

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Meeting with the
International
President
Amany Asfour

“How BPW
International can
impact on daily
lives of women”

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini



“Closer and stronger for better
developing SDGs”



October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

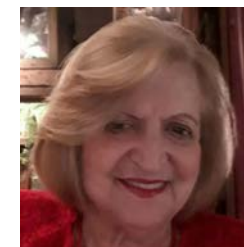
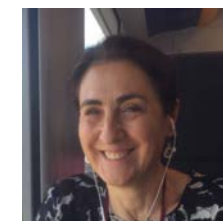
Meeting with the
International
President
Amany Asfour

“How BPW
International can
impact on daily
lives of women”

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

N.W. District Meeting FIDAPA Club-Milano

“Closer and stronger for better developing SDGs”





October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Luisa Monini
Alga Rossi
BPW Italy
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*Equality for
women and girls
with
disabilities
(SDG N. 10)*

N.W. District Meeting FIDAPA Club-Milano "Closer and stronger for better developing SDGs"



MOTION IN SUPPORT OF PEOPLE WITH DISABILITIES AND THEIR CAREGIVERS

Objective: guarantee adequate compensation to cover board and lodging for people with disabilities and financial and psychological support for their caregivers.

CAREGIVERS AND THEIR NEEDS

The term caregiver defines the person who takes care of a family member or a relative suffering from serious illnesses and / or struggling with a disability. They usually belong to the following categories:

- women between the ages of 45 and 55, who often also work outside the home but in 60% of cases have to leave their jobs to be full-time caregivers (on average 7 hours a day of direct assistance and 11 hours of surveillance) especially taking care of those who are no longer autonomous;
- Other elderly and sick people, who take care of their loved ones who are struggling with even more difficult illnesses;
- young people between 15 and 16 years old (169 thousand in Italy) and have to split their time between school and taking care of a sick relative, with the risk of being isolated from their peers and to isolate themselves emotionally and socially.

Assistance to a family member requires much of the time and energy of these people, who are often "annulled" by their loved one's illnesses. The abandonment of oneself in favor of another person causes in turn a series of psychological and physical problems in the caregiver, such as: depression; detachment from friends and the community; impossibility of maintaining a stable occupation; disinterest in their physical condition, resulting in the onset of chronic diseases.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Temitope Akpelishi
BPW Nigeria
Africa Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*Against any form
of violence, treat
all women and
men fairly at
work, respect and
support Human
Rights and non-
discrimination
(SDG N.3)*

N.W. District Meeting FIDAPA Club-Milano *“Closer and stronger for better developing SDGs”*

FEMALE GENITAL MUTILATION INTERVENTION PROGRAMME

Action Plan:

- To develop strategy to support BPW in conducting workshops to raise awareness against female genital mutilation. There will be development of a tool kit to support and enhance training at both communities and organizations levels.
- Develop and foster partnerships with other local Non-governmental organizations on raising awareness on female genital mutilation.
- Engage in outreaches to communities for sensitization on female genital mutilation.
- Engage educational institutions in raising awareness against female genital mutilation.

Objectives: To reduce the practice of female genital mutilation through the provision of information on human rights, religion, general sexual and reproductive health to the people.

These can be achieved through the use of role plays, school education programmes, public dialogue in the communities. The foregoing is implemented through the use of “empowering education”.

Outcome: Reduction in the number of cases of female genital mutilation and eradication of the practice in the communities that are singled out for these interventions.

SDG 3 (Ensure Healthy lives and Promote Wellbeing) → Substance Abuse including narcotics prevention intervention Programme.

*Temitope
Akpelishi*



October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Temitope Akpelishi
BPW Nigeria
Africa Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*Against any form
of violence, treat
all women and
men fairly at
work, respect and
support Human
Rights and non-
discrimination
(SDG N.3)*

N.W. District Meeting FIDAPA Club-Milano *“Closer and stronger for better developing SDGs”*



PROGRAMME OF INTERVENTION TO FIGHT DRUG ABUSE

Action Plan

- To develop strategy to support BPW in addressing the scourge of substance abuse in the country. Through coalition with other NGOs on substance abuse. This will be a school-based programme with the development of a tool kit for training.
- Engage in school-based educational programmes and outreaches on substance abuse awareness and prevention.
- Establishment of peer group associations in secondary schools to foster development of drug free clubs and reduce substance abuse amongst students.
- Joint collaboration with psychiatrists and clinical psychologists to reach out to communities.

Objectives: To reduce the overall burden of substance abuse amongst secondary school students in selected states. This can be achieved through dialogues, educational outreaches, role plays, workshops, communities' outreaches.

Outcome: Overall reduction in number of substance abusers, increase awareness of harmful effect of substance abuse, improved mental health and ability to seek help for those that are mentally challenged.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Nicole Alleyne
BPW Barbados
North America
Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*Against any form
of violence, treat
all women and
men fairly at
work, respect and
support Human
Rights and non-
discrimination
(SDG N.3)*

N.W. District Meeting FIDAPA Club-Milano *“Closer and stronger for better developing SDGs”*

ACTION AGAINST DOMESTIC VIOLENCE

BPW Barbados

16 Days of Activism

- Public Lecture – Domestic Violence and You! Does the Law have teeth? To sensitize the public of the power/ “teeth” the law has to support cases of violence and what recourse they have. (in planning stages to be executed in November.
- Panel Representatives Attorney at Law, Psychiatrists, Police (Family Conflict Unit)
- **Bring Back the Smile**
 - an initiative with Dentists to help women who have experienced DV that affected their smile.
 - In planning stages, getting brochures and materials ready to roll out by end of year. Dentists to be identified.



Nicole Alleyne

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Nicole Alleyne
BPW Barbados
North America
Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*Against any form
of violence, treat
all women and
men fairly at
work, respect and
support Human
Rights and non-
discrimination
(SDG N.3)*

N.W. District Meeting FIDAPA Club-Milano

“Closer and stronger for better developing SDGs”



FURTHER PROJECTS

Managing your finances in challenging times (presentation for Oct club meeting to help members and guests met their obligations, and to help them navigate funds through challenging times.

On the list to do:

- Tea Party – on the table to be discussed to raise awareness for DV in children.
- Health statistics for clients in shelter to show relationship between chronic illnesses and trauma informed care

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

María De Sousa
BPW California
North America
Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

Reproductive,
Maternal,
Neonatal and
Child Health
(SDG N.3)

N.W. District Meeting FIDAPA Club-Milano

“Closer and stronger for better developing SDGs”



María De Sousa

TREATMENT AND PREVENTION OF NEONATAL DISEASES

Main Objectives:

1. Understanding the significance of newborn screening tests in the US and it's application in USA and worldwide.
2. The feasibility of performing these tests in other city untried and its application.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Sara Louzan
Rossi

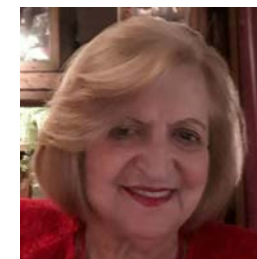
BPW Argentina
South America
Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*Ensure healthy
lives and promote
well-being for all
at all ages
(SDG N.3)*

N.W. District Meeting FIDAPA Club-Milano “Closer and stronger for better developing SDGs”

FROM A HAPPY CHILDHOOD TO A HEALTHY ADULthood (2018-2020)



Sara Louzan Rossi

The HEALTH COMMITTEE of BPW Buenos Aires has considered the possibility to carry out the program for children sexual abuse prevention and drugs prevention in these emergency rooms. A group of co-workers was created. It is formed by Psychiatrist Emma Suarez, Cardiologist Viviana Contrucci and Business manager Mabel Tablado.

For this program we might carry out a survey that may help their parents to take care of their children by changing eating habits, doing open air activities and raising awareness. In order to put this into practice we should carry out meetings for parents and teachers of children from 9 to 13 years old in schools, clubs and meetings centres

Objectives: Lessen heart diseases, obesity and addictions of all types in the future as well as sexual abuse cases. In this way, a change might be fostered in childhood, so life quality of population would be improved.

Actions: Encourage healthy food, outdoor activities and different sports, and sexual education specific for each age group.

Interviews with teachers, parents and relatives for children among 9 and 13 years old, encouraging awareness of their responsibility and participation in this task.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Sara Louzan
Rossi

BPW Argentina
South America
Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*Ensure healthy
lives and promote
well-being for all
at all ages
(SDG N.3)*

N.W. District Meeting FIDAPA Club-Milano *“Closer and stronger for better developing SDGs”*



GROUP ACTIVITIES COULD CHANGE THE FUTURE OF CHILDREN

Give advice to teachers so that they keep up-dated with groupal problems as the children tend to identify with the other ones, for example: to go camping or to work in groups.

Monitor BPW during 2019 and 2020 in order to evaluate the results achieved, and, carry out new meetings in case it is necessary.

Regarding school **drop out** due to economic crisis, there are higher percentages of drop outs connected to drug addiction and child sexual abuse and also young migrants.

Objectives: to change attitudes:

- enhance teenage dialogue in 7th form, between 12 and 13 year old. Also in 1st year of secondary school between 13 and 14 year old ;
- Manage to change WHAT IT IS NOT SAID due to shyness or lack of self confidence. This can end in depression;
- Manage to change eating habits to avoid obesity or diabetes or heart diseases;
- Manage to encourage open air activities, games, in parks or squares;
- Prevent being abuse victims or pregnancy interruption by means of educational talks.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Dianne Glenn

BPW New Zealand
Asia-Pacific Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*Equality for
women and girls
with disabilities
(SDG N. 10)*

N.W. District Meeting FIDAPA Club-Milano “Closer and stronger for better developing SDGs”

BPW NZ OBJECTIVES AIMED AT HELPING WOMEN AND PEOPLE WITH DISABILITIES



Dianne Glenn

- Ensure that benefits paid by the Government to people with disabilities are adequate to cover all basic living costs, since at the moment many people are not enjoying a reasonable quality of life without having to remove certain items from their budgets - e.g. meat, and travel outside the home if under 65 years of age.

Objective: advocate for women who give up paid employment to care for a disabled (or seriously ill/dying) family member, adult, child, husband, partner.



They do not qualify for any remuneration, and therefore cannot save for retirement. This is particularly difficult if they do not have a mortgage free home and have to pay rental for accommodation.



If the disabled person had a caregiver from outside the family home or if the disabled person needed to go into a facility for care, expenses are covered or greatly subsidised.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Dianne Glenn

BPW New Zealand
Asia-Pacific Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*Equality for
women and girls
with disabilities
(SDG N. 10)*

N.W. District Meeting FIDAPA Club-Milano *"Closer and stronger for better developing SDGs"*



Some of the difficulties people with disabilities have to face:

- Some are needing to sell their homes and move to an area where real estate is cheaper, therefore losing family and friends support network.
- Once all NZ residents are aged 65 years, superannuation/pension is paid at a higher rate than the benefits to which they are entitled, and public transport is free outside peak hours.

BPW NZ OBJECTIVES AIMED AT REDUCING PERINATAL DEPRESSION AND FASD

- **To provide targeted spending on early intervention services** including funded counselling for women with mild-moderate perinatal depression/anxiety who do not meet Maternal Mental Health criteria.
- **Provide mandatory funded professional development training** for midwives and Well Child / Tamariki Ora Providers so that they can improve identification, screening and referrals of women showing signs of Perinatal Depression and Anxiety.
- **Taking action on Foetal Alcohol Spectrum Disorder:** give priority to training NZ medical and neuropsychological consultants in the diagnosis and management of Foetal Alcohol Spectrum Disorder ("FASD") and to make funding available for this purpose to grant to FASD children and their caregivers' eligibility for Work & Income Disability Allowances.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Nicole Pillinger
BPW Switzerland
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini
*Human and
socio-economic
values of Health
and Well-being in
the Globalization
Era
(SDG N. 3)*

N.W. District Meeting FIDAPA Club-Milano “Closer and stronger for better developing SDGs”

Nicole Pillinger



The role of reflective practice in medical education

The purpose of the study

is to explore critical moments in conversations about chronic disorders, using the example of endometriosis. The study explores

- how physicians and patients relate to each other in critical moments of consultations, when talking about life-restricting forms of endometriosis. I am interested in how doctors notice and respond to what is important to the patient.
- both physician and patient perceptions of conversations to gain a better understanding of how/why physicians guide inquiry the way they do, and how/why the inquiry is perceived by the patient in the way it is.

Background

Delayed diagnosis, associated complications, costs and patient grief are acknowledged to be occurring in various specialist fields: internal medicine, oncology, **gynecology** and pain management. Recent studies have shown that patients with endometriosis, a chronic women's disorder, can experience delay in diagnosis of up to 5.5-8 years. Damage and costs of delayed diagnosis are significant, and the need to expedite specialist assessment is recognized.

The **context of chronic conditions (asthma, Crohn's disease, osteoporosis)** is known to have conversational challenges of its own: lengthy decision-making processes can lead to situations in which those involved are called to bear uncertainty or to resolve conflicting interests, as they emerge during consultations. Complex problems call for the resolution of serious patient dilemmas, and the need to attend to strong emotions when they occur.

The **relationship between doctor and patient** has been identified as an important contributing factor to the quality of diagnosis and individualised, condition-specific treatment investigations. Concurrently, disregarding patient concerns and sources of dilemmas in these circumstances has been found to create resistance to treatment.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Nicole Pillinger
BPW Switzerland
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini
*Human and
socio-economic
values of Health
and Well-being in
the Globalization
Era
(SDG N. 3)*

N.W. District Meeting FIDAPA Club-Milano “Closer and stronger for better developing SDGs”



The role of reflective practice in medical education

Very first findings

The nature of life-limiting conditions (uncertain progression of condition and outcome of treatment), and patients' condition-specific experiences (in danger of losing job due to frequent absence, impact on (sexual) relationship, loss of self-worth due to impaired fertility) can have a considerable impact on patients' lives and can result in patients being exposed to long-term stress. Subsequently, patient expectations sometimes seem to be contradictory, or patients experience existential fear during consultations. If patient's real or perceived existential fears go un-noticed (patient "I'm just a pain management case now" ... I do not qualify for surgery anymore), chances are, the patient will not disclose important details.

Feeling embarrassed about something that happens in conversation can create a barrier to further open conversation. Sometimes small incidents are enough to discourage patients and doctors (doctor: "I made her cry", ... I am not being helpful) alike to address underlying issues. It takes courage to embark on the journey of having in-depth conversations: they bear the risk of being exposed and near-rupture, but also the potential to allow and develop long-term healing relationships.

Albeit, when both patient and doctor take a leap of faith (patient "I wanted to come to the consultation alone" ... usually my mother comes along because I get so emotional and forget everything I am being told), the power of healing relationships can start to blossom (patient "just the fact that he explained miscarriage so well made me feel things were not as bad as they had seemed to be").

Potentially proposing a fresh approach to doctors' personal development using reflective practice in this context by

- focusing on the acknowledged importance of relating in conversation, and being attuned to the individual nature of the questions being discussed so healing relationships can develop
- informing us about how reflective practice can be tailored to the needs of the professionals concerned
- the topical discussion of the role of reflective practice in the current debate about doctors' performance evaluation: outcomes are hoped to raise the awareness of the value reflective practice can bring to doctor's continuous learning in this context, **if practiced in a safe environment for doctors.**

Overall, findings can be relevant to doctor's well-being and quality patient outcomes alike.

(C) Nicole Pillinger, 2018

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Mercedes Perez
BPW Spain
Europe Region

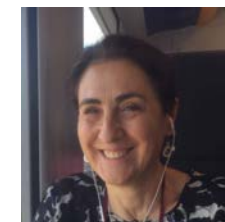
BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

Healthy Ageing
Revolution
(SDG N.3)

N.W. District Meeting FIDAPA Club-Milano “Closer and stronger for better developing SDGs”

WOMEN'S ORAL HEALTH

- Women's health has been defined as diseases or conditions that are unique, more prevalent or more serious in women. This definition encompasses Oral diseases and conditions.
- **Oral health** means more than good teeth; Oral health is an integral concept to general health and essential for wellbeing. It implies being free of chronic oro-facial pain, oral cancer, oral tissue lesions, birth defects, and other disorders that affect the oral and dental tissues.
- Also many general disease conditions have oral manifestations that increase the risk of oral disease which is a risk factor for a number of general health conditions.
- Women have special oral health requirements during different phases of their life. Changes in female such as hormone levels changing during puberty, menstruation, pregnancy and menopause exacerbate the way the gingiva react.
- The wider meaning of oral health does not diminish the relevance of dental caries and periodontal diseases that still remain been considered the most important global oral health burden.
- Dental caries and teeth loss has been reported to disproportionately affect women in many populations around the world and can be effectively prevented and controlled through a combination of community, professional and individual action. Great health changes can be done even with small budget.



Dra Mercedes Perez

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Mercedes Perez

BPW Spain
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

Healthy Ageing
Revolution
(SDG N.3)

N.W. District Meeting FIDAPA Club-Milano

“Closer and stronger for better developing SDGs”

- Oral diseases are a major public health problems; their impact on individuals and communities as a result of suffering and reduced quality of life is considerable. Traditional treatment is extremely costly .
 - The greatest burden is on the disadvantages and social marginalised. In many countries access to oral health services is limited and teeth are often left untreated or are extracted because of pain or discomfort.
 - Throughout the world, losing teeth is still seen by many people as a natural consequence of ageing. The proportion of edentulous women aged 65 years and older is still high in some countries.
 - The major benefit of the common risk factor approach is the focus on improving health conditions for the whole population as well as for high risk groups, that means to manage the prevention and control of oral diseases. Continuing surveillance of levels and patterns of risk factors is of fundamental importance to planning and evaluating community preventive activities and oral health promotion.
- **The goal should be:** Reducing the burden of oral diseases and disability promoting healthy lifestyles and reducing risk factors to oral health that arise from environmental, economic, social and behavioural causes.
 - Most of the evidence relates to dental caries prevention and control of periodontal diseases can be prevented by good personal oral hygiene practice and community water fluoridation. Lifestyle behaviour that affects general health as tobacco use, alcohol consumption and poor dietary choices affect oral health as well. Individuals can take action for themselves and for persons under their care to prevent disease and maintain oral health.
 - The major challenges of the future will be to translate knowledge and experiences of oral disease prevention into action programmes.



October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Maite
San Saturnino
BPW Spain
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

Healthy Ageing
Revolution (SDG
N. 3)

N.W. District Meeting FIDAPA Club-Milano “Closer and stronger for better developing SDGs”

Maite San Saturnino



FIGHT CARDIOVASCULAR DISEASE

Cardiovascular disease (CVD) is the leading cause of mortality in the world and the **leading cause of death for women in Europe** (except for Denmark and Israel). The prevention of cardiovascular diseases is of fundamental importance. Experts recognize that 90% of cardiovascular diseases are caused by 7 risk factors (which often reflect our habits): smoking, a sedentary lifestyle, high blood pressure, high glycemic index, high cholesterol levels, diet and overweight or obesity.

Cardiolanza and other European organizations on CVD have signed a declaration aimed at improving adherence to therapy in Europe and to propose recommendations that will help patients and families and stakeholders to control and improve the well-being of people with cardiovascular disease.

We therefore DECLARE that **all patients should:**

- **Control the main cardiovascular risk factors and follow a healthy lifestyle.**
- **Undertake the commitment to be jointly responsible for the disease**
- **Follow the pharmacological guidelines prescribed by their doctor.**
- **Ask for help if necessary.** Tackling the disease and its different facets is a complex process for patients and one which they do not have to face alone
- **Take a more active role in the consultation**
- **Never be carried away by the “white coat” syndrome.** Never leave the consultation without having previously made sure that you understand all the information provided by the health care professional.
- **Wherever possible always go to the consultation with someone else.**
- Taking someone to the consultation may make it easier and enable that someone to become more involved in managing the disease.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Maite
San Saturnino

BPW Spain
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*Healthy Ageing
Revolution (SDG
N. 3)*

N.W. District Meeting FIDAPA Club-Milano

“Closer and stronger for better developing SDGs”



WE ASK health care professionals:

- To explain the benefits and the importance of compliance with the full treatment to the patient,
- To personalise the treatment, depending on the personal, social and clinical context of patient
- To adapt the language used for medical explanations depending on the profile of the patient
- To involve patients in the management of their disease and in the controlling of risk factors.
- To try to shorten the intervals between visits
- To detect whether the patient needs psychological assistance/emotional help.
- To coordinate with the other specialities and with primary care, where poor adherence is detected.

WE DEMAND that the Public authorities:

- **Design and create specific programmes for early detection** in patients who do not comply correctly with the treatment
- **Promote campaigns on the importance of correctly controlling cardiovascular risk factors** (cholesterol, high blood pressure, diabetes, obesity, smoking, etc.), and the promotion of healthy life styles (exercise and a balanced diet).
- **Guarantee access to the best alternative therapies available for all patients**, without exception, regardless of their geographic area, their financial resources or their level of education.
- **Provide patients with tools and alternatives that enable them to manage their medication in a better way** (pill boxes, phone apps)
- **Encourage coordination among the different levels of health care** (primary and specialist).

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Jenny Fumanti
BPW Italy
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

Human and socio-
economic values of
Health and Well-
being in the
Globalization Era
(SDG N. 3)

N.W. District Meeting FIDAPA Club-Milano “Closer and stronger for better developing SDGs”

VOICE AND NATURAL SINGING®

Music therapy rehabilitation method Voice and Singing Therapy

THE VOICE, VOCAL CORDS, THE RHYTHM, MUSIC
for the Health and Well-being of women



EVENTS and WORKSHOPS all over Italy to raise
awareness on the method

FIELDS OF THE ON-GOING PROJECTS (so far)

- Oncology
- Psychiatry
- Women in Elderly care
- Women in rehab
- Women living in Anti-Violence support Centers



MAIN OBJECTIVES:

- Recovery and better self-esteem
- Empowerment of resources
- Decrease in physical pain and / or psychological
- Inner peace
- Recognize and express one's own emotions
- Strengthening of the immune system



Jenny Fumanti

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

N.W. District Meeting FIDAPA Club-Milano "Closer and stronger for better developing SDGs"



Jenny Fumanti

BPW Italy
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

SDG
12 - 13 - 15

SUSTAINABLE FASHION

Environmental sustainability, animal rights and fashion: a challenge for a better future

We cannot think of protecting the Health and Well-being of people without safeguarding our planet and protecting animals, their welfare and their rights. Very few people know that fashion is the second most polluting industry in the world after the petroleum industry.

CONSUMPTION AND OVERPRODUCTION- GAS EMISSIONS - FIBERS - FURS - ETC.

SDG 12 Consumption and sustainable production aim at "doing more and better with less", increasing the benefits in terms of wellbeing from economic activities, through the reduction of resource exploitation, degradation and pollution in the whole productive cycle, thus improving the quality of life.

SDG 13 Greenhouse gas emissions from human activities are the driving force behind climate change and continue to increase.

SDG 15 Protecting, restoring and promoting sustainable use of the Earth's ecosystem, sustainably managing forests, combating desertification, stopping and reversing land degradation, and stopping loss of biological diversity

On-going projects:

- 1) USE REUSE AND RECYCLE
- 2) THE IMPORTANCE OF WEARING VINTAGE

**Step 1 Raise awareness through SOCIAL NETWORK – Create a blog and collaborate with
the NON PROFIT world to promote and found the project**

www.sofiavintage-com.over-blog.com

www.caterinaassociazione.over-blog.com

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Edda De Carli
BPW Italy
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*How BPW
International can
impact on
daily lives of
women
(SDG N. 18)*

N.W. District Meeting FIDAPA Club-Milano *"Closer and stronger for better developing SDGs"*

Edda De Carli



PROJECT

The treatment of secondary effects of oncological therapies for a rediscovered beauty. When we talk about cancer, we can think that surviving comes first and that the physical aspects are not important. That is wrong! Most women ask themselves "Will I lose my hair? How will my skin become? How will my body change? It is therefore important to walk them through the therapy by helping them to manage the side effects of surgery, chemotherapy and radiotherapy.

ACTION: THE STRENGTH OF THE GROUP

The project's aim is to propose to women a group program, instead of an individual program, to encourage the sharing between women in the same situation. A self-help program of three weeks provides personalized teaching of makeup techniques and advice on the use of wigs and scarves, body and skin care, with the constant presence of beauty experts and a team of doctors and psychologists.

The effect of this type of therapy will also continue beyond the walls of the hospital because the women will stay in touch with each other, by telephone as well as through social media. This creates a very strong network of friendship.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Edda De Carli
BPW Italy
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

How BPW
International can
impact on
daily lives of
women
(SDG N. 18)

N.W. District Meeting FIDAPA Club-Milano *“Closer and stronger for better developing SDGs”*



REDISCOVER YOUR OWN FEMININITY: THE ONCOLOGICAL AESTHETICS

Many women, after chemotherapy, looked in the mirror and cried: They no longer recognized themselves. As if they had lost their identity.

From this reality the Make up courses were born.

The participants, in addition to a kit of products offered free by several companies in the sector, receive information on how to deal with and manage some negative aspects of the therapies, such as loss of hair and eyebrows, dry skin or capillary fragility.

Not only that: the possible benefits of oncological aesthetics are extended to the emotional and relational sphere, improving the quality of life of women and their interpersonal relationships in the family and at work.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Gianna Ferretti
BPW Italy

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*Human and
socio-economic
values of Health
and Well-being in
the Globalization
Era
(SDG N. 3)*

N.W. District Meeting FIDAPA Club-Milano “Closer and stronger for better developing SDGs”



DIABETES AND NUTRITIONAL KNOWLEDGE. A GENDER STUDY

Scientific background

-**Diabetes** appears to be one of the most frequent non-communicable diseases in the world. Hyperglycemia, one of the major problematic symptoms associated with Type 2 diabetes mellitus (type 2 DM) can lead to cellular damage and contribute to the development of cardiovascular (CVD) complications. An important sex difference has been highlighted in the health consequences of type 2 diabetes mellitus with a 50% higher risk of coronary heart disease mortality in **diabetic women** compared to diabetic men.

-Some authors have postulated that diabetes prompts the loss of the natural hormonal protection against CVD in women. Other factors may explain the excess risk in women relative to men and include a low risk perception by health care providers.

-**Diet** plays a major role in increasing the risks of cardiovascular diseases.

-Maintenance of normal blood glucose levels is important for avoiding chronic diseases such as type 2 diabetes, cardiovascular problems, and obesity.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Gianna Ferretti
BPW Italy

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*Goal 11: Make
cities inclusive,
safe, resilient and
sustainable
(SDG N. 11)*

N.W. District Meeting FIDAPA Club-Milano “Closer and stronger for better developing SDGs”

URBAN GREEN SPACE AND ENVIRONMENTAL HEALTH, EQUITY AND RESILIENCE

Modern urban life style is associated with chronic stress, insufficient physical activity and exposure to anthropogenic environmental hazards. Urban green space, such as parks, playgrounds, and residential greenery, can promote mental and physical health and reduce morbidity and mortality in urban residents by providing psychological relaxation and stress alleviation, stimulating social cohesion, supporting physical activity, and reducing exposure to air pollutants, noise and excessive heat.

-The Health2020 strategy calls for the development of resilient and supportive local environments in the WHO European Region (WHO Regional Office for Europe 2013).

The Parma Declaration on Environment and Health adopted by the Member States of the WHO European Region includes the commitment “...to provide each child by 2020 with access to health and safe environments and settings of daily life in which they can walk and cycle to kindergartens and schools, and to green spaces in which to play and undertake physical activity” (WHO Regional Office for Europe 2010)

Pathways Linking Urban Green Space with Health and Well-Being include:

- Improved Relaxation and Restoration
- Improved Functioning of the Immune System
- Improved Pregnancy Outcomes
- Enhanced Physical Activity and Improved Fitness
- Improved Social Capital and Cohesion



***Aim of the project is to
collect the best practices
and tools in a database
to support the growth of
more green cities***



October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

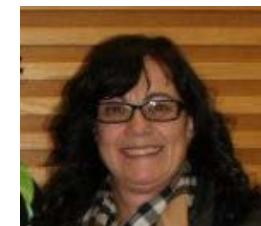
Anna Parrini

BPW Italy
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

Call for action
against NCDs
and childhood
obesity (SDG N.3)

N.W. District Meeting FIDAPA Club-Milano “Closer and stronger for better developing SDGs”



THE PROMOTION OF A CORRECT LIFE STYLE IN CHILDHOOD, TO COMBAT OBESITY AND SEDENTARITY, THAT ARE CAUSE OF NOT COMMUNICABLE DISEASES IN ADULthood :

- 1) Support to **Nutractivity**, as a mismatch between healthy food and adequate physical activity, that is a stimulus to movement to obtain improvement of current and future individual and public health.
- 2) Identifying persons at risk with the measurement of the vita / h se circonference relationship > 5.
- 3) Contrast to sedentarity in childhood today more and more connected to abuse of video games and the navigation on line, able to create neurosis psychological disorders and risks of dependence.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Anna Parrini

BPW Italy
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

Call for action
against NCDs
and childhood
obesity (SDG N.3)

N.W. District Meeting FIDAPA Club-Milano “Closer and stronger for better developing SDGs”



THE PROJECT CAN BE DIVDED IN:

- 1) **Promotion** of international card on the rights of the child (underlined at point 4 access to healthy food.
- 2) **Promotion** charter of the rights of the boys to sports, underlining the importance of the open physical activity in the alterantive to the video games.
- 3) **Diffusion** of the international bpw card to teachers and parents of children from 6 to 11 years old
- 4) **Creation** of an informative brochure on the dietetic value of breakfast, the mint 'mattinata snack and the snack with the advice of nutritionist and pediatric.
- 5) Training **meetings** in accordance with sports companies for the promotion of the same principles and in additional tips for correct food before and after sports activity in childhood.
- 6) On the occasion of 20th of November, we dedicated a day to the protection of childhood, meeting in the square on the theme of ancient games, **flash mob on tommy & ollie'** project.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Margherita
Mazzelli
BPW Italy
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

Live in Peace
(SDG N.16)

N.W. District Meeting FIDAPA Club-Milano “Closer and stronger for better developing SDGs”

Margherita Mazzelli



“LIVE IN PEACE” (SDG N.16)

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.
(Universal Declaration of Human Rights – December 10th, 1948).

Action plan:

- **Lobby** local Governments to uphold the Universal Declaration of Human Rights as adopted by the U.N. General Assembly on December 10th, 1948. **Lobby** local Governments to sign a Disarmament Agreement.
- **Lobby** local Governments for better assistance to war refugees.
- **Encourage** all Clubs to undertake at least one activity relating to PTSD (meetings, webinars, information pamphlets).
- **BPW for Peace**: organise concerts, conferences or artistic exhibitions promoting the culture of peace as seen through the eyes of women artists. **Organize** gala dinners, inviting a special guest who has greatly contributed to peace in the world.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Margherita
Mazzelli
BPW Italy
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

Live in Peace
(SDG N.16)

N.W. District Meeting FIDAPA Club-Milano *“Closer and stronger for better developing SDGs”*



THE TRUE ESSENCE OF THE WORD PEACE will be the title of the first of these events: the convention to be held the first months of 2019. The convention will be recorded so that it can be seen in various national meetings to primary school teachers.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Cettina Olivieri

BPW Italy
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*Equality for
women and girls
with
disabilities (SDG
N. 10)*

N.W. District Meeting FIDAPA Club-Milano “Closer and stronger for better developing SDGs”

Cettina Olivieri



DISABILITY IN CONTEMPORARY SOCIETY

Problem: despite progress in the recovery and social integration of the disabled, the current cultural attitude is of segregation of people with disabilities. This is confirmed by the high unemployment rate, the discrimination of roles. In this sense, the disabled woman is **twice** discriminated against, because she is disabled, because she is a woman.

Activities

People with disability have innate, sacred and inviolable rights, we must strive to break down not only architectural and physical barriers, which are the easiest to change, but above all socio-cultural-social barriers.

Operation:

- 1) **Promote** the inclusion of the disabled child from early childhood in school activities, with the same pedagogical and cultural pathways of normality.
School must lay the foundations for a mindset open to diversity
- 2) **Raise awareness** among political institutions, associations and other persons responsible for the problem of disability to spread inclusive culture through new regulations and new behavioral models that offer the same opportunities in the field of work, recreational and relational.
- 3) **Stimulate** the movements of people with disabilities to believe in a new dimension of "equals", focusing on the affirmation of their rights recognized by national and international conventions.

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Cettina Olivieri

BPW Italy
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

*Equality for
women and girls
with
disabilities (SDG
N. 10)*

N.W. District Meeting FIDAPA Club-Milano

"Closer and stronger for better developing SDGs"



Means and resources

We need to create informal networks that involve simple citizens, institutions, churches, cultural centres and associations in projects, which means taking care of the territory to treat the person. The economic and material resources for welfare, rehabilitative and inclusive problems are different because the energies and resources used are predominantly human (Doctors, lawyers, Pedagogues, Teachers, Psychologists, Rehabilitators, Social Workers, Politicians, Religious figures etc.) All means of communication in different fields are valid.

Rating

Several discussions have already been dedicated to the subject in the BPW-Italy. We quote: "We include disability; Experimental course white hands; We include disability in sport (Sez. Di Casarano); Initiative on the issues of reception and inclusion of children with different skills (Section of Gela), Project "MusicAbile", experiences taken from the laboratory of integration of young diversabili (section of Terra d'Otranto); Meeting with Laura Rampini, paratrooper over disability (section of Pordenone)

Initiatives

The motion presented by the chair in the various sections will be supported

October 9th 2018
Palazzo Marino,
Sala Alessi,
Milano

Alice Minuto
Young BPW Italy
Europe Region

BPW International
Health and Wellbeing
Taskforce
Chair Luisa Monini

Sustainable City
and Community
(SDG N.11)

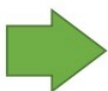
N.W. District Meeting FIDAPA Club-Milano “Closer and stronger for better developing SDGs”

The project fit into the goal 11 *Sustainable City and Community* of United Nations and BPW's *Sustainable Development Goals*.



The aim is to develop international **sustainable tourism** by creating a special tour customized for BPW to be addressed to each BPW's club all over the world.

VisitNepal4BPW supports local communities to benefit from what they have to offer; the tour will only use local travel agencies and will allow people to travel to both touristic and remote areas so that local population can benefit from tourism.



To promote tourism in the areas where the natural beauty is one of the few assets at the disposal of a community. It seeks to promote these activities in a culturally and environmentally sensitive way that improve the quality of life of local people.

VisitNepal4BPW has been made to provide BPW' Members a safe tour, family friendly and customized on women needs. It is a journey that show the wonders of Nepal, taking advantage from the membership of an international association as BPW that allow to find friends all over the world, developing new twinning and giving visibility to local sisters' activities.

VisitNepal4BPW realize a WIN-WIN situation that combine the local development with a great trip and life experience.



After the 2015 Earthquake, Nepal has lost the consistent income coming from tourism. Now the largest part of the monuments and building has been rebuilt and Visit Nepal 4 BPW supports the relaunch of tourism in Nepal and the government project in favor of touristic activities "Visit Nepal 2020".

The tour can be downloaded from the Facebook page VisitNepal4BPW and it is advertised through it in every BPW's club.

In addition to the tour, new ideas are ongoing to attract members

Alice Minuto



YBPW Project: **VISIT NEPAL 4 BPW**

