

MINISTRY OF HEALTH AND SOCIAL WELFARE

**STRATEGY OF THE HEALTH PROMOTION
IN THE REPUBLIC OF SRPSKA**

BANJA LUKA, DECEMBER 1999

I GENERAL OBJECTIVES AND PRINCIPLES

The health promotion, in the sense of this Strategy, comprises all measures of improvement and maintenance of the health, being a part of all health promotion measures.

The health promotion includes citizens and their families, schools, enterprises, local and broader communities.

The measures of the health promotion are being conducted by the health institutions and health workers, educational, cultural and social institutions, social, expert's and humanitarian organizations and organs and organizations whose activities are linked with the health.

Measures of the health promotion can be general and specific. General measure are related to creating of the favourable health conditions in the places where people live and work and are directed to the elimination or decrease of the influences of the health risks in living and working environment. The measures that put under control the production, trade and use of the products that can harmfully influence the health, along with the working and traffic safe measures, also belong to these measures.

Specific measures relate to the specific groups of the population, certain diseases and other health problems.

Health promotion measures are being conducted by the health institutions in state and private sector in accordance with its scope of work.

II GENERAL MEASURES OF THE HEALTH PROMOTION

These measures will eliminate, i.e. decrease the harmful influence of health risks in the living and working environment, of even those who are linked with the production, trade and use of the products having health harmful effects.

1. Up to year 2002 new legal regulations will be issued, i.e. the existing will be innovated and in that way regulate the following:

- protection from air polluting
- protection from water polluting
- providing of the healthy water for drinking
- control of healthfulness of the food and other products of general use
- protection from professional diseases and injuries in the place of work
- ban of smoking in public places, public transport, schools, health institutions, working places, ban of advertising of the tobacco products and its sale to the underage individuals
- production and trade of the alcoholic beverages, ban of advertising of the alcoholic beverages, its sale to the underage individuals, and its sale and use in schools, health, social and cultural institutions, and in their

neighborhood. Sharpening of the measures against the use of the alcoholic beverages by the participants in the traffic.

- Protection from ionizing radiation
- Production and trade of psycho-active substances
- Production and trade of the drugs and poisons
- Protection from the land pollution
- Protection from noise

The new, innovated legal regulations shall include the standards of the World Health Organization and other international organizations on admissible concentration of the harmful substances, i.e. the prescriptions of the International conventions on trade of the tobacco and the drugs.

Under responsibility of

Within three months from adopting of this Strategy the Government of the Republic of Srpska will form the inter-field expert's group that will prepare, before the end of 2001, the draft of the laws and sub-laws the Government or befitting executive body should issue.

1. Before the end of year 2002 new legal prescriptions, i.e. innovated existing regulations on special corporate taxes for polluting of the water, air, land and making of noise without protection devices.

Within the same deadline the legal regulations on special taxes for trading of the tobacco products, alcoholic beverages and other products harmful to health shall be made.

The funds gathered from the mentioned taxes and fees for the breach of the legal regulations mentioned in the point 1 shall be paid to the special account of the Government of the Republic of Srpska; accordingly they shall be used exclusively for the promotion of the health and curing from the diseases occurred under harmful influences of the risks in the living and working environment, i.e. because of the harmful effects of the tobacco products, consuming of the alcoholic beverages and use of the psycho-active substances.

Under responsibility of

Within the period of three months from adoption of this Strategy the Government of the Republic of Srpska shall form the inter-field expert's group that will before the end of 2001 prepare the drafts of the laws and sub-laws the Government or befitting executive body should issue.

III SPECIFIC MEASURES OF THE HEALTH PROMOTION

1. Promotion of the women's health

Up to year 2005 all women above 15 years of age shall be covered by health promotion measures regarding:

- Family planning and methods of avoiding unwanted pregnancies
- Health behaviour during the pregnancies
- Breast feeding, nutrition and care of the infants
- Every woman between 45 and 65 years of age shall be included in the programme of early detection of the breast and uterus cancer.

Under responsibility of

Family doctor and his team and gynaecologist - consultant in the 'Dom zdravlja'.

The measures of the women's health promotion shall be done according to the programme made by the Public Institute of Health of the Republic of Srpska before the end of 2000.

These measures shall be financed from the Health Insurance Fund from primary health care, i.e. department of the family medicine and consultants service of the 'Dom zdravlja's and budget assets meant for that purpose.

2. Promotion of the children's health

Up to year 2005 every infant and child of pre-school age shall be covered by the measures of the health promotion regarding:

- Monitoring of the psycho-physical development, care, nutrition and protection from contagious diseases
- At least 95% of the children shall be covered by the programme of immunization
- In family and pre-school institutions we shall work on gaining of the positive living habits of the children regarding the nutrition, physical activities and adoption of the health style of living in the early childhood
- Through the measures of the health promotion we shall influence the creating of the healthy relations in the family, removing of the harmful habits in order to help a child to grow up in the surroundings free of the bad living habits.

Under responsibility of

The family doctor, his team and pediatric consultant in the 'Dom zdravlja'.

The measures of the health promotion of this group shall be conducted under the programme brought before the end of 2000 by the Public Institute of Health of the Republic of Srpska.

These measures shall be financed by the Health Insurance Fund for primary health care, i.e. the department of the family medicine and consultant service of the 'Dom zdravlja' and intended budget for the purpose.

3. Promotion of the health of children and school youth

Up to year 2005 all children and youth (6 - 18 years of age) shall be covered by the measures of the health promotion regarding:

- Monitoring of the psycho-physical development, gaining of the healthy living habits, early detection and control of the health risks for prevention of cardiovascular and other chronically non-contagious diseases
- At least 95% of the school children shall be covered by the programme of immunization
- Special place in measures of the health promotion will have the measures of promotion of the HIV infections and AIDS, smoking, alcoholism and use of drugs,
- Health promotion will mostly be focused on strengthening of the health potential through health food, physical activities in the nature, adequate vacation time and recreation.
- Health promotion measures shall be conducted in the family, school and in the working environment.

Under responsibility of

The family doctor, his team, pediatric consultant and psychologist in the 'Dom zdravlja', teachers and professors in the schools, psychologist and social worker in the company. Special responsibility has a teacher of the health education in the schools.

The measures of the health promotion of this group shall be conducted under the programme brought before the end of 2000 by the Public Institute of Health of the Republic of Srpska.

These measures shall be financed by the Health Insurance Fund for primary health care, i.e. the department of the family medicine and consultant service of the 'Dom zdravlja' and intended budget for the purpose.

4. Promotion of the health care of elderly

Up to year 2005 all persons older than 65 years of age shall be covered by the measures of the health promotion:

- Home care service within the family medicine shall be available to all individuals older than 65.
- All older individuals shall be included in the programme of detection and control of the risk factors and early detection of the malign diseases, diabetes, osteoporosis, cataract and other diseases with higher frequency in old ages.
- Providing home help in preparing or bringing of the food and helping the elderly to keep the independence for a longer period
- Through the associations and clubs and individual engagement help the elderly to stay for a longer period active members of the society.

Under responsibility of

The family doctor, his team, psychologist and other consultants in the 'Dom zdravlja', municipality social services.

The measures of the health promotion of this group shall be conducted under the programme brought before the end of 2000 by the Public Institute of Health of the Republic of Srpska.

These measures shall be financed by the Health Insurance Fund for primary health care, i.e. the department of the family medicine and consultant service of the 'Dom zdravlja' and intended budget for the purpose.

5. Health promotion in working environment

Up to year 2005 all persons employed in state and private companies shall be covered by the measures of the health promotion:

- Measures of health promotion shall be directed on prevention of the professional diseases and injuries, and specially on gaining of the healthy habits like rational use of the working time and working energy, avoiding alcoholism, smoking and other harmful habits, adequate use of the holidays and recreation.
- All employed shall be covered by the programme of detecting risk factors of the mass non-contagious diseases per special programme.

Under responsibility of

Service of the social medicine formed in compliance with the prescriptions of the Law on health care in working environment.

Measure of the health promotion in working environment shall be conducted per programme brought before the end of 2000 by the Public Institute of Health of the Republic of Srpska.

These measures shall be financed from the funds provided per the Law on health care in working environment and budgetary funds intended for this purpose.

6. Health promotion in prevention and control of the contagious diseases

Apart from the general measures directed to elimination or reduction of the causes of the contagious diseases in the living environment and immunization programme, all measures of the health promotion shall be included in the programmes of the health education in the pre-school and school institutions as well as programme intended to the total population available through the media, lectures and other means.

Special place in these programmes shall have the prevention of the HIV infections and AIDS, tuberculosis prevention and intestinal contagious diseases.

Before the end of 2001 the legal prescriptions on compulsory health education in pre-school and school institutions shall be issued and conditions for their implementation shall be met.

Up to 2000 the Public Institute of Health of the Republic of Srpska shall make the programme of health promotion in prevention and control of contagious diseases.

Under responsibility of

Ministry of Health and Social Welfare, Ministry of Education and Ministry of Information are responsible for issuing the legal regulations.

Health institutions, schools, means of public information, experts, social and humanitarian organizations in conducting the measures.

Financing of these measures shall be done from the funds meant for the primary health care and budgetary funds planned for that purpose.

7. Health promotion in prevention and control of chronic non-contagious diseases

Experience of the number of developed countries shows that highest effects in decrease of the incidences and mortality of these diseases are reached by the health promotion measures directed to the change of the harmful living habits and adopting of the positive ones, specially those linked to the risk factors such as inadequate nutrition, smoking, alcohol consumption and insufficient physical activity.

Obvious results have been reached through implementation of the International CINDI Programme co-ordinated by the World Health Organization.

That programme is opened for all country-members, and is based on integration of the measures of detection and reduction of the risk factors same for many diseases.

The Republic of Srpska shall within year 2000 become a member of the International CINDI Programme.

In accordance with the Protocol of the International CINDI Programme the National intervention programme shall be made and it will include the cardio-vascular diseases, malign diseases and diabetes melitus.

This programme shall start to be implemented in the region of Banja Luka from the year 2001 and in the territory of the Republic of Srpska from the year 2005.

Intervention programme and preparation for its implementation shall be made by the Public Institute of Health of the Republic of Srpska.

Estimation of the situation in regard of the risk factors shall be done by the Public Institute of Health in co-operation with the 'Dom zdravlja' in Banja Luka through the surveys and with certain laboratory measures during 2000.

The result of this research shall be basis for design of the intervention programme.

Under responsibility of

Public Institute of Health of the Republic of Srpska for researching of the risk factors in Banja Luka and in the territory of the Republic of Srpska, for making of the intervention programme, monitoring of its implementation and estimation of the results.

Health promotion measures on prevention and control of the chronically non-contagious diseases shall be done by the family doctor team and consultants of the 'Dom zdravlja'.

Financing of the programme, its design and implementation, shall be provided by the Health Insurance Fund from the funds planned for the primary health care and budgetary funds for that purpose as well as donation of the international organizations.

8. Health promotion in prevention and control of the injuries and accidents

Apart from the general measures of the health promotion directed to the safety in traffic, and reduction of the risks from mass catastrophes and specific measures related to the working environment, the health promotion measures for prevention of the injuries and accidents in the house, school and in sport fields, shall be conducted as well.

These measures are focused, at the first place, on the children and elderly who are most often under risk of injuries and accidents. These measures shall comprise of avoiding falls, fires and poisoning. In care of the elderly they shall include the aids and devices for help in walking, availability of the electrical connections, elimination of the easy light materials.

In the sport fields the gradual mastering of the skills and gaining of the fitness, validity of the devices, adequate floors and lightening of the spaces.

Health promotion measures in prevention and control of the injuries shall be done on the basis of the programme made by the Public Institute of Health of the Republic of Srpska before the end of 2000.

Under responsibility of

Family doctor and his team, schools, sport organizations and recreation centers.

These measures shall be financed by the Health Insurance Funds for primary health care and budgetary funds for that purpose.

9. Health promotion in the field of the mental health

The increase of the incidences of the mental problems is linked to the decrease of the socio-economic conditions, specially unemployment, migrations and other consequences of the war conflicts.

The efficient implementation of the health promotion measures asks for getting acquainted with the cause of the problem and its early detection. The new technique of WHO using five easy questions for identification of the serious depressive states can help a lot in it.

Health promotion measures are directed to psychic and moral support of the individuals with the risk of the mental problems, in solving problems that burden them as well as including services of the social protection, psychologist and others.

Health promotion measures in the field of mental health shall be governed in accordance with the programme made by the Public Institute of Health of the Republic of Srpska before the end of 2000.

Under responsibility of

Family doctor and his team, consultants in the 'Dom zdravlja', psychologist, specialist of the psychiatry and CBR centers.

Financing shall be done by the Health Insurance Funds for primary health care and budgetary funds meant for that purpose.

IV ENTERING OF THE REPUBLIC OF SRPSKA IN THE INTERNATIONAL PROGRAMMES OF THE HEALTH PROMOTION

1. International programme, 'Healthy School'

From the year 1992, in co-operation of the World Health Organization and European Commission the increasing number of the European countries implement the program 'Healthy School'. Schools that accept the programme include the health education in the programme of education and they banned

smoking, use of alcohol. The educational institutions for children of pre-school and school age are included as well.

Ministry of Health and Social Welfare in co-operation with the Ministry of Education:

- shall present to the schools in the Republic of Srpska the International programme 'Healthy School'
- shall form the National co-ordination body that will co-operate with those who implement the International programme
- shall stimulate the entering of the schools in the International programme.

2. International programme 'Healthy Cities'

In realizing of the objectives of the strategy 'Health for all' the World Health Organization initiated the International programme 'Healthy Cities' in which more than 1000 cities of 25 European countries have been included. The programme is complex and covers all issues of interest for the citizens in the field of health and health living environment.

Ministry of Health and Social Welfare shall present to the city assemblies this programme, form the co-ordination body for co-operation with the service of the European region WHO covering the issues of the programme 'Healthy cities' and shall stimulate the bodies of the city assembly in the Republic of Srpska to enter the International programme.

V REALISATION OF THE HEALTH PROMOTION STRATEGY

1. Health promotion measures are part of the total health protection measures and all subjects involved in realization of the health protection in accordance with the nature of its activities shall participate in implementation of the health promotion measures.
2. Health service has a special role in direct realization of the health promotion but also in initiating and coordination of all interested subjects.
3. The inter-field cooperation in realization of general and specific measures is necessary for implementation of the strategy.
4. In order to implement strategy of the health promotion, a new service and special institutions shall not be formed, but coordination shall be provided, as well as functional linking of all participants in its implementation.
5. The Government of the Republic of Srpska shall form the expert's inter-field body for preparation of the legal regulations in the field of general health promotion measures, for discussing all issues in mutual scope of work of all interested sides and to monitor the implementation of the strategy as well.
6. Within the Ministry of Health and Social Welfare the separate department for health promotion shall be formed, that will prepare the propositions of the measures in the Ministry's field of work and to monitor their implementation.

7. The Public Institute of Health of the Republic of Srpska is befitting institution for health promotion. The Institute shall form the separate department for health promotion that will give expert's methodological aid in regional institutes and other institutions participating in implementation of the health promotion measures.

The Institute shall, before the end of 2000, make the programme for implementation of the specific measure of the health promotion covering all measures for all groups of population and health problems quoted in specific measures.

The Institute shall, before the end of 2000, prepare the specific programme for prevention and control of the smoking, alcoholism and drug-addiction to be adopted by the Government of the Republic of Srpska as proposal of the Ministry of Health and Social Welfare.

8. Every health institution shall prepare its programme of health promotion in accordance with the health promotion programme of the Public Institute of Health of the Republic of Srpska, before the end of 2001.
9. In the Regional Institutes the expert shall be nominated who will take care of implementation of the health promotion measures in the covered regions.
10. The City Assemblies shall, before the end of 2001, make their health promotion programmes on which implementation the Health Councils of the City Assemblies shall take care of.
11. The Ministry of Health and Social Welfare shall co-ordinate all activities on issuing of the legal regulations, programmes and other measures in order to implement strategy, monitor its implementation and inform the Government of the Republic of Srpska, annually or according to the need.