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Health and
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Taskforce*

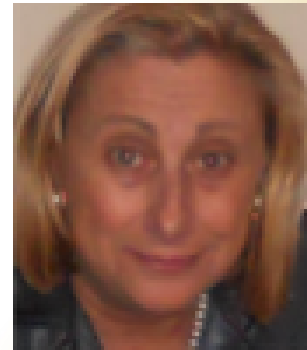


*“All human beings are born free and are equal in dignity
and rights.*

*They are gifted with reason and conscience and must
act towards others
in a spirit of brotherhood.”*

Universal Declaration Of Human Rights

10th December 1948



Margherita
Mazzelli



Anna Parrini





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PEACE

*“The state of absence of conflict, the condition of normality in relationships both socially and politically.
The state of inner tranquility, maximum harmony
between mind, heart and spirit.”*



The **Action Plan to promote Peace** entails:

- **Lobbying** local governments to support the Universal Declaration of Rights, which was adopted by the General Assembly U.N. December 10th, 1948.
- **Lobbying** local governments to sign an Agreement on Disarmament.
- **Pressuring** local governments for a better assistance to war refugees.
- **Encouraging** all clubs in the world to undertake at least one peace promotion activity (meetings, web seminars, informational leaflets).
- **Promoting** concerts, conferences or art exhibitions to spread the culture of peace through the eyes of women artists.
- **Promoting** gala evenings with the participation of personalities who have contributed greatly to Peace in the world.

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The BPW International Health and Wellbeing Taskforce addressed Peace highlighting the aspect related to the issues of gender prevention.

REGIONE TOSCANA
Commissione Pari Opportunità Firenze
Mercato connesso ai sensi
del art. 6 comma 4 della L.R. 15/2010

BPW INTERNATIONAL
INTERNATIONAL FEDERATION OF
BUSINESS PROFESSION WOMEN

BPW International Health and Well-Being Task force
Commissione Pari Opportunità Regione Toscana
organizzano il **Convegno**

Parliamo di Pace

A cura di Margherita Mazzelli

Venerdì 8 febbraio ore 10:30
Sala Gigli - Regione Toscana
Via Cavour n. 4 Firenze

Intervengono:
Saluti
Eugenio GIANI
Presidente del Consiglio Regione Toscana

Patrizia FEDI BONCIANI
Presidente Distretto Centro FIDAPA BPW Italy

Anna PARRINI
Membro Health and Well-Being Task force

Moderatore
Francesco GAZZETTI
Consigliere Regione Toscana - Giornalista

Relatrici
Rosanna PUGNALINI
Presidente Commissione P.O. Regione Toscana

Maria Paola AZZARIO
Presidente Federazione Italiana dei Club e Centri per
l'UNESCO (FICLU)
Responsabile FIDM (Forum Internazionale Donne
Mediterraneo) ONG UNESCO

Luisa MONINI
Chair BPW International Health and Well-Being Task force



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MATERNITY

When a woman is pregnant, conflicts can trigger a condition of psychophysical stress, which could increase the risks of pathologies for both the pregnant woman and the fetus. The increase of cortisol, considered the main mediator of the transfer of maternal fetal stress, was considered responsible for the increased risk of neuropsychiatry, cardiovascular and metabolic diseases in the future adult.

In order to promote a safe pregnancy, it is therefore useful to act on the new generations by explaining to them the meaning of Peace and its deeper value.



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RATIONALE

The state of Peace affects women in any period of life, in particular before and during pregnancy.

Apart from extreme situations, in which women live through motherhood in territories of war, in peaceful situations, it is necessary to create the

"right time" for a woman to safely endure pregnancy, through a state of balance in which the conflicts abate.

In other words, an internal harmony must be achieved between the goals of personal, social and family fulfillment, often hindered in our historical context, and in the desire for motherhood.

A BALANCED
DIET



↓ PREGNANCY
RISKS

*Abortion
Preterm birth
Gestosis
DG*

STRESS
REDUCTION



MODERATE
PHYSICAL
ACTIVITY



↓ FETAL RISKS

*CT for fetal
macrodome
Adult metabolic
syndrome*



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ACTIONS

The project includes:

- 1) A drawing competition on the theme of Peace between the children of the elementary schools starting with the one of Tuscany Region "The Immaculate Institute" in via S. Tivoli, Livorno
- 2) Useful video clips to spread on social media to raise public awareness
- 3) Charter of maternity rights for maternal-fetal prevention consisting of basic advices for promoting a peaceful safe pregnancy, encouraging the birth of a healthy child and reducing the incidence of non-communicable adult diseases.



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