





**“A Healthy City is one that is continually creating and improving those physical and social environments and expanding those community resources which enable people to mutually support each other in performing all the functions of life and in developing their maximum potential.”**

**Goldstein and Kickbusch (1996)**

# Setúbal Municipality and Health Promotion

1. Promotion of Physical and Mental Health
2. Prevention of Risk Behaviours
3. Promotion of Literacy and Health Education
4. Equity, Citizenship and Gender Equality
5. Environmental qualification and Territorial development



# Setúbal Municipality and Health Promotion

## 1. Promotion of Physical and Mental Health

- Sports Project in (Re)form
- Celebrations of the International Day of Older Persons
- Popular Saints Festivities
- Senior Dance
- Active from 0 to 100
- Sports in Schools - 1st cycle
- Games from the Future



# Setúbal Municipality and Health Promotion

## 1. Promotion of Physical and Mental Health

- Sado's Games
- To know More
- Memories, Identities and Assets
- Other Movies, Other Times - Senior Film Cycles
- Municipal Picnic





# Setúbal Municipality and Health Promotion

## 2. Prevention of Risk Behaviours

- School's Cycle of Debates
- BePositive - Interactive Device to Prevent Risk Behaviours
- Summer Ateliers
- Arrábida Camp



# Setúbal Municipality and Health Promotion

## 3. Promotion of Literacy and Health Education

- 7 Days with the Heart
- School Fruit Program
- Soup Friends
- Healthy Breakfast
- Eating Well Gives Health
- Children's Hospital
- Health in our Hands



# Setúbal Municipality and Health Promotion

## 4. Equity, Citizenship and Gender Equality

- Prettier Setúbal
- Our Neighbourhood Health Project- Our Neighbourhood Our Town Project
- Council Group for the Disabled
- Group for Analysis, Evaluation and Intervention in Situations of Social and Health Situations - GAAISS
- Envelheseres Group





# Setúbal Municipality and Health Promotion

## 5. Environmental qualification and Territorial development

- Club of the Most Beautiful Bays in the World
- Setúbal Sustainable Mobility Plan
- Municipal Bikeways Network
- Setúbal Intermodal Station
- Várzea Urban Park





# Portuguese Healthy Cities Network

Association of municipalities whose mission is to support the dissemination, implementation and development of the Healthy Cities project in municipalities that intend to assume the promotion of health as a priority of the agenda of political decision-makers

Formally created on 10 October 1997



# Portuguese Healthy Cities Network

## Setúbal County

- Network membership in 2002
- Participation in the Network working group
- Integrates the Network Inter-municipal Assembly





# Portuguese Healthy Cities Network

- ▶ Raising the Healthy Municipality Flag - 30 October 2015



# Declaration of Setúbal

Commitment to 10 Goals and Challenges in Health Promotion



**VI FÓRUM  
DA REDE  
PORTUGUESA  
DE MUNICÍPIOS  
SAUDÁVEIS**

**27 DE OUTUBRO DE 2016**

**O PAPEL DA ATIVIDADE  
FÍSICA NA PROMOÇÃO  
DE COMUNIDADES  
SAUDÁVEIS**

**Fórum Municipal Luísa Todi, Setúbal**



Thank you very much.

