COIMBRA’S HEALTHY NIGHTLIFE

Eliminate Risk, Promote Protective Factors and City Resilience

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BACKGROUND / DESCRIPTION OF THE PROBLEM

Coimbra is certainly among the Portuguese university cities with more student oriented nightlife. Recreational nightlife plays an important role in students’ lives but it has an intrinsic association to a multitude of risk factors in multiple areas (E.g. violence, alcohol abuse and other substances use, traffic accidents).

Approaching nightlife from a public health perspective, the Center for Prevention and Treatment of Psychological Trauma (CPTTP), Department of Psychiatry – CHUC, and the European Institute of Studies on Prevention (IREFREA – Portugal), invests, since 2014, in partnership with other organizations of Coimbra (Health, Education, Security Forces, Municipality, Others sectors) in prevention strategies in Coimbra nightlife settings, a project currently extended to other cities in central Portugal.

This project aims to contribute: to identify and eliminate the risk factors associated with (potentially) traumatic situations (intentional and unintentional); to identify and enhance protective factors; to strengthen community resilience.

MODEL / STRATEGY ADOPTED

Which model to adopt? And about risk & protective factors?

What target groups to privilege?

1. Search for evidence: “diagnose” health and safety problems relating to the recreational context (E.g. IREFREA Research; Data from Emergency Department – CHUC and Security Forces);
2. Assess data that already exists and which should systematically be elaborated by institutions to ascertain the phenomenon;
3. Ascertaining preventive experiences in our city/region;
4. Creating indicators that enable comparison between contexts (IREFREA & CPTTP updating);
5. Analyzing the phenomenon in other Portuguese and European cities (E.g. IREFREA Research; Data from Emergency Department – CHUC and Security Forces (GMR));
6. Disseminate the results (e.g National and International Forums with the participation of people in this area of knowledge).

RESULTS

How to evaluate the impact of our initiatives?
How to finance their development and continuity?

More participation, interaction and cooperation between network members; more investment on prevention and harm reduction; more production and exchange of content; more accession of new “actors” and more interactivity and connectivity

Demonstrate this commitment to promoting healthy nightlife of the cities:
1. The signature in July 2016 by 44 institutions / organizations of the central region of Portugal, the Declaration “Healthy and Safer Nightlife in Cities of Central Portugal” (It is worth noting that 19 are municipalities)
2. The invitation of the Centre Regional Coordination and Development Committee (CCDR-C) to the Center for Prevention and Treatment of Psychological Trauma, Department of Psychiatry - CHUC, and the European Institute of Studies on Prevention (IREFREA - Portugal) for the submission of a project of prevention / intervention, multidisciplinary and multisectoral, networking (2016 -2019) having as “targets” 19 cities in the central region of Portugal

“HEALTHY AND SAFER NIGHTLIFE IN CITIES OF CENTRAL PORTUGAL”

DISCUSSION AND CONCLUSION

At this time, organizing prevention and care is supported by a multidisciplinary, multisectoral network, and is gradually contributing:
• to increase investment in prevention strategies;
• to provide citizens with more effective care; and
• a great involvement of the “city” to promote safety and well-being of their citizens, as demonstrated by the signing of the Declaration “Health and Safer Nightlife in Cities of Central Portugal”

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OTHER INFORMATION

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MORE INFORMATION ABOUT THE PROJECT at http://irefrea.org/