pregnant women and children up to 2 years from vulnerable groups through integration into the health system. Ms. Iskra Stoykova presented results from the pilot provision of the service. The discussion was attended by 36 representatives of state institutions, ministries, NGOs, academia, experts, specialists from medical institutions and professional organizations, who expressed opinions on the topic.
HW145 - Pillars of disaster resilience
Friday 20 May - Building resilient health systems
14h15 until 14h45 (GMT+03:00) Sofia

Online lecture
Number of attendees: 35
Description: Assoc. prof. N. Danova and Assoc. prof. G. Tsolova presented during the conference the report "Emergency medical care activities during Covid-19 situation". Analysis of activities of Centers for Emergency Medical Aid (CEMA) between 01.03.2020-31.05.2021 was performed, including total and completed those due to Covid-19.

Participants: 45

Organisers:
National Centre of Public Health and Analyses
Assoc. prof. Natasha Danova, MD, PhD
Assoc. prof. Galya Tsolova, MD, PhD

Assoc. Prof. Galya Tsolova, MD, PhD