

A unique initiative turns young people into the health advisors of their mates

LOCATION: Los Palacios (Seville)

DURATION: 1'39"

SUMMARY: In the Almudeyne high school in Los Palacios, Seville, young health advisors are in charge of promoting healthy habits among their mates. The initiative of these students was started after the 'Forma Joven' programme was implemented in their high school. They decided to get involved and become a bond between their mates and health professionals. They detect problems and advice their partners. This is an altruistic initiative that is pioneering in Spain.

VTR:

These teenagers are the guardians of the health of their high school mates in Los Palacios, Seville. They are the health agents, a unique initiative in Spain.

NURIA MORENO
School counsellor

"It is a programme that is developed at a local level. It is based on peer tutoring."

The agents give advice to their mates, detect problems, look for help and promote healthy habits.

INÉS RODRÍGUEZ
Health agent

"A bond between young people and adults. It is more effective because they think: well, why is he or she telling me this? He or she is just like me... Maybe there's a reason why."

These teenagers become fundamental when trying to instil healthy habits in young people.

MARÍA VICTORIA RODRÍGUEZ
Primary care physician

"We need to inform, teach and advise. And we have to make people take responsibility for their own health."

The initiative of these students was started after the 'Forma Joven' programme was implemented in their high school. The programme is developed by the Primary Care Centres of Andalusia with the collaboration of high schools, and aims to make young people between 12 and 18 years old follow a healthier lifestyle.

BACKGROUND

*- "Who can I help you?"
- "My friends smoke..."*

Carlos has attended a 'Forma Joven' point, where he receives advice from a professional. He was encouraged by the health agents.

CARLOS CANO
High school student

"I have decided to come to this information point because I have doubts about my health and my friends'. I think that there are professionals here who know about this subject and that could help me."

ANA MARÍA MONTERO
Primary care nurse

"They arrive here with doubts, and then they are able to face their problems properly and tell you about it. Look, this happened to me and I knew what to do thanks to what you explained to me."

Health promotion under the watchful eye of these agents.