

## THE FIRST ANNOUNCEMENT AND CALL FOR ABSTRACT SUBMISSION

### 7th International Symposium „Health for all?! Social engagement and self management of health and chronic diseases!“ May 10<sup>th</sup>, 2019., Rijeka, Croatia

Dear Colleagues,

It is our honour to invite you to participate at the 7<sup>th</sup> International Symposium „Health for All?! Social engagement and self-management of health and chronic diseases!“. Symposium will be held at Faculty of Medicine, University of Rijeka, Croatia.

The major chronic diseases are the main cause of death and disability in Europe and have a huge social and economic impact. Chronic diseases increasingly affect younger and middle-aged people, which are linked with number of behavioural and biomedical risk factors that are largely preventable. Promotion of self-care empowers individuals, families and communities for informed health- decision-making. It has the potential of improving the efficiency of health systems while reducing health inequalities and health and social care costs. The idea and the importance of self-management of health and chronic diseases of this Symposium originated from European Commission initiative for healthy and active ageing (CHAFEA) and two funded European projects in the Health Program: successfully finished project (but still ongoing) Urban Health Centers Europe 2.0 (UHCE) and current project Social Engagement Framework for Addressing Chronic Disease Challenge (SEFAC). Those projects are focused on adoption and preservation health behaviours in adults and elderly people. The aim of the project activities is to develop the tools for community-based health workers and community health volunteers to promote health, prevent and control disease.

The Symposium will bring together scientists and researchers with the purpose to show good practice examples, latest trends and improvements, new strategies and policies with the main goal to help people with chronic diseases to live active and productive lives.

The main topics are:

- Self-management of health
- Self-management of chronic disease
- Volunteers in health and disease
- Digital health (ICT services in health and disease)
- Urban health: Presentation of preliminary project results (SEFAC, EFFICRONIC)

Workshops:

- The Mindful Steps For Health
- Volunteers in health and disease
- ICT solutions for health care system, health and disease

Poster presentation will be organized as well.

**Online registration and abstracts submission can be found at <http://hfa.uniri.hr/>**

**There is no registration fee.**

Symposium is cofinanced by the European Union's Health Programme (2014-2020), European project "Social Engagement Framework for Addressing the Chronic-disease-challenge" (SEFAC), No. 738202.

The Symposium program will certainly provide you a meaningful experience and opportunity to join conversations in formal and informal environment and friendly atmosphere.

The Organizing Committee is looking forward meeting you in Rijeka, European Capital of Culture 2020!

Tomislav Rukavina, MD, PhD, Dean of the Faculty of Medicine, Rijeka, Croatia

President of the Organizing and Scientific Committee