

HEALTHY LIVING AND WELL-BEING

A COMMITMENT TO THE COMMUNITY

University of A Coruña

PLAN 2025-2030

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1. Background

1.1. Conceptual and legal framework

A healthy university environment is one in which management staff, teaching and research staff, technical, management, administrative and service staff, and students cooperate in the implementation of procedures to protect and promote health, safety in the workplace and study environment, and the physical and emotional well-being of all members of the community, using human resources and various forms of community participation to improve health and quality of life.

The WHO states that "health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity". The Ottawa Charter (1986, Canada) for health promotion highlights the connection between individuals and their environment, as well as reaffirming that health is built holistically through everyday activities. It also states that health promotion should emphasise self-care to improve health and should also be based on working together with the population to promote healthy living among members of the university community and society.

On the other hand, the Okanagan Charter (2015, Kelowna, British Columbia, Canada) for health promotion in universities and higher education institutions establishes the importance of incorporating health into university culture, administration and all tasks, as well as leading action and collaboration in health promotion between the university and society. In this context, the key principles for action are as follows:

- a) Develop and employ holistic approaches to intervention and research that serve to create occupational balance, better health conditions and greater knowledge, as well as to set an example and institutionalise biopsychosocial well-being.
- b) Build on existing health assets and health-promoting models to create opportunities for health improvement.
- c) Establish diverse strategies aimed at all activities, academic or otherwise, of the university community.
- d) Incorporate students and the rest of the university community as health promoters with actions that also have an impact on society.
- e) Encourage cross-cutting collaboration in transdisciplinary teams, both within university units and services and with representatives and other professionals from external institutions and entities.
- f) Promote research, innovation, excellence and action based on informed evidence.
- g) Understand the circumstances and set priorities for action, especially with regard to the care of vulnerable individuals and groups within the university community.
- h) Remember and recognise that the right to health, taking into account the social determinants of health, is a human right, with a view to ensuring social justice, equity, dignity and respect for the diversity of people who work, learn, live and love in healthy, sustainable and supportive university environments.

In March 2022, the Ministry of Universities and the Directorate-General for Public Health of the Ministry of Health conducted a diagnostic study of the mental health of Spanish university students in order to propose strategies to improve their emotional well-being. They found that more than 50% perceived the need for psychological support, and the same percentage had even consulted health professionals for mental health problems. In this context, the Law

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Organic Law 2/2023, of 22 March, on the university system (LOSU), recognised in its text the importance of the emotional health of students and, by extension, of the entire university community. Thus, from the students' perspective, the aforementioned law makes express mention in the following articles of the importance that universities should give to this issue:

Article 33. Rights relating to academic training

In relation to their academic training, students shall have the following rights, without prejudice to those recognised by the University Student Statute approved by the Government: [...]

e) [...] to mental and emotional health care, under the terms set out in university regulations. [...] Article 43.

Basic units

1. Universities shall have [...] health and psychological support services [...] equipped with sufficient human and financial resources. [...]

1.2. Historical evolution

Latin American countries were pioneers in the development of collaborative strategies for the promotion of health, healthy living and well-being, motivated by the wide social gaps and vulnerabilities that existed. Thus, at the Third International Congress of Health Promoting Universities (Juárez City, Mexico), on 6 October 2007, the Ibero-American Network of Health Promoting Universities (RIUPS) was established, with various research, teaching, community and dissemination objectives, including the promotion and formation of national networks of health promoting universities. It currently includes 13 Spanish- and Portuguese-speaking countries.

On 7 October 2008, a RIUPS congress was held in Pamplona (Navarra, Spain), during which the Spanish Network of Healthy Universities (REUS) was established, later renamed the Spanish Network of Health Promoting Universities (REUPS). Since then, 7 October has been designated National Healthy Universities Day. Currently, REUPS comprises 60 of the 91 universities in Spain, the ministries responsible for health and universities, and the Conference of Rectors of Spanish Universities (CRUE), with a fundamental principle of action: to incorporate health promotion and disease prevention into university settings.

The Governing Council of the University of A Coruña (UDC) approved its membership of REUPS at its meeting on 28 November 2014. This led to the creation of UDC Saudable and two committees: the Technical Committee, made up of members of the UDC Management Board and people responsible for units and services whose tasks are related to healthy living and well-being; and the Support Committee, made up mainly of representatives of the teaching staff of the UDC's faculties and schools.

UDC Saudable is a service that reports to the Vice-Rector's Office for the Ferrol Campus and Social Responsibility. Its work involves participating in the coordination and implementation of various actions to promote healthy lifestyles among the university community, with a social outreach component in areas such as: fair, healthy, sustainable and supportive nutrition; biopsychosocial wellbeing; sleep and rest; sexual health; actions against the use and abuse of alcohol, tobacco and drugs, as well as other behavioural addictions; and women and health. UDC Saudable joined RIUPS in 2018.

The actions carried out during these years by UDC Saudable have made our university a benchmark in health and wellbeing at the national and international Ibero-American level. In this sense, the experience gained will be a fundamental step in implementing this UDC Healthy Living and Wellbeing Plan. However, it is also true that UDC Saudable has only one member, its director, so support staff would be needed to carry out the actions of the Plan.

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It should be noted that the UDC Strategic Plan 2022-2026 identifies one of the UDC's missions as being a university committed to promoting healthy living within the concept of 'one health', which can help improve people's quality of life. Thus, in area 5, dedicated to social responsibility and sustainability, strategic objective 3 refers to intensifying the university's actions that promote healthy habits, routines and lifestyles, in particular biopsychosocial care and proactive and preventive health monitoring with strategies aimed at the entire university community.

In this regard, it should be noted that on 2 November 2020, the UDC launched the Afrontemos programme, a free specialised care programme (psychotherapeutic consultation with specialists in health and clinical psychology) aimed at all members of the university community and their families, to assist those who may be experiencing stress or psychological crisis. This programme is run by the Family Intervention and Care Research Unit (UIICF).

The UIICF is authorised as a health centre by the Regional Government of Galicia and is registered, in accordance with current health regulations, in the Register of Health Centres, Services and Establishments of the Directorate-General for Planning and Inspection of the Regional Ministry of Health under registration number C-15-003493.

After 38 months of operation (the data presented here covers the period from 2 November 2020 to 18 December 2023), the results are summarised in the following table:

Year	People treated (treatments)	Modality	
2021	70	In person	28
		Online	42
2022	111	In person	59
		Online	52
2023	114	In person	46
		Online	68
Total	295	295	

In addition to these interventions, 501 requests for information or assistance were received by telephone or email, which were dealt with immediately. Forty-five per cent of people chose the face-to-face option, while 55 per cent chose the online option. The data broken down by year and campus can be found here:

Campus of origin	Method	People assisted		%	
A Coruña	In-person (UIICF at the Ferrol campus)	187	45	63	24
	Online		142		76
Ferrol	In person (UIICF Ferrol campus)	108	88	37	81
	Online		20		19

The profile of users was as follows:

- 72% women
- 96% students in the final years of their bachelor's degree or master's and doctoral programmes
- The students came from practically all faculties and schools, with no prevalence of any one in particular

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d) 2% teaching and research staff

e) 2% PTXAS

Most of the people seen had a profile of clinical anxiety related to crisis situations. In 67% of cases, there was a history of anxiety and mild depressive symptoms in the last six months. In 49% of cases, there were family and personal relationship problems that had already existed in the last two years. Only 4.8% of users had a previously diagnosed severe mental health condition. In these cases, Afrontemos served as a support or bridge for them to return to or restart specialised treatment at Sergas or a similar entity.

During 2023, eight interventions were carried out in crisis situations, four of which required exceptional intensity, in terms of the number of sessions and contacts, which was not considered in the initial plan. However, in 97% of cases, the six planned sessions were completed, bringing the total number of sessions in 2023 to 677.

Eight psychologists specialising in clinical and health psychology collaborated with Afrontemos on a part-time basis this year, all of whom are linked to the UIICF in various applied research projects and a social agreement with the Regional Government of Galicia.

These results only serve to reinforce the findings of LOSU regarding the mental health of the university community, as the need to implement preventive and care measures in this area is more than evident. However, the Afrontemos programme, which is so important for the UDC community, would need budgetary support to ensure its continuity over time.

Both the LOSU and the UDC's membership of the RIUPS and the REUPS, in addition to the UDC's Strategic Plan 2022-2026, the activities of UDC Saudable, with important measures in terms of health, and the need for the Afrontemos Programme, are sufficient reasons to support the creation of this UDC Healthy Living and Wellbeing Plan. Such a plan would take advantage of the services and collaboration networks already in place and implemented in recent years, and would only require financial support for certain aspects that are reflected in its budget.

2. Mission, vision and guiding principles

The mission of the UDC Healthy Living and Wellbeing Plan is to promote health, particularly mental health and emotional wellbeing, as well as disease prevention and improved care for students and the rest of the university community, with the aim of improving the biopsychosocial health of the entire UDC. It also aims to strengthen collaboration with the various agents operating locally in both Ferrol and A Coruña, where our university campuses are located.

The Plan is established for a six-year period (2025-2030), with a view to enabling the planning and implementation of all the measures reflected in this document, as well as their evaluation and, where appropriate, modification, so that they meet the real needs of the UDC university community.

It is structured around a series of priority areas for action. Each priority area has associated strategic and operational objectives, as well as measures to be implemented, which are described below. It is a living plan, which may undergo changes throughout its duration and which may be updated or readjusted according to the health needs of the university community and other concerns, as well as new alliances formed in this regard.

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2.1. Healthy living and wellbeing plan. A commitment to the community

2.1.1. Axis

The plan is based on the following axes:

- a) **Axis 1.** Promotion of biopsychosocial wellbeing, with a particular focus on the prevention of mental health disorders: psychological care and counselling service
- b) **Axis 2.** Promotion of healthy, sustainable and supportive eating
- c) **Axis 3.** Women and health
- d) **Axis 4.** Routines, occupations and time management
- e) **Axis 5.** Visibility, awareness and collaboration
- f) **Axis 6.** Governance and participation

2.1.2. Strategic and operational objectives

Axis 1. Promotion of biopsychosocial well-being, with a particular focus on the prevention of mental health disorders: psychological care and counselling service

Strategic objective 1: to offer psychological care and counselling services to promote the emotional wellbeing of the university community and to prevent the onset of mental disorders, with a view to improving people's quality of life.

Operational objective 1.1: to encourage healthy lifestyle habits to promote health, especially mental health, and improve people's quality of life, as well as to prevent the onset of mental disorders in the university community.

Operational objective 1.2: to improve the emotional well-being of the university community.

Strategic objective 2: on healthy habits, routines and lifestyles for the promotion of health and inclusion, with campaigns for blood, tissue and organ donation, among other lines of action.

Operational objective 2.1: to encourage healthy lifestyle habits to promote health.

Operational objective 2.2: carry out blood donation campaigns and other educational activities on donation.

Axis 2. Promotion of healthy, sustainable and supportive eating

Strategic objective 3: promote healthy eating habits in the university community.

Operational objective 3.1: Develop education and awareness programmes on the importance of a balanced, healthy and sustainable diet.

Operational objective 3.2: Implement practical nutrition and wellbeing programmes in the university community.

Axis 3. Women and health

Strategic objective 4: promote action, training and research on issues related to women and their health.

Operational objective 4.1: promote knowledge on women's health issues.

Operational objective 4.2: promote actions on women's health issues.

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Axis 4. Routines, occupations and time management

Strategic objective 5: establish strategies related to routines, occupations and time management.

Operational objective 5.1: formulate routines for daily life that improve the quality and lifestyle of members of the university community.

Operational objective 5.2: propose meaningful health-promoting activities in various areas of daily life.

Operational objective 5.3: promote specific recommendations to improve time management for members of the university community.

Axis 5. Visibility, awareness and collaboration

Strategic objective 6: promote actions on issues related to the promotion of health and biopsychosocial well-being among the university community.

Operational objective 6.1: raise awareness of the actions carried out in the different areas of the Healthy Living and Well-being Plan.

Axis 6. Governance and participation

Strategic objective 7: to integrate the promotion of health and biopsychosocial well-being into the university community as a whole and to foster relationships with external entities.

Operational objective 7.1: Incorporate the promotion of health, especially mental health and emotional wellbeing, as a cross-cutting dimension in the UDC's activities.

Operational objective 7.2: promote active and participatory governance that is involved in the decisions taken within the scope of the Plan.

Operational objective 7.3: to promote collaboration networks with local, national and international entities working in the promotion of mental health, disease prevention and, in particular, emotional wellbeing.

2.2. Lines of action

Axis 1. Promotion of emotional well-being, with a particular focus on the prevention of mental health disorders: psychological care and educational guidance service

Strategic objective 1: to offer psychological care and guidance services to promote the emotional wellbeing of the university community and to prevent the onset of mental disorders, with a view to improving people's quality of life.

Operational objective 1.1. Encourage healthy lifestyle habits to promote health, especially mental health, and improve people's quality of life, as well as prevent the onset of mental disorders in the university community.

Action	Brief description
1.1.1. Consolidation of training programmes and promotion of healthy lifestyle habits	Topics: quality of sleep and rest, sedentary lifestyles, relaxation techniques, among others.
1.1.2. Consolidation of training programmes to prevent chemical and behavioural addictions . Other toxic substances.	Topics: technoadiction, gambling addiction, smoking cessation, alcohol consumption, drugs. Information on energy drinks.
1.1.3. Consolidation of programmes on sex education and sexual health	Topics: sexual health, sexually transmitted diseases, and family planning.
1.1.4. Group and individual counselling and support	To be carried out by those responsible for UDC Saudable, with the collaboration of the network of entities UDC

on healthy lifestyle habits	Saudable.
1.1.5. Creating opportunities for students to become health promoters and act as such	Ideas competitions for the promotion of health among students (awards).
1.1.6. Consolidation of student advisory points on issues related to healthy lifestyles, whether at the Riazor University Centre in A Coruña, the Ferrol University Cultural Centre or the facilities of the respective institutions in the UDC Saudable network	

Operational objective 1.2: improve the emotional well-being of the university community.

Action	Brief description
1.2.1. Strengthening the psychological care and counselling service (Afrontemos) with sufficient funding to meet the needs of the university community. Also with a view to extending the face-to-face modality of the programme to the Coruña campus.	Assessment of psychosocial risks, involvement of individuals in identifying the causes of stress, considerations regarding work/study load, counselling and therapeutic intervention. Weekly care in Ferrol. Search for a space with health registration or, if this does not exist, search for a space and apply for registration on the Coruña campus. Care at least two days a week on the Coruña campus.
1.2.2. Consolidation of mental health promotion programmes mental health	Topics: anxiety and depression, stress, among others.
1.2.3. Strengthening the provision of activities in emotional education and management, conflict resolution and violence prevention, as well as relaxation and interpersonal communication techniques	Topics: healthy relationships, assertiveness, self-esteem, body image.
1.2.4. Group and individual counselling and support on mental and emotional health	Group dynamics could be carried out in various ways: - to detect risk situations; - group work to develop strategies for mild cases; - with people who have previously participated in the Afrontemos programme.
1.2.5. First aid in mental health and mental health volunteer programme	Train volunteers from the university community to detect mental health problems in their environment and raise awareness about them. Support for people with mental health problems.

Strategic objective 2: on healthy habits, routines and lifestyles for health promotion and inclusion, with blood, tissue and organ donation campaigns, among other lines of action.

Operational objective 2.1: to encourage healthy lifestyle habits to promote health.

Action	Brief description
2.1.1. Altruistic conferences by the UDC Saudable network of entities	Conferences offered by organisations with agreements with the UDC through UDC Saudable that are not included in other sections, for a minimum audience of 15 people and with the administration at their charge. We are referring to those responsible for supporting UDC

	Saudable in faculties and schools, PTXAS heads, student association presidents, the management of the Senior University, the person responsible or the teaching staff of the Espazo Compartido degree programme. Also any member of the UDC who makes an express request arguing their objectives before UDC Saudable, as well as taking into account any aspect related to the administration of the event. The Vice-Rector's Office for the Ferrol Campus and Social Responsibility and the management of UDC Saudable may veto any initiative that is not based on scientific evidence or that they deem to be contrary to the objectives of the UDC. Attendance will not be certified, nor will free-choice credits be awarded.
2.1.2. Promote altruistic training activities, among others, by the institutions that make up the network of UDC Saudable entities with agreements with the UDC or other partners.	Topics: time management, work-life balance, caregiving, meaningful occupations, frailty, ergonomics, among others.

Operational objective 2.2: carry out blood donation campaigns and other training activities related to donation.

Action	Brief description
2.2.1. Blood donation campaigns	Monthly on the Coruña and Ferrol campuses. ADOS-SERGAS
2.2.2. Educational campaigns on organ donation blood, organs and tissues	Topics: blood, organ and tissue donation. ADOS-SERGAS. ALCER CORUÑA ASOTRAME

Axis 2. Promotion of healthy, sustainable and supportive eating

Strategic objective 3: to promote healthy eating habits in the university community.

Operational objective 3.1: Develop education and awareness programmes on the importance of a balanced, healthy and sustainable diet.

Action	Brief description
3.1.1. Training and programmes to improve the eating habits of the university community. Conferences and exhibitions	Conference topics: nutritional labelling; vegetarian and vegan diets; healthy and sustainable eating; how to eat before an exam, a job interview or a class; weekly menu planning: <i>batch cooking</i>; zero obesity; digestive health care: gut microbiota; general training on eating habits. Exhibition topics: the Harvard plate, healthy and sustainable shopping, types of hunger, etc.
3.1.2. Training on eating disorders	
3.1.3. Consolidating the UDC Saudable food school	Three-four session courses (10 hours of training) aimed at learning to eat healthily, among other topics (maximum four courses, one in June).

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Operational objective 3.2: implement practical nutrition and wellbeing programmes in the university community.

Action	Brief description
3.2.1. Healthy cooking workshops . Simple and economical recipes for the university community	Nutrition

Axis 3. Women and health

Strategic objective 4: to promote action, training and research on issues related to women and their health.

Operational objective 4.1: to promote knowledge on women's health issues.

Action	Brief description
4.1.1. Training on issues related to women's health	Topics: menopause, pelvic floor, endometriosis, fibromyalgia, lymphedema/lipedema and other peripheral vascular disorders.
4.1.2. Training on various health topics carried out by women	

Operational objective 4.2: promote actions on women's and health issues.

Action	Brief description
4.2.1. Actions on topics related to women's health	Topics: feminine hygiene/menstruation, others.

Axis 4. Routines, occupations and time management

Strategic objective 5: establish strategies related to routines, occupations and time management.

Operational objective 5.1: formulate routines for daily life that improve the quality and lifestyle of members of the university community.

Action	Brief description
5.1.1. Actions to promote the acquisition of daily habits within the framework of a healthy lifestyle	Develop media campaigns and online or face-to-face training workshops to model various daily routines, with the aim of having more energy and healthy habits, being more organised, being more productive at work or in studies, taking care of sleep and rest, and enjoying quality time in daily life. Work-life balance strategies.
5.1.2. Develop actions for life skills training (LST)	Develop media actions and online or face-to-face training workshops to acquire life skills: self-awareness, decision-making, critical thinking, creative thinking, empathy, assertiveness, managing emotions and feelings, dealing with tension and stress, and managing interpersonal relationships, problems and conflicts.

Operational objective 5.2: Provide meaningful health-promoting activities in various areas of daily life

Action	Brief description
5.2.1. Encourage participation as health promoters among students, teaching and research staff, technical and administrative staff, and the university community through the creation of the motivadODS university network	Activities, projects, training and events related to the Sustainable Development Goals (SDGs). Collaboration: Cooperation and Volunteering Office.
5.2.2. Analyse the use of student rest areas and gradually implement health promotion spaces in UDC faculties and schools, one per campus, at the Riazor University Centre, the Xoana Capdevielle Building and the Ferrol Study Support Building	Define the minimum conditions that a health-promoting space must meet. Determine which student rest areas already exist in UDC faculties or schools, campuses or study centres, and analyse the activities they offer. Design and implement measures or encourage the creation of such spaces, for example, in student delegations, among other possibilities. <i>Networking</i> events to raise awareness of the concept of occupational balance and generate connections, as well as exchanges of ideas and opportunities.
5.2.3. Preparation for retirement and retirement or proactive ageing	Individual or group occupational assessment, development of a personalised plan, volunteering and community activities options, financial and legal guidance, courses on maintaining a healthy and active lifestyle (exercise, nutrition, stress management and recreational activities), occupational transition and occupational support groups. Workshops and conferences on proactive ageing: occupational transition in retirement and old age, among other topics.

Operational objective 5.3: promote specific recommendations to improve time management for members of the university community.

Action	Brief description
5.3.1. Development of a catalogue of recommendations to improve time management aimed at different groups within the university community	Following a collaborative study by the HR Emotional Well-being Group, recommendations will be drawn up for research staff and doctoral students, which may later be adapted to the rest of the university community (PDI, PTXAS, PEC and students), with regard to productive time and care time (personal, domestic, community, among others). Workshops from occupational and professional development.
5.3.2. Develop actions to promote awareness of technological humanism and digital wellbeing, with a view to presenting digital disconnection as an alternative to improve the quality of life of the university community.	Actions in collaboration with the IT and Communications Service (Management). Prepare a document adapted to the UDC on the ability to adapt and accommodate ourselves to the technological environment (technological humanism), techno-addictions and time management (digital wellbeing: schedules and work-life balance), in order to address productive time and care time (personal, domestic, community, among others).

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Axis 5. Visibility, awareness and collaboration

Strategic objective 6: promote actions on issues related to the promotion of health and biopsychosocial wellbeing among the university community.

Operational objective 6.1: raise awareness of the actions carried out in the different areas of the Healthy Living and Well-being Plan.

Action	Brief description
6.1.1. Presence on social media	Presence of activities carried out on health and biopsychosocial well-being on the social media of both the UDC and UDC Saudable (infographics, podcasts, other formats). Monthly campaign by UDC Saudable with themed infographics. Collaboration in the monthly REUPS campaign with thematic infographics produced by Spanish universities. Collaboration: Vice-Rectorate for Outreach, Culture and Sport.
6.1.2. Presence of activities in the UDC communication calendar	Collaboration: Vice-Rectorate for Outreach, Culture and Sport.
6.1.3. Presence on radio	Collaboration with Radio CUAC and other radio stations.
6.1.4. UDC Saudable newsletter	A new issue every two months on nutrition; healthy habits, routines and lifestyles, and health and disease prevention.
6.1.5. Promotion through fortnightly infographics on nutrition and healthy living	
6.1.6. Promotion through fortnightly videos for social media on nutrition and healthy living	Micro-videos on nutrition and healthy living aimed at university students, as well as on diseases, in collaboration with external entities with which there is an agreement.
6.1.7. Promotion of health topics through the UDC app	Collaboration: Vice-Rectorate for Outreach, Culture and Sports.
6.1.8. Information tables on various topics related to health promotion at student study centres (Riazor University Centre, Xoana Capdevielle Building, Ferrol Study Support Building) or in faculties and schools	
6.1.9. Update of the website of UDC Saudable to make all these actions more visible	
6.1.10. Make information on health and emotional well-being visible to students in the welcome guide and on the website of the Vice-Rectorate for Students and Employability	Collaboration: Vice-Rectorate of Students and Employability.
6.1.11. Digital Volunteering	External entities and students.

Axis 6. Governance and participation

Strategic objective 7: to integrate the promotion of health and biopsychosocial well-being into the university community as a whole and to foster relationships with external entities.

Operational objective 7.1: Incorporate the promotion of health, especially mental health and emotional wellbeing, as a cross-cutting dimension in the UDC's activities.

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Action	Brief description
7.1.1. Strategy and commitment of the UDC governing team	Commitment from leaders, proactively including teaching and research staff, technical and administrative staff, and students. Determine needs, learn from other initiatives, establish a sustainable health strategy over time with resources and responsibilities, in a collaborative cross-cutting institutional action. Collaboration: Vice-Chancellor, UDC Management Board.
7.1.2. Establish a roadmap to continuously improve people's healthy living and well-being	Mobilise (commitment, collaboration, comprehensive strategy, resources), bring together (committees and action groups), evaluate (healthy quality of life observatory: monitoring and audits), prioritise (according to the Eisenhower matrix), plan (live, dynamic and modifiable programme), implement (collaboratively and transversally), evaluate (compliance with indicators currently being created by the REUPS working group), improve (plan until 2029, re-evaluated annually). Collaboration: rector, UDC Management Board, university community.
7.1.3. HR logo in biopsychosocial well-being	Collaboration: Vice-Rectorate for Research and Transfer.
7.1.4. Collaboration in the Welcome Day for students	Collaboration: Vice-Rectorate for Students and Employability.
7.1.5. Incorporation of scholarship holders into Healthy UDC	Collaboration: Vice-Rectorate for Students and Employability.
7.1.6. Incorporating health promotion activities into the social CV of students	Collaboration: Vice-Rectorate for Students and Employability.
7.1.7. Involve cafeterias in offering healthy and sustainable menus, minimising the presence of other types of products. For example, run campaigns on paper tablecloths, among others	Collaboration: Management and Sustainability Office.
7.1.8. Recognise the UDC as a smoke-free space/Smoke-free Campus.	Collaboration: Management.
7.1.9. Set up a quality observatory on healthy living and well-being at the UDC.	
7.1.10. Conduct an annual health self-assessment of the UDC using the Galician Regional Government's Healthy Workplace tool	https://rse.xunta.gal/index.php/gl/autodiagnostico-emprega-saudable-cuestionario
7.1.11. Establish an initial training plan for students on health and emotional well-being issues	This initial training plan can be carried out at any time during the four years of the degree programme. It will consist of three modules, each lasting 10 hours, which will be distributed as follows within the academic year: Module 1 (10 hours). November. Training on healthy habits. Module 2 (10 hours). February. Training on emotional wellbeing. Module 3 (10 hours). April. Training on nutrition. The courses will entitle students to three credits and to receive a certificate signed by the Vice-Rector of the Ferrol Campus and Social Responsibility, in accordance with the Initial Training Plan initial training plan on health and wellbeing. Collaboration: Training and Advisory Unit (University Centre for Training and Educational Innovation).

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7.1.12. Offer credit recognition for training courses in social responsibility, specifically in health issues	For other training received that is not part of the Initial Training Plan, one credit will be recognised for every 10 hours of training, up to a maximum of three credits per academic year.
7.1.13. Consolidate the UDC Saudable office with the necessary human and financial resources	Hiring a person for administrative tasks: organising courses, maintaining the website, maintaining social networks, etc. A new call for applications would be issued annually.
7.1.14. Organise Healthy UDC Month in October	Each edition is led by a different faculty or school. Faculties, schools, units and services of the UDC, as well as institutions in the UDC Saudable network of entities, would participate if they so wished.
7.1.15. Prepare annual reports on healthy living	
7.1.16. Study how to implement the REUPS strategy on alcohol consumption at the UDC, already approved by the CRUE	
7.1.17. Establish strategies to address behavioural and technological addictions , in line with the guidelines established by REUPS, already approved by CRUE	
7.1.18. Prepare recommendations for UDC university parties , taking into account the guidelines established by REUPS, already approved by CRUE	
7.1.19. Develop regulations in relation to the UDC emotional wellbeing document, taking into account the guidelines established by REUPS, already approved by CRUE	
7.1.20. Revise and adjust the regulations relating to documents from the following REUPS working groups, once they have been finalised and approved by the CRUE: - Strategic plan Strategic plan, accreditation, UDC quality indicators - Smoke-Free Campus - Physical activity	
7.1.21. Advise and provide direct support in the tendering process for vending machines , as well as, progressively, for university cafeterias , in addition to monitoring and auditing	Collaboration: Management Procurement Service, Nutrition.
7.1.22. Summer seminars on health in general, in collaboration with other services (in June or the first half of July)	Collaboration: other vice-rectors with responsibilities in matters related to social responsibility.
7.1.23. Commitment to the Luxembourg Declaration	Collaboration: Vice-Chancellor, Occupational Risk Prevention Service.

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Operational objective 7.2: to promote active and participatory governance that is involved in the decisions taken within the scope of the Plan.

Action	Brief description
7.2.1. Consolidation of the UDC Healthy Technical Committee , in order to improve, strengthen and integrate its actions by collaborating across the UDC in relation to community social responsibility.	Its creation was approved at the Governing Council meeting on 21 March 2024. It is responsible for approving the Plan and monitoring its implementation.
7.2.2. Official support committees of UDC Saudable	Made up of one member of the teaching and research staff representing each faculty or school, it is responsible for disseminating and promoting health promotion and disease prevention activities carried out within the framework of the Plan at its centre, as well as two-way communication with UDC Saudable, among other matters.
7.2.3. Network of UDC Saudable entities	Made up of representatives of external entities with agreements with the UDC through UDC Saudable, according to the list provided in April 2024, in Annexes I and II.

Operational objective 7.3: to promote collaboration networks with local, national and international entities working in the promotion of mental health, disease prevention and, in particular, emotional well-being.

Action	Brief description
7.3.1. Networks for collaboration with public entities: encouraging participation and cross-cutting collaboration	Ibero-American Network of Health Promoting Universities (RIUPS) Spanish Network of Health Promoting Universities (REUPS) One Health Association Association of Psychological Psychological and University Psychopedagogical Services (AESPPU) Spanish Network for Sustainable Development (REDS) Galician Health Promotion Network-Regional Government of Galicia (REGAPS) Galician Council for Social Welfare-Regional Government of Galicia Galician Observatory for Demographic Revitalisation-Regional Government of Galicia. University of Santiago de Compostela-Institutional Chair of Healthy Living University of Vigo-Vice-Chancellor's Office for University Extension Local Health Council of the City Council of A Coruña-Standing Committee. Ferrol City Council-Antonio Usero Award, among other collaborations Royal Academy of Medicine of Galicia (RAMG)
7.3.2. Networks of collaboration with health and welfare entities, especially emotional welfare. Drafting of agreements with social, health and socio-health entities in the vicinity of the campuses	

7.3.3. Creation, together with the other two Galician universities, of the Galician Network of Health Promoting Universities (REGAUPS or REGAPS-Universities)	Its purpose will be to design common and joint actions between all universities. The aim is to open up health centres to the university in terms of health promotion and vice versa. In addition, plans and resources will be shared between universities. Collaboration: University of Santiago de Compostela, University of Vigo, Directorate-General for Public Health.
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3. Quality indicators

The UDC is currently part of the Ibero-American international commission that is determining the certification and/or accreditation process for health-promoting universities, with the aim of establishing basic standards and levels, in addition to the necessary quality indicators. Similarly, the UDC participates in the national commission on certification-accreditation and quality systems of the REUPS.

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**HEALTHY UDC
ADVISORY SERVICE FOR THE UNIVERSITY
COMMUNITY**

Vice-Rector's Office for the Ferrol Campus and Social Responsibility
Professor Ana Isabel Ares Pernas
Healthy UDC Management
Professor Sergio Santos del Riego

APPENDIX Ia

HEALTH PROMOTION AND DISEASE PREVENTION

	CAMPUS OF A CORUÑA RIAZOR UNIVERSITY CENTRE		FERROL CAMPUS UNIVERSITY CULTURAL CENTRE		
AXIS I BIOPSYCHOSOCIAL WELL-BEING Responsible: Professor Ana López-Cortón Facal					
PSYCHOSOCIAL WELL-BEING: PSYCHOLOGICAL CARE FOR THE UDC COMMUNITY AND FAMILIES	LET'S FACE IT Professor Valentín Escudero Carranza	ONLINE Appointment: Tel. 646102004 interfam@udc.es	LET'S FACE IT Professor Valentín Escudero Carranza	ONLINE- IN PERSON Appointment: Tel. 646102004 interfam@udc.es	https://www.udc.es/es/gobierno/equipo_reitoral/vcfrs/responsabilidade_social/afrontemos/
PSYCHOSOCIAL WELL-BEING: PEOPLE WITH MENTAL HEALTH PROBLEMS	MENTAL HEALTH FEAFES GALICIA	Monday to Friday, mornings and afternoons (in summer, mornings only) Calle Revolución Francesa 13 bajo, 15008-A Coruña Cristina Rivas Prado Tel. 981228135 coruna@feafesgalicia.org	MENTAL HEALTH FEAFES GALICIA	By appointment Cristina Rivas Prado Tel. 981228135 coruna@feafesgalicia.org	https://feafesgalicia.org/GL/content/Federacion-Galega-De-Asociacions-De-Familiares-e-Enfermos-Mentais
PSYCHOSOCIAL WELL-BEING SEXUAL HEALTH, SELF-ESTEEM, SOCIAL SKILLS AND EMOTIONAL WELL-BEING	QUÉROTE+	Monday to Friday from 9 a.m. to 2 p.m. and Monday and Thursday from 4.30 p.m. to 7 p.m. Avda. Linares Rivas 28-8ª. 15005- A Coruña Appointments: Tel. 981223913 Whatsapp/telegram 647018752 Anonymous, confidential and free service.	STATE FAMILY PLANNING FEDERATION (FPFE)/SEDRA	First and third Monday of the month CCU-Ferrol 5:00 p.m. – 7:00 p.m. Jeane Costa 698126048 María del Carmen Puga 698126048 galicia@fpfe.org	QUÉROTE + http://xuventude.xunta.es/querote-mais STATE FAMILY PLANNING FEDERATION https://fpfe.org/
PSYCHOSOCIAL WELL-BEING SUBSTANCE ADDICTIONS	NIN + NIN – INFORMATION ON DRUGS. RED CROSS	First and last Wednesday of the month CUR, 5:00 p.m. - 7:00 p.m. Laura Cerviño-Claudia Fdez Tel. 981221000 ext. 38412 laura.cervino@cruzroja.es emandezr@cruzroja.es	FERROL DRUG ADDICTION ASSOCIATION (ASFEDRO)	Second and fourth Thursday of the month CCU-Ferrol 12:00 p.m. - 2:00 p.m. Rebeca Graña saludicosinofdrogas@gmail.com	RED CROSS https://cruzvermella.gal/?lang=es ASFEDRO https://asfedro.org/

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PSYCHOSOCIAL WELL-BEING LIFE SKILLS (HpV) TRAINING	EDEX FOUNDATION - IBERO-AMERICAN SCHOOL OF LIFE SKILLS	Roberto Flores	edex@edex.es	https://www.edex.es/contacto/
PSYCHOSOCIAL WELL-BEING: PEOPLE WITH ADHD AND ASSOCIATED DISORDERS	INGADA FOUNDATION	A Coruña: Anxo García Claudia Balado Ferrol Silvia Pérez	ingada.comunicacion@gmail.com Tel. 722521381	https://www.fundacioningada.net/index.php?newlang=galician
PSYCHOSOCIAL WELL-BEING: PEOPLE WITH MENTAL ILLNESS AND OTHER MENTAL HEALTH PROBLEMS, AND THEIR FAMILIES. TRAINING AND ADVICE	LAR PRO MENTAL HEALTH FOUNDATION AND ASSOCIATION	Amelia Varela Ana Martínez	fundacion@lar.org.es	https://larprosaludmental.com/
PSYCHOSOCIAL WELL-BEING GAMBLING ADDICTION AND BEHAVIOURAL ADDICTIONS TRAINING AND ADVICE	GALICIAN ASSOCIATION OF REHABILITATED GAMBLERS (AGALURE)	Gerardo Rodríguez	agalure@agalure.org	https://agalure.com/
PSYCHOSOCIAL WELL-BEING AUTISM TRAINING AND ADVICE	AUTISM GALICIA	Cristina Couto Pena	apoio@autismogalicia.org	https://www.autismogalicia.org
EDUCATIONAL GUIDANCE	GALICIAN DYSLEXIA ASSOCIATION (AGADIX)	Esther López	agadix@hotmail.es	https://agadix.es/es-es/index
BIPSYCHOSOCIAL WELL-BEING, WELL-BEING, HEALTHY LIVING AND WELL-BEING				
DONATION	AGENCY FOR ORGAN, BLOOD AND TISSUE DONATION (ADOS)-SERGAS	Julio Flores	Julio.Flores.Perez@sergas.gal	https://ados.sergas.gal/
	ALCER CORUÑA, ASSOCIATION FOR THE FIGHT AGAINST CANCER	Alfredo Saborido	coordinacion@alcercoruna.org	http://alcercoruna.org/

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HEALTHY LIVING AND BIOPSYCHOSOCIAL WELL-BEING HABITS, ROUTINES AND HEALTHY LIFESTYLES: CANCER PREVENTION	SPANISH ASSOCIATION AGAINST CANCER (AECC)	A Coruña: Lourdes Silvoso Rosa Trillo Iria Villar Ferrol: Rosalía Fernández	marialourdes.silvoso@contraelcancer.es	https://www.contraelcancer.es/es/sobre-nosotros/donde-estamos/sede-coruna
HEALTHY LIVING AND BIOPSYCHOSOCIAL WELL-BEING. MEANINGFUL OCCUPATIONS.	ENKI-ABRENTE FOUNDATION	Carmen Touza	ctouza@enkiproyecto.com	https://www.enkiproyecto.com/
HEALTHY LIVING AND BIOPSYCHOSOCIAL WELL-BEING. HEALTHY HABITS, ROUTINES AND LIFESTYLES	WHAT REALLY MATTERS	Leticia de Bergia	ldbergia@loquedeverdadimporta.org	https://www.loquedeverdadimporta.org/
HEALTHY LIVING AND BIOPSYCHOSOCIAL WELL-BEING BRAIN-FRIENDLY SPACES	GALICIAN BRAIN DAMAGE FEDERATION (FEGADACE)	Carla Miranda	traballosocial@fegadace.org	https://www.fegadace.org/
	BRAIN DAMAGE ASSOCIATION OF A CORUÑA (ADACECO)	Marta Barbeito	tsocial@adaceco.org	http://adaceco.org/
TRAINING AND RESEARCH	SCIENCE IS FEMININE-CIENCIA É FEMININA	Ariana Fernández Palomo	info@lacienciaesfemenino.com	https://lacienciaesfemenino.com/
AXIS II.-HEALTHY EATING				
FAIR, HEALTHY, SUSTAINABLE AND SOLIDARITY-BASED FOOD	NUTRICIONA	Nutriciona Team	nutriciona.udc.saudable@nutriciona.es	https://nutriciona.es/
HEALTHY UDC Riazor University Centre (CUR) Rúa Almirante Lángara s/n 15.011- A Coruña Tel. 881014350 udc.saudable@udc.es				WEB https://www.udc.es/gl/udcsaudable/ FACEBOOK https://www.facebook.com/UDC.Saudable INSTAGRAM https://www.instagram.com/udc.saudable/?hl=en

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HEALTHY UDC ADVISORY SERVICE FOR THE UNIVERSITY COMMUNITY Vice-Rector's Office for the Ferrol Campus and Social Responsibility Professor Ana Isabel Ares Pernas Director of Healthy UDC Professor Sergio Santos del Riego				
APPENDIX Ib				
HEALTH PROMOTION AND DISEASE PREVENTION				
AXIS III WOMEN AND HEALTH: COMMUNITY ACTION Responsible: Professor Laura Nieto Riveiro				
COMMUNITY ACTION ENDOMETRIOSIS	LOVING WOMEN WITH ENDOMETRIOSIS	Sara Iglesias Marta Gómez	mulleresconendometriose@gmail.com	http://querendo.eu/
COMMUNITY ACTION FOR FIBROMYALGIA AND CHRONIC FATIGUE	NORTHWEST FIBROMYALGIA AND CHRONIC FATIGUE ASSOCIATION (AFFINOR-Ferrol)	Elena López	affinorferrol@hotmail.com	-
COMMUNITY ACTION FOR LYMPHEDEMA, LIPEDEMA AND OTHER VASCULAR DISEASES	GALICIAN ASSOCIATION FOR LYMPHEDEMA, LIPEDEMA AND CHRONIC VENOUS INSUFFICIENCY (AGL)	María Araujo	info@linfedemagalicia.com	http://www.linfedemagalicia.com/
COMMUNITY ACTION EATING DISORDERS	FITA FOUNDATION	Raquel Linares Meritxell Lozano	rlinares@fitafundacion.orgmlozano@fitafundacion.org	https://fitafundacion.org/
TRAINING STATE FAMILY PLANNING FEDERATION (FPFE)/SEDRA				
TRAINING AND RESEARCH SCIENCE IS FEMININE-A CIENCIA É FEMININA				

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HEALTH CONDITIONS AND FUNCTIONAL DIVERSITY				
PEOPLE WITH HEALTH CONDITIONS/ILLNESSES: COMMUNITY ACTION, HEALTH AND WELL-BEING				
COMMUNITY ACTION HEALTH AND WELL-BEING SOCIETY AND UDC	GALICIAN RHEUMATOLOGY LEAGUE (LRG)	Ana Vázquez	terapia@ligagalega.org	https://www.ligareumatoloxicagalega.es/
COMMUNITY ACTION HEALTH AND WELL-BEING IN ELDERLY PEOPLE SOCIETY AND UDC	ASSOCIATION OF FAMILIES OF ALZHEIMER'S PATIENTS (AFACO)	Elena Viqueira	elenaviqueira@afaco.es	https://afaco.es/
COMMUNITY ACTION FOR HEALTH AND WELL- BEING IN THE ELDERLY SOCIETY AND UDC	PARKINSON GALICIA CORUÑA	Mila Oreiro	direccion@parkinsongaliciacoruna.org	https://parkinsongaliciacoruna.org/
COMMUNITY ACTION HEALTH AND WELL-BEING SOCIETY AND UDC	GALICIAN ASSOCIATION OF PEOPLE AFFECTED BY AMYOTROPHIC LATERAL SCLEROSIS (AGAELA)	Jéssica Garabal	info@agaela.es	https://www.agaela.es/
COMMUNITY ACTION HEALTH AND WELL-BEING SOCIETY AND UDC	CORUÑA EPILEPSY ASSOCIATION	Santiago Grandío	presidencia@asociacionepilepsi.acoruna.org	https://www.asociacionepilepsi.acoruna.org/
COMMUNITY ACTION HEALTH AND WELL-BEING SOCIETY AND UDC	GALICIAN SARCOMA ASSOCIATION (ASARGA)	Maite Deus	presidencia@asarga.es	https://www.asarga.es/
COMMUNITY ACTION HEALTH AND WELL-BEING SOCIETY AND UDC	GALICIAN ASSOCIATION OF BONE MARROW TRANSPLANT PATIENTS AND ONCOHAEMATOLOGICAL DISEASES (ASOTRAME)	María Filgueira	proyectos@asotrame.com	http://asotrame.com/index.php
TRAINING AND RESEARCH SOCIETY AND UDC	ANASBABI CYLIOPATHIES	José Carlos Pumar	presidencia@anasbabciliopatias.es	http://www.anasbabciliopatias.es/

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PEOPLE WITH FUNCTIONAL DIVERSITY: COMMUNITY ACTION, HEALTH AND WELL-BEING

FUNCTIONAL DIVERSITY COMMUNITY ACTION HEALTH AND WELL-BEING UDC AND SOCIETY	ASSOCIATION FOR THE COLLABORATION AND PROMOTION OF DEAF PEOPLE (ACOPROS)	Inmaculada Tabemero	acoprosnr@gmail.com	https://www.acopros.org/
FUNCTIONAL DIVERSITY COMMUNITY ACTION HEALTH AND WELL-BEING UDC AND SOCIETY	AXF FERROLTERRA (People with hearing impairments)	Teresa Gallo	info@axferrolterra.org	https://www.axferrolterra.org/es/inicio/
FUNCTIONAL DIVERSITY COMMUNITY ACTION HEALTH AND WELL-BEING UDC AND SOCIETY	ONCE	Ricardo Badía	dt-galicia@once.es	https://www.once.es/

HEALTHY UDC
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FACEBOOK
<https://www.facebook.com/UDC.Saudable>

INSTAGRAM
<https://www.instagram.com/udc.saudable/?hl=en>

YAMMER
<https://engage.cloud.microsoft/main/groups/eyJfdHlwZSI6Ikd5b3VwIiwiaWQiOiIxODQ4NDc1NjQ4MCJ9/all>



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Riazor University Centre (CUR), A Coruña Campus



University Cultural Centre (CCU), Ferrol Campus

April 2024

Certificate stating that this document was approved by the Governing Council at its meeting on 07/11/2024 The General Secretariat

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