

# Final report

## ENYPAT Spring School 2004

### **1. Detailed description of the all the activities conducted**

ENYPAT Spring School is a one-week training course to European Health Professionals about smoking prevention in youth. The course aims at building capacities to develop smoking prevention and cessation programmes for young people. The methods of the course are lectures, group work and evaluation.

The fourth ENYPAT Spring School took place in Helsinki from the 22<sup>nd</sup> to 26<sup>th</sup> of March 2004. The participants with experience in programme building and an interest in developing European or national level programmes were particularly welcome. Participation was open to nationals from EU Member States, the Candidate Countries (became new member states since) Norway, Iceland and Liechtenstein. It was considered of extreme importance to get the new EU member states to participate in Spring School to make connections for further co-operation and possible partnership.

The objective of Spring School was to build capacities to develop smoking prevention and cessation programmes for young people. The contents included current knowledge about youth and health consequences of smoking, epidemiology of tobacco use, psychosocial risk factors for smoking, smoking prevention and cessation, feasibility and impacts of existing European level programmes and other important areas such as tobacco control policies, advertising and media issues about tobacco use and tobacco use initiatives.

See the programme for more details of the training course.

### **2. Manpower for the execution of the activities**

The Spring School was organised with the manpower of the ENYPAT Secretariat.

### **3. Partners involved**

This section is not applicable to the functions of ENYPAT Spring School as coordination of the training course is a sole responsibility of the ENYPAT Secretariat.

### **4. Countries involved**

The Secretariat was running its' task of coordinating and organising Spring School independently, however the participants of the training week came from different member countries of the European Union. In the selection process priority was given to the applicants with a real emphasis on smoking prevention among young people in their work. Another criterion was selection by country as all programmes subventionned by the Public Health programme of the European Union must have "European added value" which means a maximum participation of all Member States. 50 participants were selected by using the criteria mentioned above (nine from new member states). There were participants from 19 different countries (7 of which were new member states).

### **5. Achievement of the objectives**

The programme was built with special care, making sure that it offered a balanced combination of theory and practise. Attention was paid to making sure that the most recent scientific findings were included in the programme. Mass media as a tool for health professionals, but also for the tobacco industry as well as smoking prevention policies of various European countries were presented. Concrete actions were also presented; European level (co-ordinated both by ENYPAT and by other actors) and national level programmes were included in the programme. Group work was carried out throughout the week, beginning from Tuesday. The group work produced European guidelines for smoking prevention/cessation efforts in different contexts, namely policy and research; school programmes; community programmes; and mass media (Annex 1).

Feedback was also collected from participants at the end of the training week.

Generally speaking people were happy with the variety of topics and found the information very interesting as well as relevant to either their work or interests.

The group work acted as a venue where the participants had an opportunity to share experiences (both negative and positive), an opportunity to learn from other countries and becoming familiar with other countries approaches and techniques.

All and all the participants of Spring School were very happy with the training week, and said they would highly recommend it to their colleagues.

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