



## THE WAY OF SAINT JAMES. WALKING TO HEALTH



SERVIZO GALEGO de SAÚDE

Subdirección Xeral de Xestión Socio-sanitaria e Saúde Mental

### Objectives

The main objective will be the promotion of a "more healthy and participatory life style", and establishing a culture of health's promotion in the citizens of Compostela.

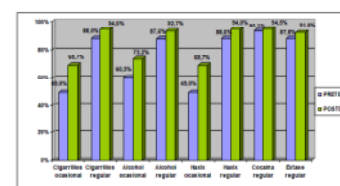
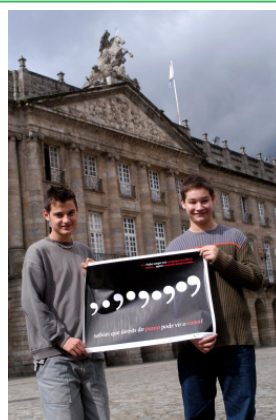
### Methods

- Globality: thinking about the problems of society in all its dimensions, working with the same effort in all cases
- Interdisciplinary work
- Normalization and social integration
- Division of responsibilities and citizen participation
- Flexibility, innovation and individualization
- Networking
- Resource optimization

### Results / Conclusions

- The 97.7% of youths between 15 to 29 said that they have received prevention messages on snuff, alcohol or other drugs, mostly (67.1%) often.
- Prevention programs in family field: Growth of the number of parents who participated in formative actions.
- We promote normative (local and autonomies), as well as protection actions for the current legislation in relation with snuff, alcohol and drugs.
- The 75% of the teachers have received information about the problems associated with snuff, alcohol or other drugs.
- Promotion of preventive measures which are focused in everyday situations. Here, the abuse of drugs is especially dangerous, in individual and collective level if you are driving (for example).
- We noted the need for preventive measures that take into account gender and cultural diversity, ethnic and / or religious.
- It stresses the importance of the creation of commitments between the public and the private sector as a key of success for local plans. The results will be better with networking.

	Helpful to achieving the objective	Harmful to achieving the objective
Internal origin	<p>Multidisciplinary team and existence of professionals with specific roles in prevention. The institution as a platform for contact and detection of the community needs, with convening capacity to other entities and social agents. Access to other areas and resources of local government. Strategy of intervention in drug addiction coordinated in the areas of prevention, assistance, research, training and social inclusion.</p>	<p>Need for greater coordination with other municipal departments with regard to the scope of prevention. Bureaucratic and administrative processes (processing, approval of budgets) that hinder the adoption and implementation of preventive actions.</p>
External origin	<p>Permanent contact with the networks of education and mental health to amplify the impact and scope of preventive actions. Developing our work in to the autonomous network of centers for drug addicts and prevention equipments as a possibility of exchange of experiences and implementation of projects and programs.</p>	<p>Part of the prevention funding is contingent on grants, which implies a discontinuity that affects the development of programs. The economic and social current situation and its impact on prevention policies for establishing priorities and allocating resources. Inadequate treatment of preventive aspects in the media.</p>



Gráfica 9. Percepción de risco Pretest-Posttest

Tabla. Percepción de grau de perigosidade das drogas (PRETEST-POSTEST)

SUBSTANCIAS	Risco moderado-grav (novo n)			
	Consumo ocasional		Consumo regular	
	PRETEST	POSTEST	PRETEST	POSTEST
FÁRMACOS	50,0	66,7	50,0	66,7
ALCOHOL	80,0*	73,3*	87,8*	80,0*
HAZU	40	50,0	50	50
DISOLVENTES	66,6	66,6	74,3	61,9
HERB.	66,6	66,6	74,3	61,9
AMFETAMINAS	71	66,6	81,3	61,9
TOBACCO	76	66,6	74,3	61,9
INSUR	74,3	66,6	80,0	61,9
EXTRACC.	74,3	66,6	80,0	61,9
TRASTORNOS/ADICCIÓNES	80,0	73,3	80,0	61,9

\* (N casos de un só sexo)

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