

TOWARDS SUSTAINABLE AGEING: OVERCOMING OBSTACLES IN AN INDUSTRIAL ENVIRONMENT



Municipality of Aspropyrgos
West Attica
Greece

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Background

The Municipality of Aspropyrgos, is member of Healthy Cities Greek Intermunicipal Network for the Prevention of Diseases, with representation to its Governing Board. In its spatial remit, are located and operate some of the largest industries in Greece, of both national and strategic importance. Overall, the municipality is responsible for a considerable portion of GDP. With 35.000 population, most of them over 35s, and a considerable number of socially vulnerable and people with special needs, plus 100.000 visiting workers, great challenges arise for a sustainable future, regarding both health and safety of the population, as well as the environment on its own.

Material & Methods

The Organization for Sports and Care of the Youth and Third Age was formed as Municipality's main institution for promoting sustainable ageing to its citizens.

Certain researches have been contacted along with academic bodies (e.g. National Kapodistrian University, University of West Attica, etc), and governmental and non-governmental organisations, in order to shape a functional strategy for healthy ageing: a) promotion of healthy and active lifestyles for all, especially the youth, b) proactive health monitoring for the middle-aged, c) holistic and complementary treatments, in tandem with traditional medicine, for the elderly.

Results

- Monitoring and controlling disease and pathological 'situations'
- Monitoring and controlling psychological predisposition (anxiety, depression)
- More happiness, less pain and disease: various competitive and therapeutic athletic programs, physiotherapies, aquatics etc.
- More cultural therapy: Recreational Events & Life Long Learning: traditional dances, theatrical events, visits in museums, theatres, natural beauties, choir, exchange of cultural associations, municipal Open University, promotion of Mediterranean Diet
- citizens with longevity
- quality of life
- subjective happiness (positive psychology).

Conclusion

The Municipality of Aspropyrgos is an industrial area, facing challenges of environmental pollution, and large communities of socially vulnerable, of different backgrounds. The Organization for Sports and Care of the Youth and Third Age, was created to help people cope with the above along with the inevitable biological

ageing, whilst offering social cohesion to its intrinsic fabric. Remarkably, the Municipality has become one of the major athletic cradles of Greece for the youth, and one of the most physically and culturally active cities, for the matured and the elderly, in Attica. The world cannot be perfect, but , surely, it can become better.