

# Young Health Programme in Spain

The economic crisis in Spain is impacting the health and well-being of young people, with obesity drug use and other negative health issues on the increase.

The Young Health Programme in Spain is focused on helping improve the lives of young people in Madrid to enable them to integrate successfully into society by focusing on three areas of intervention; sexual education, healthy eating habits and prevention of drug addiction.

The Programme is a partnership with the Balia Foundation for Children.



**AstraZeneca**



Young Health Programme

A global community investment initiative

in partnership with



Fundación



**Balia**

por la infancia



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## What do we want to achieve through the Programme?

- Promote health education in families and develop social and personal skills amongst adolescents
- Develop resources and educational materials that help develop positive sexual relationships and help prevent unwanted pregnancies and sexually transmitted diseases
- Through education, encourage adolescents to adopt a healthy lifestyle with healthy eating habits
- Provide resources to educate adolescents and their families about drug addiction

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## What activities are taking place locally?

Workshops in schools and the community with supporting educational resources that focus on different topics. For example:

- Building adolescents' self-esteem and educating adolescents about their physical and emotional development
- Developing the foundations of basic health, for example, tooth brushing and general hygiene
- Teaching families about the importance of a good diet and providing nutritional advice
- Preventing drug addiction

Volunteering and fundraising activities by AstraZeneca employees for example, providing input to educational talks to adolescents and families about drug-addiction prevention and arranging specific activities for young people at Christmas.

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## What has been achieved so far?

Launched in September 2012, the Programme has reached more than 2,650 young people between the ages of 10-13 and over 500 young people aged between 14-21 have also been impacted. The Programme has also been working closely with 500 families, offering even more focused support and assistance.

## Local Partners

Founded in 2001, the Balia Foundation is a non-profit organisation committed to the comprehensive development of children and young people at risk. Its mission is to promote the social inclusion of disadvantaged minors and establish itself in underprivileged communities in Spain in which there is a high immigration rate. It also works in depressed communities in other countries working with local counterparts.