

| City Buenos Aires | |
|--|---|
| Country | Argentina |
| Population | 3,072,000 |
| Title of policy or practice | Programa Estaciones Saludables (Health Stations Program) |
| Subtitle (optional) | |
| URL video | https://www.youtube.com/watch?v=hVsibk1j7EU&feature=youtu.be |
| Category | Sustainable Diets and Nutrition |
| SDGs | SDGs: 2, 3, 10, 11, 12. Ensure healthy lives and promote well-being for all at all ages. |
| Brief description | <p>Chronic non-communicable diseases (NCDs) represent the main burden of disease and the leading cause of mortality worldwide. A large percentage of these diseases can be prevented by reducing their modifiable major risk factors: smoking, physical inactivity, unhealthy diet and alcohol abuse. A significant reduction of NCDs requires a comprehensive and integrated approach to address risk factors.</p> <p>Argentina has a high prevalence of overweight people with high blood pressure and diabetes, low consumption of fruits and vegetables and low level of physical activity.</p> <p>In 2012, in order to increase the policies aimed at improving the quality of life and preventing chronic non-communicable diseases, the Program of Healthy Stations (Programa de Estaciones Saludables – ES) began to be implemented, under the General Directorate of Healthy Development of the Deputy Head of Government of the City of Buenos Aires (Resolution N° 376/SECDC/13.11).</p> <p>The program aims to promote health and prevent NCDs through different actions: basic health controls for the early detection of risk factors, nutritional counselling, healthy cooking classes, vegetable garden workshops, gym classes and educational activities on the benefits of adopting healthy eating habits and on a regular physical activity (PA). We also offer lockers, sports equipment and spaces for children to play active games (<i>juegotecas</i>).</p> <p>The Health Stations' site includes 40 stations in squares, parks and subway stations in the Autonomous City of Buenos Aires. Access is free of charge for all the people who pass by the city. From the program's implementation, 1,3 million people have been treated and have undergone around 6,1 million nursing and nutritional check-ups.</p> |
| Date of start and state (ongoing/completed) | 01/2012 Ongoing |
| Actors and stakeholders involvement | The Program is under the Dirección General de Desarrollo Saludable de la Vicejefatura de Gobierno de la Ciudad [General Directorate of Healthy Development of the Deputy Head of Government of the City]. It coordinates with other areas of the City government (Ministry of Health, Ministry of Human Development and Habitat, Environmental Protection Agency, Ministry of Environment and Public Space, Undersecretary of Sports, Undersecretary of Sustainable Mobility) and with civil society organizations. All funding comes from the Government of the City of Buenos Aires. |
| Approach | Services were increased in order to promote a healthier and more conscious diet in a perspective |

| | |
|------------------------------|--|
| | <p>of sustainable food policies. In addition, the goal is to reach out to a younger population. Offer of check-ups for the early detection of health risk factors, nutritional counselling. Creation of a computer system to record user data. Supply of physical activity. Implementation of vegetable garden workshops and cooking classes. New locations in food markets.</p> |
| Innovation | <p>The Healthy Stations Program is an innovative strategy for health promotion and NCDs prevention by offering free health controls in public spaces. Food education is a fundamental part of the process and it is therefore necessary to provide citizens with practical skills to achieve behavioural changes that favour healthy eating. In this sense, in the Healthy Stations are cooking classes given by a nutritionist and a chef, in which the consumption of home-cooked food and the reduction of the use of processed food are encouraged. They also talk about the use of natural, seasonal and accessible ingredients and the reduction of food waste.</p> <p>Moreover, garden workshops are offered. The main goals are to provide tools for children and adults to grow their own crops, know the origin of food and increase the consumption of fruit and vegetables. Topics such as space optimization, sowing seasons, production of seeds, composting, among others, are addressed. The workshops are conducted in coordination with the Environmental Protection Agency and Huertas en Red and all meetings involve the participation of a nutritionist, who relates the contents provided by the workshop instructor with those of healthy and sustainable food.</p> |
| Impact | <p>All the services offered in ES are freely accessible and free of charge for all people who pass by Buenos Aires. The stations are distributed in all the districts of the city, including passenger transport centres. Attention is given to people regardless of their health coverage or place of residence (around 15% of users lives in the Buenos Aires conurbation). An impact study of the program carried out by the Instituto de Efectividad Clínica y farmacológica [Institute for Clinical and Pharmacological Effectiveness – IECS] determined that the main motivating factors for the use of Healthy Stations are geographical and economic accessibility (free services), and satisfaction with the care received. 14.4% of hypertensive users and 24.8% of diabetics reported having found out about their altered values in the healthy stations. At the same time, it was determined that more than a half of the surveyed reported some improvement in their knowledge of the benefits of physical activity and healthy diet; this was more frequent among younger users with a lower level of education, users of the public health system, users of healthy stations in the southern zone (lower socioeconomic level) and those with a cardio-metabolic risk factor.</p> |
| Inclusion | <p>One of the objectives of the programme is to improve the health and quality of life of the population through healthy nutrition. In all the services offered for this issue (from nutritional counselling conducted at an individual level to cooking classes and collective vegetable gardens), nutritional values of food, how food can be cooked, strategies to reduce food waste, importance of consumption of seasonal food are discussed among others.</p> <p>On the other hand, work is currently being done so that farmers' cooperatives of agroecological fruit and vegetables in the province of Buenos Aires distribute bags in the Healthy Stations. This strategy, in addition to allowing citizens to purchase quality food at a fair price, will facilitate direct contact between the product and the consumer. In terms of territorial and social inclusion, this strategy requires the collaboration of the General Directorate of Healthy Development (municipal level, Buenos Aires) with the Instituto Nacional de Tecnología Agropecuaria [National Agricultural Technology Institute] (INTA, national level) and cooperatives of producers of the Buenos Aires conurbation (civil society organizations).</p> |
| Adversity coefficient | <p>In relation to nutrition, the increase in the price of healthy food (fruit, vegetables, dairy products and meat) threatens the reach of an adequate diet by diminishing the purchasing power of these products and forcing families to replace them with poorer nutritional quality products.</p> <p>With regard to chronic non-communicable diseases and their main risk factors such as</p> |

overweight, low physical activity, low consumption of fruit and vegetables, periodic inquiry indicators show a high prevalence and an upward trend.