

# Be part of the adventure: EuroHealthNet resources and networks

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## Policy Consultations

- transfer diverse and emerging evidence, data, and good practice on health promotion, prevention and health inequalities into EU policy development cycle
- ensure that new/revised strategic frameworks reflect the needs of our Partnership (call for evidence, targeted consultations, consultative dialogues, joint statements)
- proactively shape wider EU policy enabling environment, including upcoming EU institutional renewal (reforms, funding and investment priorities)
- encourage uptake of and support to 'our' messages and narratives among European health and social stakeholders community



# European Pillar of Social Rights Flashcards tool

- Rationale, methodology and the first batch of Flashcards launched in 2023
- Further 4-5 flashcards planned for 2024
- demonstrate relevance for public health
- what public health authorities across Europe are doing to help build progress in achieving health and wellbeing per principle
- EU tools, funding, and further resources listed
- all EU languages machine-translation function available

The European Pillar of Social Rights Flashcard tool

**PRINCIPLE 9**  
**Work-life balance**

"Parents and people with caring responsibilities have the right to suitable leave, flexible working arrangements and access to care services. Women and men shall have equal access to special leaves of absence to fulfil their caring responsibilities and be encouraged to use them in a balanced way."

- Principle 9 of the European Pillar of Social Rights

**Work-life balance as a determinant of health**

When work becomes an overburden, it puts additional time and energy on caring responsibilities and leads to conflicts between work and stress, burn-out, maladaptive mental health decline.

On the other hand, flexible and leave arrangements will improve workers' psychosocial health. Work and meaningful employment in shaping identities, providing status.

**Combining work with care responsibilities**

Measures to improve and protect the work-life balance help people across parents and people with caring responsibilities that are from disadvantaged backgrounds most from working arrangements that enable them to have more time to spend with their children.

The impact of parenthood is particularly high, with the employment rate of children being more than 20 percentage points lower in several EU countries without children.<sup>1</sup> Single parents and families from disadvantaged backgrounds, occupations, and education) are disproportionately affected.

But everyone - informal carers of elderly or chronically ill family member for whom care is unaffordable or unavailable - should be able to balance their caring responsibilities without falling in poverty due to missed income or, instead, work is not a guarantee against poverty and social exclusion, with according to the levels of employment protection, active labour market policies, and redistribution in the country.

The European Pillar of Social Rights Flashcard tool

**PRINCIPLE 11**  
**Childcare and support to children**

"Children have the right to affordable early childhood education and care of good quality. Children have the right to protection from poverty. Children from disadvantaged backgrounds have the right to specific measures to enhance equal opportunities."

- Principle 11 of the European Pillar of Social Rights

**Childcare and support to children as a determinant of health**

The time between birth and compulsory primary school age is the most formative period of children's lives, impacting lifelong learning, social integration, health and wellbeing, development, and potential employability.

**Childcare and support to children as determinants of health**

Early childhood education and care (ECEC) are key health determinants. They play a significant role in reducing risky health behaviours, increasing health literacy and efficacy of self-care, and preventing chronic diseases in adulthood. Childcare can offer a health-enabling environment in which all children can benefit from healthy diets, physical activity, and psychosocial and cognitive support to set them well for life.

While in principle access to childcare may be universal, practice paints a different picture. The high cost of ECEC can generate inequalities in access. As a result, children from disadvantaged backgrounds and from families with lower socioeconomic status are less likely to attend, and when they do, the services they attend are of poorer quality.

These inequalities lead to lost opportunity for ECEC as a potential equaliser of opportunities. This in turn affects learning and health outcomes in subsequent years, and across the life-course. For example, research shows large cognitive benefits of formal childcare leading to a potential for higher earnings in adulthood, and in the US the increase in yearly GDP due to universal pre-school attendance is estimated to be of 0.16-0.44%. Indeed, the economic return on investment in ECEC is higher than that of any other time during childhood and adolescence.

Over 18 million children in the EU have grown up in poverty or social exclusion. Providing conditions which enable affordable ECEC and break the intergenerational cycle of poverty and social exclusion are essential to positive health outcomes across the life-course.

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<https://epsr-flashcards.eurohealthnet.eu>

# TWIGs - Participate, share, contribute with your ideas!

## What?

- a space for EuroHealthNet Members and Associate Members to exchange and work together on a specific topic of mutual interest
- brings together specialists on key subjects, helps stay up-to-date, pool knowledge, and build common positions

## How?

- member-led, whereby one or more Members set the agenda, chair meetings and lead on jointly agreed activities
- EuroHealthNet provides coordination and technical support by hosting, facilitating communication, providing input from and taking relevant action at the EU level

## Highlights

- Social Marketing to Address Addictions: SpF Rencontres, CEV & consultations
- Health Promotion and Disease Prevention Best Practice Portals: EPHC 2022 workshop & Research Article “Health Promotion and Disease Prevention Registries in the EU: A cross country comparison”
- Healthy Urban Environments: contribution to the new JA PreventNCDs

# ‘Choose your own adventure’



Participate in EuroHealthNet governance and events



Get involved in the policy advocacy process



Contribute to our communications



Share and contribute to potential projects and funding opportunities