



Social Engagement Framework for  
Addressing the Chronic-disease-challenge

# SEFAC Final Event

Date: Friday 16 April 2021

Time: 9-17 CET

Location: Zoom

*Participation of the event is free of charge, please register at:*

<https://bit.ly/3rjC4bK>





Chronic diseases are the main cause of death and disability in Europe and also have a huge social and economic impact. Although they often strike the older people, chronic diseases increasingly affect young and middle-aged people, mainly due to poor lifestyle behaviours.

The SEFAC (Social Engagement Framework for Addressing the Chronic Disease Challenge) project is funded by the European Union's Third Health Programme. The programme supports initiatives to reduce the burden of major chronic diseases in the European regions and increase the sustainability of health systems, in alignment with national/EU efforts.

The SEFAC project included an intervention study that was conducted in four pilot sites in Europe: Rijeka (Croatia), Treviso (Italy), Rotterdam (The Netherlands) and Cornwall (United Kingdom). Citizens with or at risk of cardiovascular disease (CVD) or type II diabetes mellitus (T2DM) have been participating in 7 weekly workshops about disease prevention and management. The intervention aimed to help them adopt a healthy lifestyle through a mindfulness approach. The key objective of the training was to provide participants with strategies that allowed them to self-manage their own health and prevent risk factors for CVD and T2DM. The training was combined with a community approach (social engagement): volunteers were engaged to help the participants to adopt healthy lifestyle habits and improve their health.

This final event of the SEFAC project will provide insight into the used methodology and obtained results. Experiences from different involved stakeholders will be discussed, and other European projects, such as the Horizon 2020 ValueCare project, will be presented. Furthermore, European Networks, such as the Covenant on Demographic Change, PROMIS (Programma Mattone Internazionale Salute), EUREGHA (European Regional and Local Health Authorities), ELISAN (European Local Inclusion and Social Action Network), and ENSA (European Network of Social Authorities) will be involved in discussions about policy challenges and future use of the findings and implications of the project.

All SEFAC partners will participate in this event to share their experiences and learnings. Additionally, the SEFAC book will be released and presented, the book details the project interventions and could be a useful tool for stakeholders, communities and citizens across Europe.

You are most welcome to join us, to share your experiences and explore opportunities to enable people to prevent chronic diseases and reduce the burden on health systems. Interaction and practicality are the key intentions of the sessions at this final event.



# Programme\*

## Morning session - part 1

**09.00**

### WELCOME & OPENING STATEMENTS

Hein Raat (EMC) & Oscar Zanutto (ISRAA)

#### **EU Project Officer**

Theodor Haratau

#### **ISRAA president and General director**

Mauro Michielon & Giorgio Pavan

#### **Veneto Regional Authority**

Federico Caner (Regional Minister for European Affairs, Veneto region)

**09.30**

### SEFAC CONSORTIUM: KEY EXPERIENCES

#### **Self-management 'Start from Yourself' Programme**

Stefania Macchione (ISRAA)

#### **Social Engagement Framework**

Nigel Clark (AGE UK Cornwall)

#### **SEFAC app: a behaviour change support tool for lifestyle changes in chronic disease management based on mindfulness methodologies**

Nancy Karanasiou & Anastasios Rentoumis (VIDAVO)

#### **Pilot sites experiences**

Denis Juraga & Vanja Vasiljev (MEDRI)

**10.50**

### 20 MINUTE COFFEE/TEA BREAK

**11.10**

### EVALUATION OF SEFAC

Tamara Alhambra (Polibienestar - UVEG) & Sophie Korenhof (EMC)

\*The programme may be subject to change. The biography of speakers can be found in the link of the invitation.

# Morning session - part 2

**11.30**

## ROUND TABLE DISCUSSION - COMMENTS FROM USERS AND STAKEHOLDERS

### Experience from mindfulness trainer

Antonella Buranello (ISRAA)

### Experience from participants

Johanna Dumon Tak

### Stakeholders from pilot sites

Jadran Mandekić (City of Rijeka)

Marta Hauser (Association for Civil Society Development SMART, Volunteer Centre Rijeka)

Rozmari Tusić & Karolina Czerny (Community Health Center of Primorje Gorski Kotar County)

### Reaction ELISAN policy makers

Roberto Ciambetti (President of the Regional Council of Veneto Region)

Jean Max Trouillet (Director of the Departmental Union of Municipal Centers, Bouches-du-Rhône)

**12.30**

## ROUND TABLE DISCUSSION - FUTURE STEPS ON CHRONIC DISEASE MANAGEMENT

### European Covenant on Demographic Change

Anne Sophie Parent (Secretary General)

### EUREGHA

Valentina Polylas (Director, EUREGHA Seretariat)

### PROMIS

Francesca Gastaldon (Policy Officer)

**13.15**

## FAMILY PICTURE

**13.20**

40 MINUTE LUNCH BREAK

# Afternoon session

**14.00**

SEFAC BOOK

**Opening and introduction**

Hein Raat (EMC) & Oscar Zanutto (ISRAA)

**Introduction of and comments by SEFAC Advisory Board**

Anthony Polychronakis (City of Rotterdam)

Shanlian Hu (School of Public Health, Fudan University)

**Comments by ENSA**

Arja Peiponen (City of Helsinki)

**14.45**

EXPERIENCE AND LEARNINGS OTHER EU PROJECTS

**EFFICHRONIC**

Liset Elstgeest (EMC)

Marta Pisano Gonzalez (Asturias)

Raquel Ochoa (FICYT)

**ValueCare**

Elena Procaccini (AULSS2)

Hein Raat (EMC)

Oscar Zanutto (ISRAA)

**15.45**

30 MINUTE COFFEE/TEA BREAK

**16.15**

IMPORTANCE OF LIFESTYLE MEDICINE FOR  
THE MANAGEMENT OF CHRONIC DISEASES

Ellen Rouwet (EMC)

**16.45**

CLOSING



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Thank you to the European Union's Third Health  
Programme and all the partners!



REGIONE VENETO



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