

<http://www.hi.lt/index.php?mact=News.cntnt01.detail.0&cntnt01articleid=1092&cntnt01returnid=503-Trakuose>

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Web-directory: <http://ipsa.lt/event/per-zaidimus-ir-linksmybes/>

[http://www.hi.lt/uploads/pdf/visuomenes%20sveikata/Vs%202016%203\(74\)%20vias.pdf-straipsnis](http://www.hi.lt/uploads/pdf/visuomenes%20sveikata/Vs%202016%203(74)%20vias.pdf-straipsnis)

<http://www.hi.lt/uploads/pdf/projektai/Tarptautiniai/Nordplus%20pristatymas-2015-2016.pdf-bendrai>

[http://www.hi.lt/index.php?mact=News.cntnt01.detail.0&cntnt01articleid=906&cntnt01returnid=503\(Birstone\);](http://www.hi.lt/index.php?mact=News.cntnt01.detail.0&cntnt01articleid=906&cntnt01returnid=503(Birstone);)

<http://www.hi.lt/news/906/789/ivyko-seminaras-Inovaciniai-sveikatinimo-metodai-jaunimo-ugdymui.html-Birstone>

[http://www.hi.lt/index.php?mact=News.cntnt01.detail.0&cntnt01articleid=938&cntnt01returnid=503\(Vilniuje](http://www.hi.lt/index.php?mact=News.cntnt01.detail.0&cntnt01articleid=938&cntnt01returnid=503(Vilniuje)

[http://www.hi.lt/uploads/pdf/visuomenes%20sveikata/2016.3\(74\)/Vs%202016%203\(74\)%20PRAK%20Jaunimo%20svietimas.pdf-projekto](http://www.hi.lt/uploads/pdf/visuomenes%20sveikata/2016.3(74)/Vs%202016%203(74)%20PRAK%20Jaunimo%20svietimas.pdf-projekto)

The activities of the International Project „*Inovative and dynamic methods for the youth education on healthy lifestyles and occupational Health*“ (hereinafter referred to as the Project) were carried out in 2015-2016 (summary about the Project-

<http://www.hi.lt/uploads/pdf/projektai/Tarptautiniai/Nordplus%20pristatymas-2015-2016.pdf>).

The Project coordinator was Lithuanian Healthy Lifestyle Organization (hereinafter - LHU) and the partners were Institute of Hygiene, Lithuanian Occupational Health Association (hereinafter – LOHA), research institutes of Iceland and Finland, Liepaja district school in Latvia, Rucava. The Project was carried out under the program "Nordplus Horizontal" for cooperation in the field of education and was funded by the Nordic Council of Ministers. The implemented activities have been supported by the programme Nordplus Horizontal, and partly by the organizations, participating in the Project (50% and 50%). The Project's aim was by using innovative, dynamic and attractive education methods in the partner countries such as Lithuania, Latvia, Iceland and Finland increase capacity of interested organizations to implement the healthy lifestyle principles and knowledge to the young people about occupational health. Target group: public health specialists, youth organizations and schools, representatives of employers and non-governmental organizations (NGO), local public health specialists, police professionals who are working with community and youth.

Project activities were carried out in four stages.

First stage. Collect information on education methods and best practices for youth development which are implemented in partner countries by their institutions.

At first literature was examined; seminars and youth camps were organized in order to clarify experiences and education methods of organizations interested in implementing the healthy lifestyle principles and knowledge to the young people about occupational health. While participating in meetings with young people and interested organizations, various education methods such as board games, tests, discussions, quizzes, and active games were tested for implementing principles and knowledge on healthy lifestyle and occupational health. Latvian specialists for youth development are successfully applying the program called “Fern ring”, which includes children and teenagers training through four “health stations” where discussions on body and physical health, nutrition, relationships and addictions take place. Moreover, classes are held by using innovative methods such as games, drawing and other creative activities. Partners from Finland have presented their country’s best practices for young people promoting healthy lifestyle recommendations and innovative evaluation tests. Among the exciting new methods RaPatti method-game is also mentioned which is applied by working in pairs or groups and encourages young people to change lifestyle habits while emphasizing a holistic approach to their health. Furthermore, interactive and dynamic methods of the Project coordinators - LHU- which include health promotion methods originating from Palanga Healthy lifestyle school - gained wide popularity and were implemented in many schools and youth NGO in different Lithuanian cities. During the Project execution LHU together with Lithuanian Occupational Health Association were organizing workshops and camps for youth, in which using LHU’s twenty five years of experience and the experts’ recommendations from the other countries, innovative education methods were presented to young people: they have been included in various forms of physical activity, relaxation sessions, health fairs and exhibitions that promote a healthy diet, exercises, stress management techniques etc.

Second stage. Develop methodological instrument by referring the best practices of the Project partners - organizations and carry out a survey to determine the youth lifestyle habits and their knowledge healthy lifestyle and occupational health occupational health. Hygiene Institute Occupational Health Center(Lithuania) held main responsibility for this activity’s execution.

For this reason on September, 2015 the Project partners – organizations meeting was organized in Vilnius (Web-directory <http://lpsa.lt/kvietimas-bendradarbiauti-nordplus-horizontal-projekte-inovaciniai-sveikatinimo-metodai-jaunimo-ugdymui/>). There participants presented tools used by countries for youth lifestyle evaluation, discussed on pilot survey plan, sample size and selection methods.

In the field of youth healthy lifestyle especially significant experience is from Iceland. The Project partners - the Icelandic Centre for Social Research and Analysis (hereinafter - ICSRA) have presented the program "Youth in Europe – Evidence Based Primary prevention"

“Young people in Europe - evidence-based primary prevention” is an international program for urban municipalities and local communities - schools, colleges, NGOs and others. It is applied for reducing of consumption of alcohol and other addictive substances among the children, teenagers and youth for 10 years (<http://www.ecad.net/news/348-evidence-based-primary-prevention-celebrates-10-years-of-success>). This program can be a valuable tool for both policy makers and practitioners. The program has been launched since 1998 in Iceland and it is supported by the president of Iceland, as well as international organizations European Cities against Drugs (ECAD), Actavis Group, and ERASMUS+. Since 2006 Icelandic methodology was introduced in Portugal, Spain, Italy, Malta, France, Greece, Turkey, Bulgaria, Romania, Serbia, Slovakia, Russia, Lithuania, Latvia, Estonia, Faroe Islands, Norway and Sweden. Since 2014 the program has been launched in Lithuanian municipalities of Vilnius, Kaunas and Klaipeda. The implementation of preventive measures of the Icelandic program was particularly effective in reducing consumption of addictive substances: 1998-2015 in young people group of 15-16 years drinking alcohol fell from 42% to 5%; cannabis use - from 17% to 5%; smoking - from 23% to 3%. Icelandic scientists had observed that young people, who spend more time with their parents and have common interests, drink alcohol and smoke significantly less as well as those young people, who have friends, are without addictions, exercise and so on. Another major insight of the program - the survey as it has been advised should be carry out in a specific community (school, neighborhood, NGOs, etc.) rather than give the average values of the country or region and also present as soon as possible the results and together with parents,

politicians, school executives seek preventive measures. The program, that has been launched for ten years, has been successfully applied in many European countries and learnt lessons from the program activities and results were presented in 2016 on September 22th conference in Bucharest, Romania. More information about the program and the obtained results can be found in the Internet (www.youthineurope.org).

Considering successful experience from Icelandic partners, it was agreed both in terms of launching survey and application of preventive measures to use their best practices, and 21 question from *Youth in Europe* questionnaire have been included. Therefore, the survey for youth was prepared which contains sixty questions, including the information about general demographic characteristics, as physical activity, nutrition, stress/emotional health and learning place on the basis of other youngsters' lifestyle researches. Questions about alcohol consumption among young people, their leisure and physical activities, participation in school activities, psychological self-esteem were taken from the ICSRA methodological tool. The questionnaire was tested in the pilot survey in 2015 and then after clarifying certain questions, the main survey was held in November, 2015-February 2016 in which 359 youngsters have participated.

Survey „14-17 year-old youngsters approach to their health and healthy lifestyles and need of health promotion programs“ results.

The aim of the study was to evaluate the 14-17-year-old students approach to their health and healthy lifestyles and to identify the need for health promotion programs. Material and Methods. A cross-sectional study was performed in 2015-2016. The target population was 14-17 years Lithuanian Republic secondary school students who were interviewed using an anonymous questionnaire. Descriptive statistics (frequencies, averages), correlation analysis methods (Kendall tau-b correlation coefficient) and nonparametric Kruskal - Wallis test for independent samples for statistical analysis were used.

Results. The study involved 359 respondents from 13 schools. Girls accounted for 54.6%, boys - 45.4% of respondents.

76.4% students rated their health as good, very good or excellent. 68.6% had 1-2 health complaints, 25.8% - 3-6 and 3.7% - 7 or more health problems. The most common complaints were sleep deprivation, back or neck pain, headaches. Girls more often experienced headache, abdominal pain, eye irritation, sleep deprivation ($p < 0.05$). Half of the students feel nervousness, stress, and sleep deprivation sometimes or often. 56.3% students experience stress at school, 68.1% of them - during a lesson. The most common causes of stress are excessive workload (70.5%), unclear tasks (59.3%), and excessive requirements of teachers (59.5%). Girls more often than boys relieve the stress by eating, boys – by attending the pool / gym or playing computer games ($p < 0.05$). 36.7% of the students never exercise except during physical education classes at school, 56.8% are engaged in active physical activity up to 1 hour a day.

59.1% respondents always eat breakfast; one-fifth has a nourishing meal late at night. Vegetable and fruit never been eaten by 13.3% and 10.9% correspondingly; approximately the same percent of students eat fruits and vegetable 3 or more times a day (13.7% and 12.3%). Approximately half of the students consume 5 glasses of water and 1-3 glasses of sweet soft drinks daily. 86.6% never drink energy drinks but 1.7% consumes 4 or more drinks daily, 1.9% consumes 4 or more cups of coffee a day.

Adolescents would like to learn more about healthy nutrition, weight management, and mental health improvement and participate in health promotion and physical activity programs and virtual healthy lifestyle programs - games.

Conclusions. Most of the youngsters rated their health as good, although a large part of them have health complaints, the most common of which are back or neck pain, headaches, sleep deprivation. More than half of the students experience stress during the lessons due to excessive workload, unclear tasks, and excessive teacher requirements. Girls often relieve the stress by eating, boys – by attending the pool / gym or playing computer games. Students' physical activity is insufficient, healthy eating habits are not stable. Adolescents would like to participate in the health promotion and physical activity programs, mostly preferred topics are healthy eating, mental health.

Third stage. Develop the innovative recommendations, in accordance of the project partners' expertise, which could be used by a variety of professionals, people interested in youth education and seeking to improve of the knowledge in this field. The main coordinator of this project stage is Finnish Occupational Health Nurses Association.

The *Innovative recommendations (hereinafter - Guidelines)* were prepared with the participation of experts from the project partners - organizations for the usage of specialists from the various fields and of persons interested in youth education and seeking to improve their knowledge in this field. Evaluating results from the survey the youth lifestyle habits and interests to participate in health promotion programs were detected, thus preparing guidelines adequate topics such as physical activity, nutrition, addictions, mental health, ergonomics and prevention of risk factors while working on the computer, were selected. Recent experience made Finnish researchers conclude that knowledge is better captured by the listener's attention and then absorbed when they are available by using innovative education methods such as discussion, interactive tests, games, interviews with consultants. According to the Project third stage's framework international seminar "Innovative methods of youth health promotion" was organized on 22nd August, 2016 in Trakai, Lithuania. The seminar's organizers were Lithuanian Association of Occupational Health in conjunction with Hygiene Institute Occupational Health Center and Health Education and Disease Prevention Center. Fifty five public health experts from the Public Health Offices of Alytus, Marijampole, Taurage, Kaunas, Vilnius, Vilkaviskis, Druskininkai and other Lithuanian cities had attended (<http://www.hi.lt/news/1092/998/Trakuose-pristatyti-inovatyvus-jaunimo-health-metodai.html>). After discussions with the Project partners - organizations, specialists of Public Health Offices, and Education Development Center, it was decided the Guidelines would be published in the form of pamphlet where tests and games are placed in that could help young people to evaluate individually their behavior patterns, drawing their attention to the outcomes of minimal physical activity, irresponsible diet and addictions. Moreover, it was agreed to insert in the Guidelines Finnish Institute offered test of eleven questions evaluating youth physical activity, which includes questions such as: "how many times in a week you are moving actively at least 30 min and more?"; "do you use the lift for getting to higher floors?" "do you go to school / gym on foot or by driving vehicle, public transport?"; "do you always find time for physical activity?"; "which of the activities mentioned below you are choosing more often: gardening, berry picking, walking in the woods, hunting, bike riding, running, jumping, swimming, dancing?" and so on. Answers are provided in the interactive form or in the game. Hygiene Institute Occupational Health Centre specialists provided suggestions to the Project coordinators for innovative education methods such as "Healthy Alias", "Centimeter: healthy measure" and "Domino - eyes gymnastics". While developing games in the workshops the youth raised great interest in the complex of physical exercises which is carried out with Thera-Band bands and the game "Domino - eyes gymnastics" which aim is while putting domino bricks in chain-lining zigzag, learn a broad range of eye exercises This game is recommended for short breaks during reading, working on the computer, watching TV in order to reduce eye fatigue.

4-th stage. Dissemination of the Project's results.

Final meeting-Conference of the Project partners – organizations was held on 5 – 7 September, 2016, at the University of Reykjavik, Iceland. The meeting was conducted to discuss and compare the results of the research, to present the used models of the best practice for evaluating youth lifestyle habits, their knowledge of occupational health, in the partner organizations, and to discuss the Guidelines which could be used for the youth education, development of young people healthy lifestyle and occupational health issues. The information about the meeting and the some photos of the meeting (<http://www.hi.lt/news/1098/998/Reikjavike-pristatyti-inovaciniai-jaunimo-sveikatinimo-metodai.htm>)

The results of the survey *14-17 year-old youngsters approach to their health and healthy lifestyles and need of health promotion programs* have been evaluated, systemized and presented in the scientific article, written by experts of the Project, scientists from Medical Academy of Lithuanian University of Health Sciences, Department of Environmental and Occupational Medicine; Institute

of Hygiene; Vilnius University Institute of Mathematics and Informatic. Article was published in the scientific journal „Public Health“, 2016/3(74), [http://www.hi.lt/uploads/pdf/visuomenes%20sveikata/VS%202016%203\(74\)%20vissas.pdf-straipsnis](http://www.hi.lt/uploads/pdf/visuomenes%20sveikata/VS%202016%203(74)%20vissas.pdf-straipsnis) . One more scientific article on comparison of Healthy lifestyle habits among youth in Project – partners countries are on development , and should be published on the end of December, 2016.

The results of the Project about the youngsters habits and prepared recommendations on development of healthy lifestyle either at learning place and at home have been introduced during the 2 Conferences in Lithuania: (Rita the Conference in Kaunas) and on Age Management “**PROMOTING A SUSTAINABLE WORKING LIFE: HEALTHY WORKPLACES FOR ALL AGES**” held in Vilnius 17 Nov, 2016(<http://www.hi.lt/news/1132/998/2016-m-lapkricio-17-d-Vilniuje-vyko-konferencija-Tvaraus-profesinio-gyvenimo-skatinimas-sveikata-tausojanti-darbo-vieta-visoms-amziaus-grupems-ir-konkurso-Sveikata-puoselejanti-imone-2016-apdovanojimu-ceremonija.html>). The competition „Health promoting workplace 2016“ and the winners’ awards ceremony was included in this event, where enterprises and schools which are using the innovative Health promoting methods shared their best practices in this field. (<https://s3-eu-west-1.amazonaws.com/pdf.station.ee/lt/Suvalkietis/2016/11/24/p3.pdf?AWSAccessKeyId=AKIAJY57RKN7OMNI4YKA&Expires=1480593621&Signature=z0B0VFsBgwd8GLzYJ3x82bgk8G0%3D>). Among the leading organisers of the event was Occupational Health Centre (under the Institute of Hygiene), European Agency for Safety and Health at Work (EU-OSHA) Lithuanian Focal Point in cooperation with the *Nordic Council of Ministers Office in Lithuania*. Project „**Inovative and dynamic methods for the youth education on healthy lifestyles and occupational Health**“ results have been presented, and recommendations as “*Centimeter: healthy measure*”, *gymnastics at the computer during the breaks* have been introduced in the Conference. Information about the Conference have been shared in the web of EMBASSY OF FINLAND, Vilnius . (<http://www.finland.lt/public/default.aspx?contentid=354590&nodeid=38419&contentlan=18&culture=lt-LT>).

<http://www.hi.lt/news/1132/998/2016-m-lapkricio-17-d-Vilniuje-vyko-konferencija-Tvaraus-profesinio-gyvenimo-skatinimas-sveikata-tausojanti-darbo-vieta-visoms-amziaus-grupems-ir-konkurso-Sveikata-puoselejanti-imone-2016-apdovanojimu-ceremonija>.

During the discussion on further cooperation, all the partners agreed to recommend ICSRA program for extended use in other Latvian and Lithuanian cities and present it in Finland. The Guidelines were proposed to be included in preventive programs for youth education on healthy lifestyles and occupational health. Furthermore, it was proposed using Icelandic best practices to develop a special program for evaluating addictive habits of employed young workers which could be tested as a pilot model funded by private sponsors (enterprises etc.) or by other funding alternatives.