

City	
Country	Spain
Population	24,228
Title of policy or practice	Intergeneracionalidad e inclusión en agroecología (Intergenerationality and Inclusion in Agriculture)
Subtitle (optional)	Community Project, intergenerational and interinstitutional for the development of organic agriculture and the consumption of healthy local products.
URL video	http://www.mieres.es/areas-municipales/salud/ciudad-saludable/
Category	Sustainable Diets and Nutrition
SDGs	SDGs: 3, 4, 12, 17
Brief description	<p>Context: Since 2009 the Municipality of Mieres has been working on a plan to improve the health and quality of life of the citizens of the Council. Organic farming has been the fundamental pillar of this plan: this practice respects the environment, generates health and rural development in the area and in the citizenry of the Council.</p> <p>Needs: In Mieres, the data on the determinants that will be the future health results are very negative. Thus, it is urgent to join forces to achieve a positive change.</p> <p>There is predominance of sedentary people who are at risk of social exclusion with an inadequate diet. There are also a lot of people with insufficient consumption of fruit and vegetables and a high consumption of anxiolytics. Prevalence of childhood obesity according to the Estudio De La Asociación Española De Pediatría Atención Primaria (Study of the Spanish Paediatric Primary Care Association) (2018) (35% of overweight children) (15% of children with childhood obesity).</p> <p>Goals: From the beginning to date, the program has been trying to raise awareness, train and, to some extent, "educate" on the importance of organic farming and everything that derives from it on our health and on the conservation of the land of Mieres itself.</p> <p>Objectives: Improve participation, facilities and human resources. Look for a positive impact of the direct beneficiaries and of the whole population, raise awareness and promote organic farming, respect the environment, encourage physical exercise and healthy and local products, according to the directives of Europe, (NAOS – Nutrition, Physical Activity and Obesity Prevention).</p> <p>Involved Actors: Health, Education, Environment, Childhood, Social Welfare Areas. NGOs, minority groups associations, Departments of Health, Education and Environment, etc.</p> <p>Beneficiaries: Preschools and primary schools. Neighbourhood associations. Residential Care Centres: Day-Care Centres, Social Centres, Women Centres...</p> <p>Results: High-level participation (+1000pers/year.)</p>
Date of start and state (ongoing/completed)	
Actors and stakeholders involvement	Children and teenagers. Parents, tutors, AMPAS (Asociaciones de Madres y Padres – Associations of Mothers and Fathers), Teachers, Municipal School Council, Intersectoral Coordination Board in Health, Childhood and Adolescence Council, Neighbourhood Associations, Traders and Hospitality Associations, Political Groups, municipal technical areas. Ministry of Health, Social Services and Equality. National Health System (Health Promotion Strategy and Prevention National Health System).
Approach	<ul style="list-style-type: none"> Project with the financial support of the Department of Health;

	<ul style="list-style-type: none"> • Hiring technical counselling services specialized in organic farming; • Creating an area of urbanism and gardening space works in the green zone of the urban community of Mieres; • Inviting the collectives; • Improvements.
<p>Innovation</p>	<p>Our practice is innovative because it is a Community, Intergenerational and Interinstitutional project, which seeks to have a positive impact on the direct beneficiaries and on the entire population by raising awareness of organic farming, and it encourages to respect the environment. This activity is useful as a physical exercise and the unprocessed food is good for the health of the whole population.</p> <p>Moreover, the practice creates a healthy physical and social environment.</p>
<p>Impact</p>	<p>The practice has a social impact because it's a global project that creates a network between the inhabitants of the countryside and of the city through a community garden in the urban area for cooperative, environmental and agroecological training and awareness.</p> <p>At the same time, in schools, training centres, centres for drug addicts, elderly people and in old people's homes in the city, residents are given the possibility to create and maintain their own gardening space. The experts of the Municipality of Mieres are at their disposal to give them advice and guidance.</p> <p>Nevertheless, they will always have to do intergenerational joint practices in the community garden of Mayacina and donate its production to the social soup-kitchen managed by the Amigos Association.</p> <p>At the same time, community composting in a composter provided by the recycling centre of the Principality of Asturias and set up in the garden is promoted among the users of the programme and their families.</p>
<p>Inclusion</p>	<p>Thematic inclusion:</p> <p>Collaboration between municipal departments and other organisations in the city has been encouraged and achieved. Above all, in the environment by promoting not only agroecology, but also composting and recycling, in the youth, education and childhood area through the support in school menus, either by improving them or giving financial help for school meals for disadvantaged families, in the social welfare by training on healthy diets the families benefiting from Social Wage (Salario Social).</p> <p>A mapping has been published in a healthy assets guide: the transversal assets glossary includes the icon of healthy food (available on the website of the Municipality).</p> <p>The technical manager of the program has participated in the preparation of a booklet on Promotion of Healthy Food, Physical Activity and Ecological Consumption in Asturian Municipalities.</p> <p>Booklet: A guide to working in the municipal and community area published by the Department of Health, thanks to the experience of Mieres in this area.</p> <p>The population has been exposed to advertisement and made aware of the importance of the strategic framework for action of the MUFPP's, etc.</p>
<p>Adversity coefficient</p>	