

HEALTHY AGEING PROMOTION THROUGHOUT THE LIFECOURSE: NURSES AS A LINK BETWEEN HEALTH SYSTEM AND COMMUNITIES

Maja Lang Morović¹, Slaven Krtalić¹, Sanja Musić Milanović^{1,2}



¹Division for Health Promotion, Croatian Institute of Public Health;

²Andrija Štampar School of Public Health, School of Medicine, University of Zagreb

Background

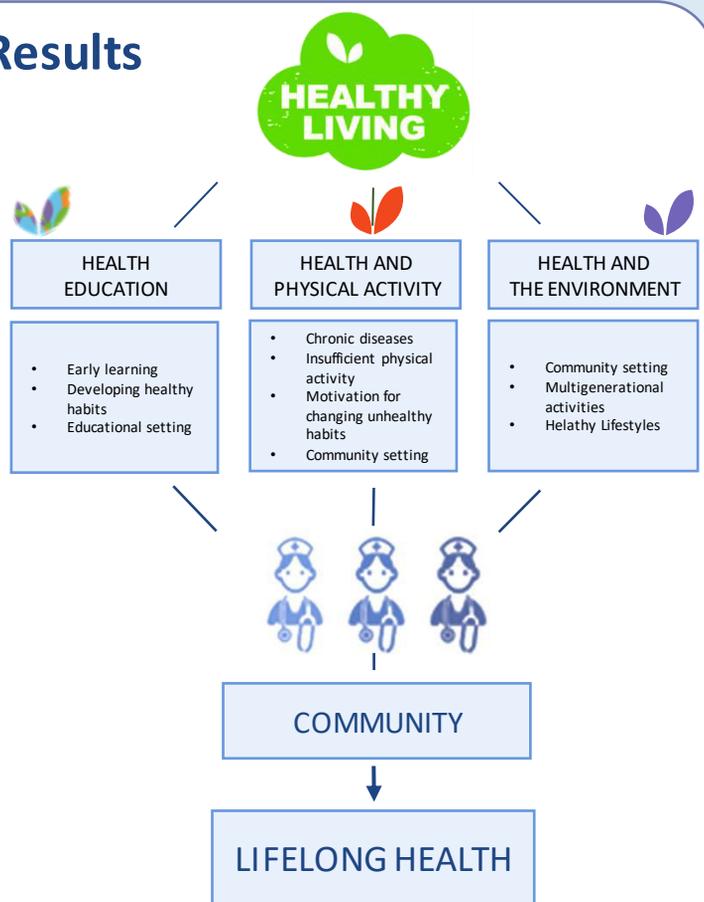
- By creating healthy habits through early childhood and ensuring support throughout the life-course, healthy ageing will be enabled in its full potential.
- Nurses are one of key links between public health system and the people.
- The goal of this paper is to present possibilities for collaboration between health sector and communities with nurses as the key link between the two.

Material & Methods

- Croatia Health Promotion National Program Healthy Living aims to ensure that people learn how to keep their health and have support in the environment for leading healthy lifestyles.
- Due to its comprehensiveness, Healthy Living is divided into five components three out of which, Health Education, Health and Physical Activity and Health and the Environment, can be strengthened by including nurses into its implementation.

Results

- Within the Health Education Component, nurses are recognized as the health ambassadors from the earliest age. For this purpose, education material was created that is implemented by nurses in all day care centers in Croatia with the goal of teaching children the basics of healthy lifestyles.
- Further, in the Health and Physical Activity Component nurses are a link between health system and people with chronic illnesses who are not sufficiently physically active. The role of nurses is to motivate these insufficiently active, mostly elderly people to engage in regularly organized and professionally supervised walking activity.
- Finally, in the Health and the Environment component nurses are the key health professionals who have all sufficient resources to connect people of all age groups to participate together in organized health promotion activities in city parks.



Conclusion

- In order to efficiently promote lifelong health including healthy ageing nurses are an important link between communities and health system.
- By empowering nurses due to their role in the society, it will be easier to reach people of all ages before the onset of the disease and motivate them to pursue healthy lifestyles.