



# Public Health for children

Public  
Health  
for children



## INTRODUCTION

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Dear parents and dear children,

You are holding in your hands a book that will give you basic advice on how to be and stay healthy.

Health, of course, should not be an end in itself, but the mean to enjoy the joys of life. Only if we are healthy can we enjoy them. Consider that even a small fever deprives you of the game and increases the anxiety of the parents.

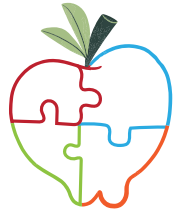
If we follow, without exaggeration, some basic rules of hygiene described in this book we will manage to be sick less days, and therefore we will enjoy more the game with our friends and the relaxation that we all need so much. We will have the same results if we follow the advice on accident prevention, since there will be less chances of happening an accident to us.

If we follow the nutritional advice we will have well-being and more strength and endurance for the game, but also a clear mind to finish our lessons efficiently and quickly.

The authors of the book have made an effort to select the most important rules for the prevention and maintenance of our health. The combination of text and illustration will help you to understand better these tips. If we adopt some basic rules of behavior in order to protect our health then we will have taken a big step towards securing our happiness.

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## INTRODUCTION

Dear parents and children,

On the occasion of the last period all together, young and old, we spent difficult days staying at home in order the transmission of the corona virus to be reduced. All together we found the need for knowledge of Public Health. Unfortunately, until today we had not paid the necessary attention to Public Health, all young and old. This pandemic has been a challenge for everyone. It has changed our daily lives in ways we could never have imagined. Children are observant. They pay attention to what's around them and are exemplified by the adults in their lives. In these cases, parents need to lead by example in the ways we deal with Public Health issues.

Parents, family members, and other trusted adults can play an important role in helping children understand what they see and hear about Public Health issues in a way that is honest, accurate, and minimizes anxiety or fear. The book includes five basic sections of Public Health and

strives in a child-friendly and cognitively easy way to familiarize them with Public Health terms, minimize their stress and reduce their anxiety. At the same time, the book will try to educate parents and children together and give a start to discussions within the family about the basic issues in Public Health.

The entire editorial team and I hope that you will enjoy the book and that it will be a valuable tool for our knowledge in Public Health.

**Apostolos Vantarakis,**  
**Professor of Hygiene, Department of Medicine,**  
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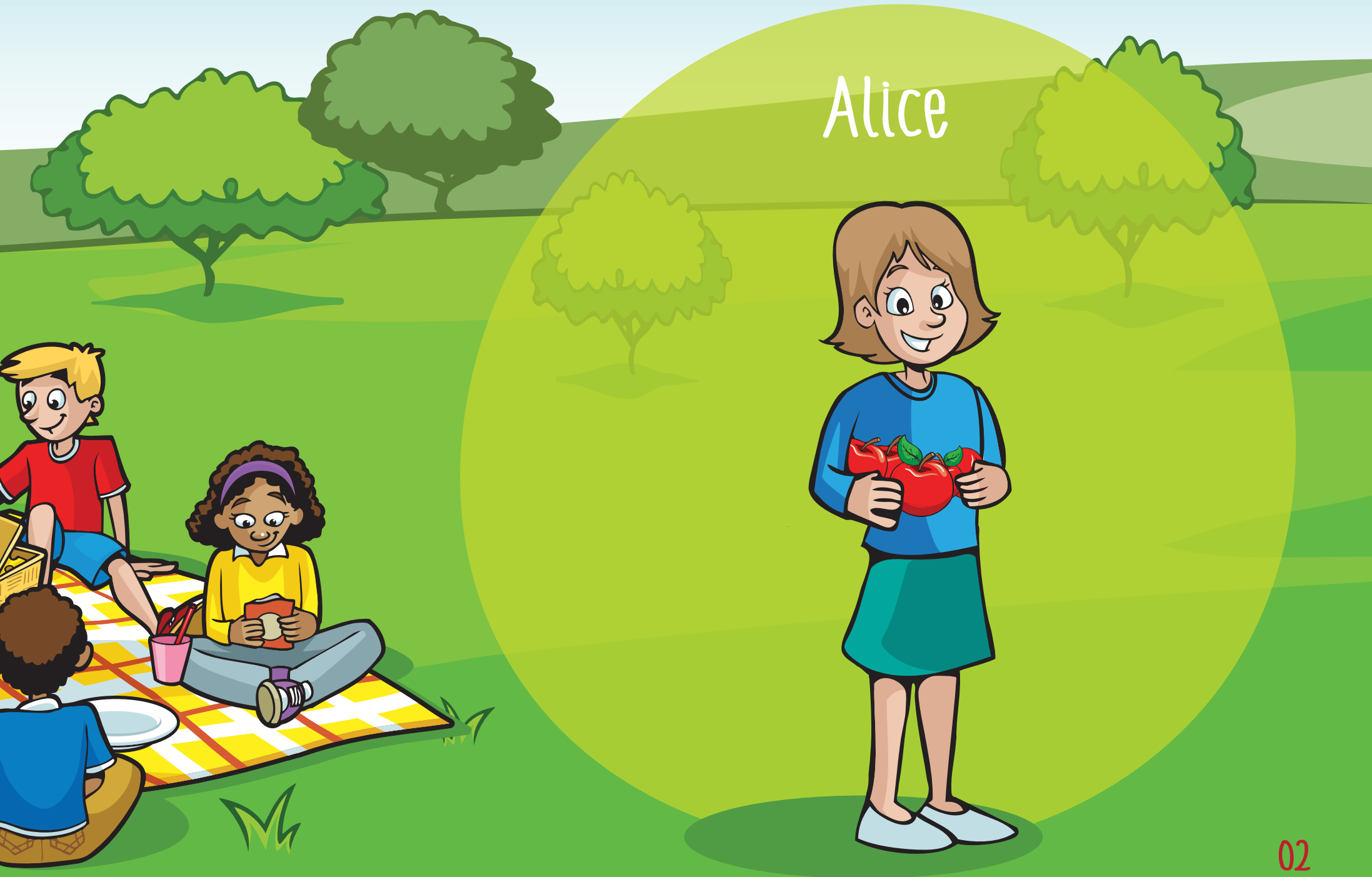


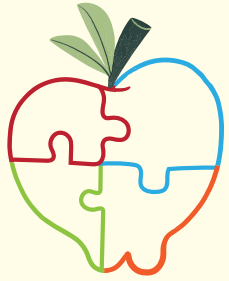
Socrates





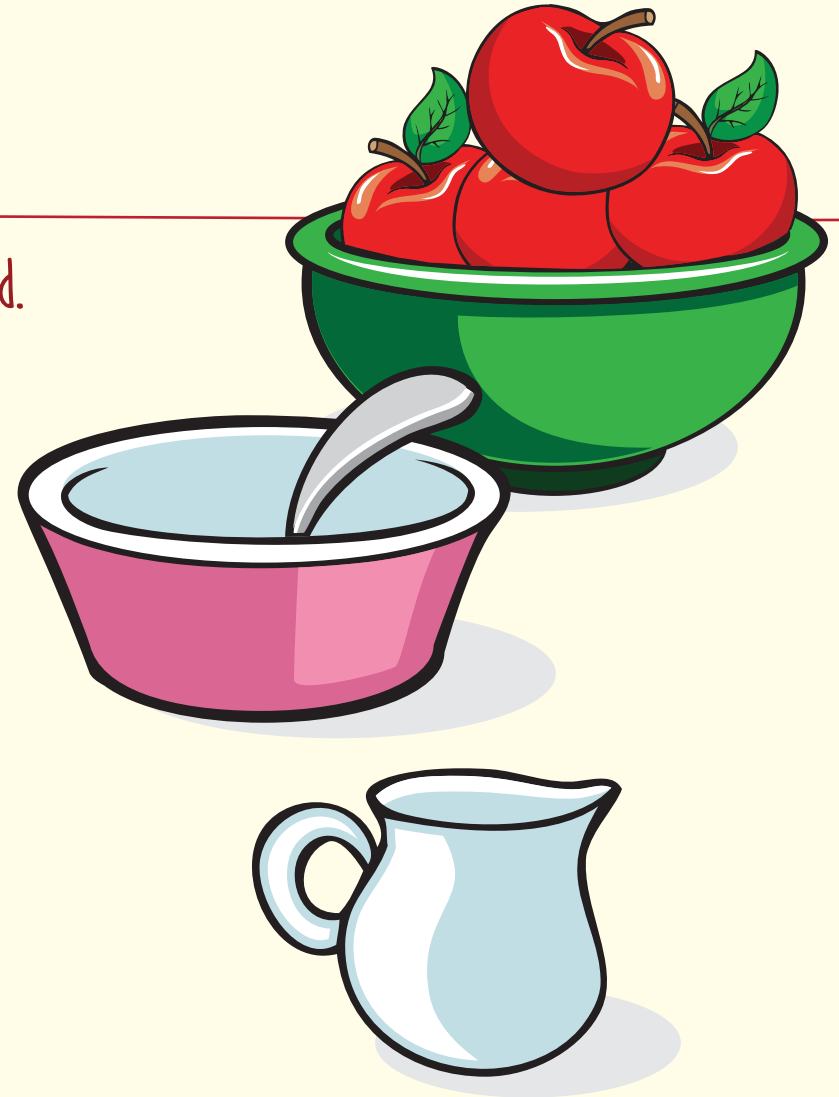
Alice





# HEALTHY DIET

Diet for children older than 2 years old.



I eat every day healthy breakfast!



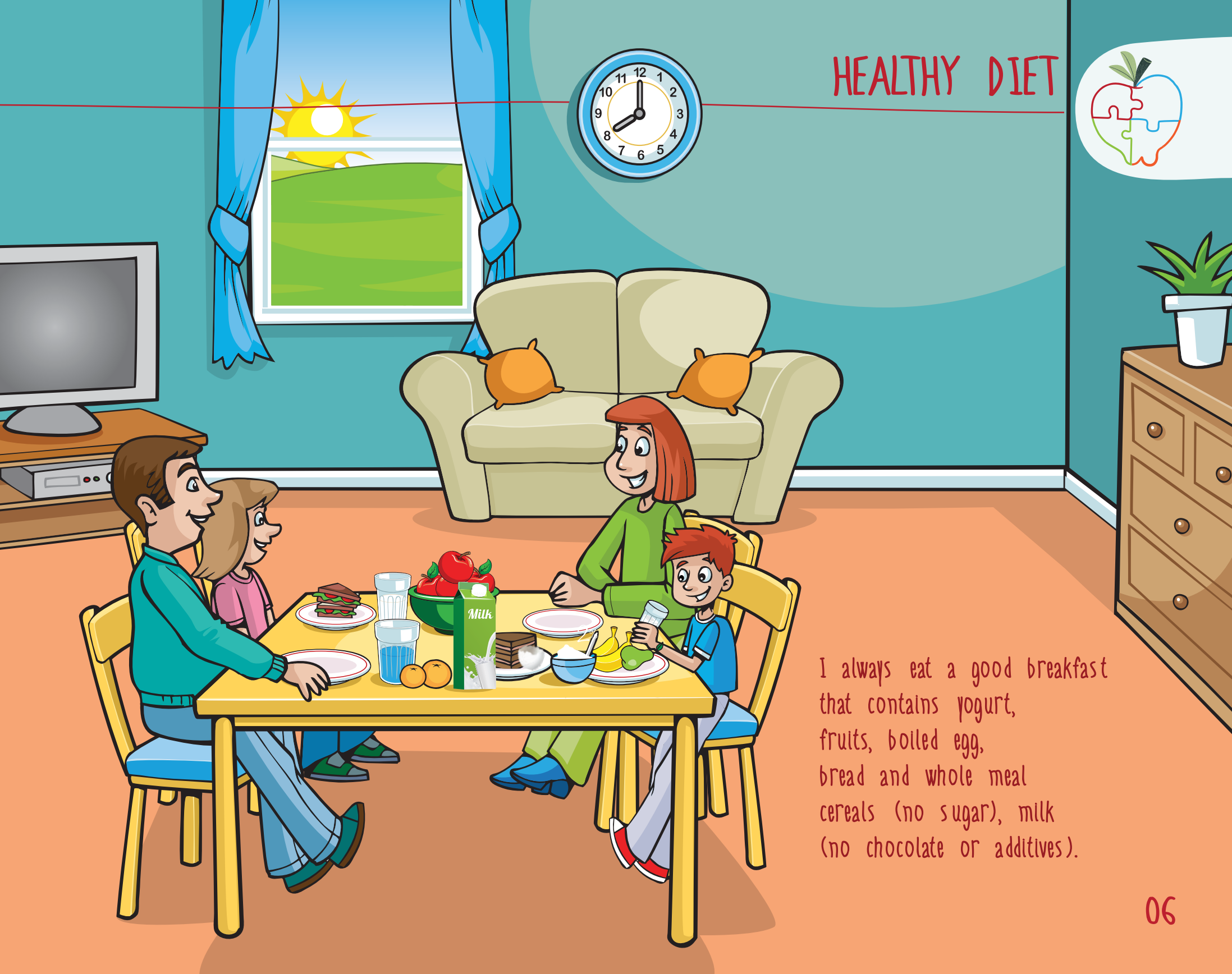


## HEALTHY DIET

I always wake up an hour earlier than I have to go to school so that I have time to eat breakfast and go to the bathroom.



# HEALTHY DIET

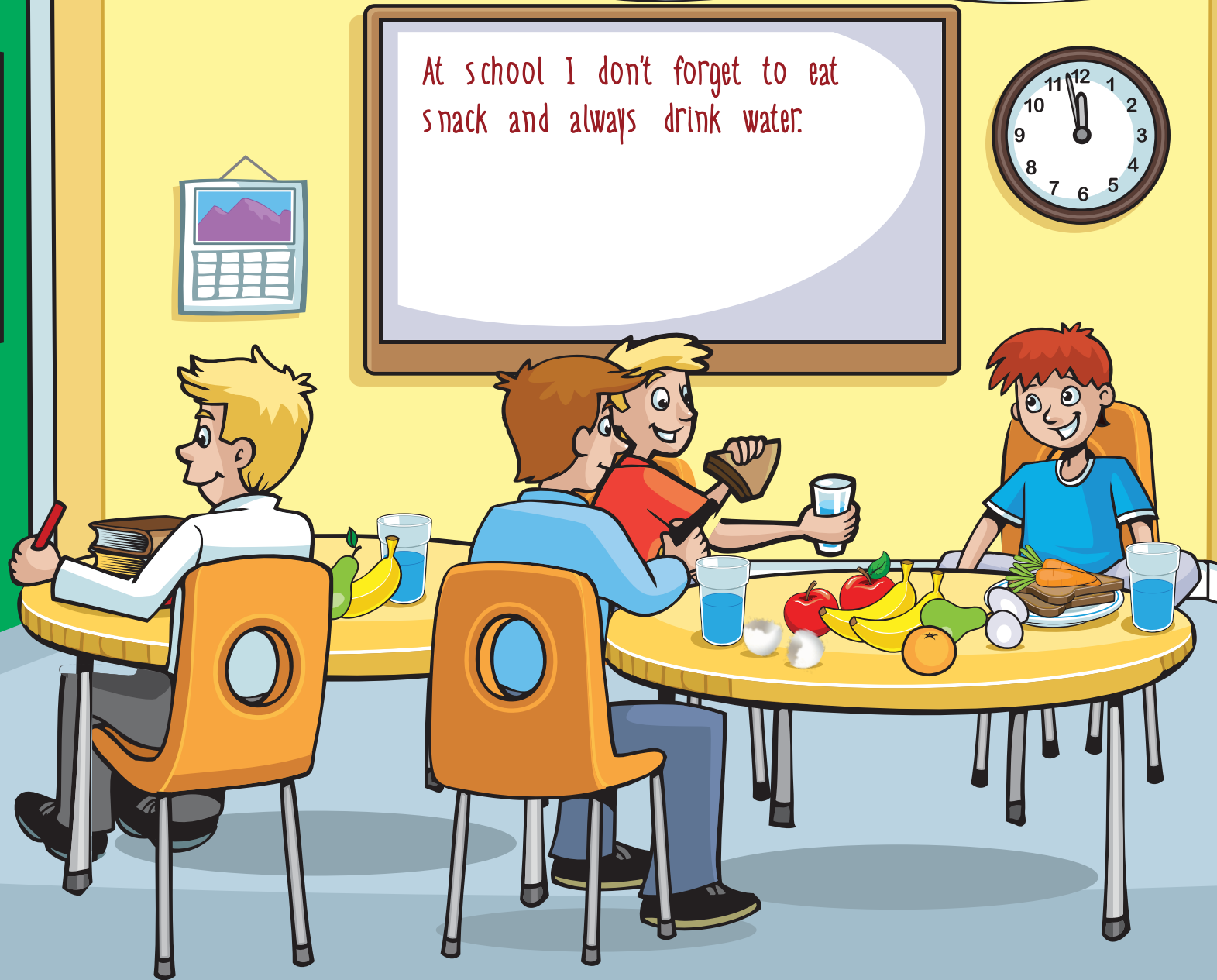


I always eat a good breakfast that contains yogurt, fruits, boiled egg, bread and whole meal cereals (no sugar), milk (no chocolate or additives).





# HEALTHY DIET

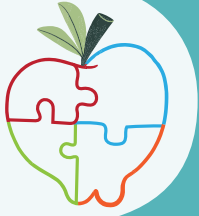


# HEALTHY DIET

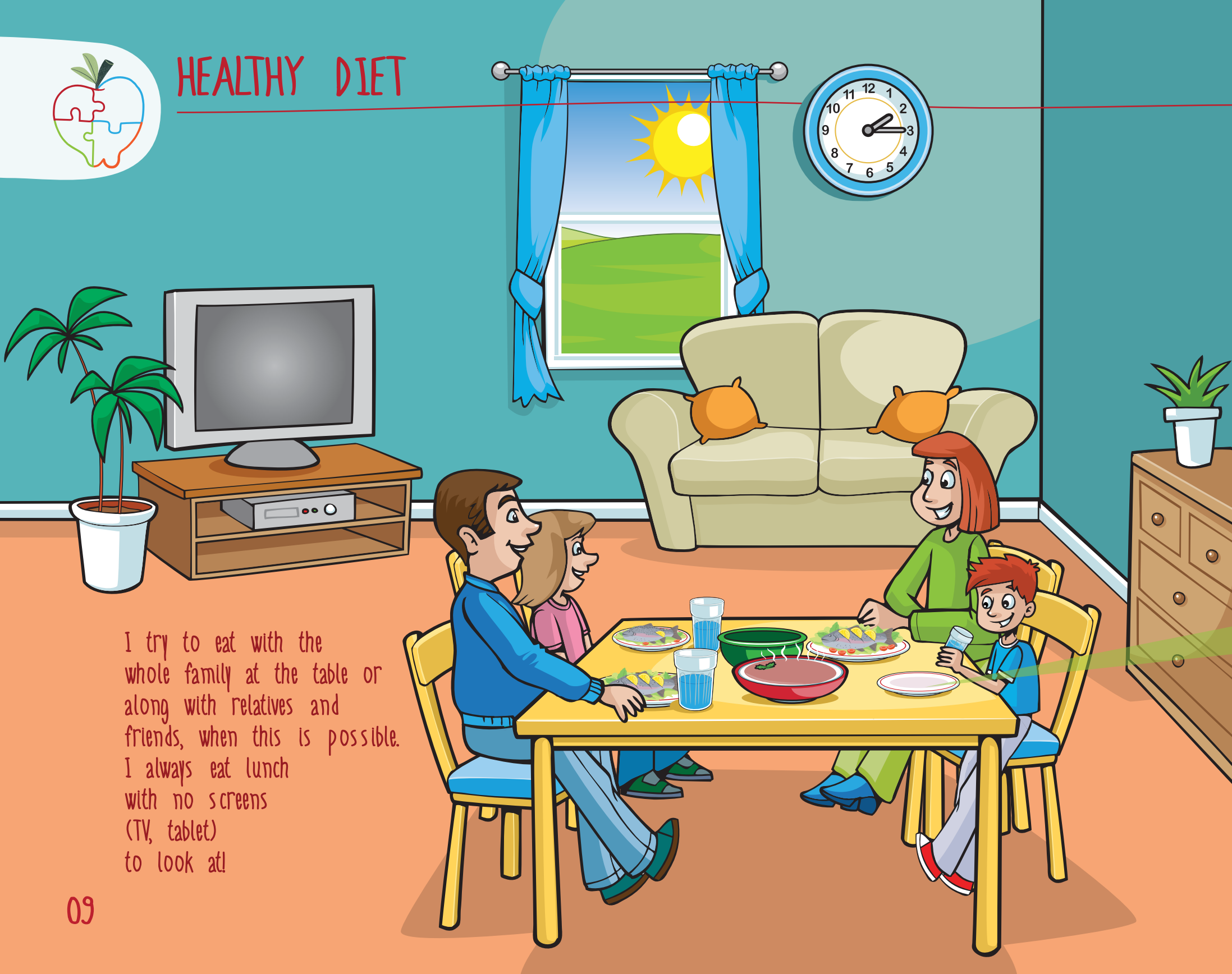


I don't drink soft drinks  
and I don't eat chips.





# HEALTHY DIET



I try to eat with the whole family at the table or along with relatives and friends, when this is possible. I always eat lunch with no screens (TV, tablet) to look at!



## MY PLATE FOR HEALTHY EATING

### WATER

I drink water or if I want something besides water, I drink natural juice without added sugar. I avoid sugary drinks.



### FRUIT

I eat fresh fruit.

### LIQUID FOOD

I use healthy oil like olive oil for cooking, in salads and at the table. I limit the butter. I avoid saturated fat.



### VEGETABLES

The more vegetables I eat the better. I don't eat fried food (or fries).

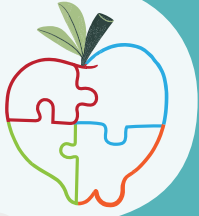
### PROTEINS

I choose fish, poultry, beans, nuts. I avoid red meat, bacon, charcuterie and other processed meats.

### CEREALS

I eat a variety of whole grain foods such as bread, pasta, brown rice. I limit refined grains such as white rice and white bread.





# HEALTHY DIET



After sports,  
I drink water  
and eat fruits.



# HEALTHY DIET

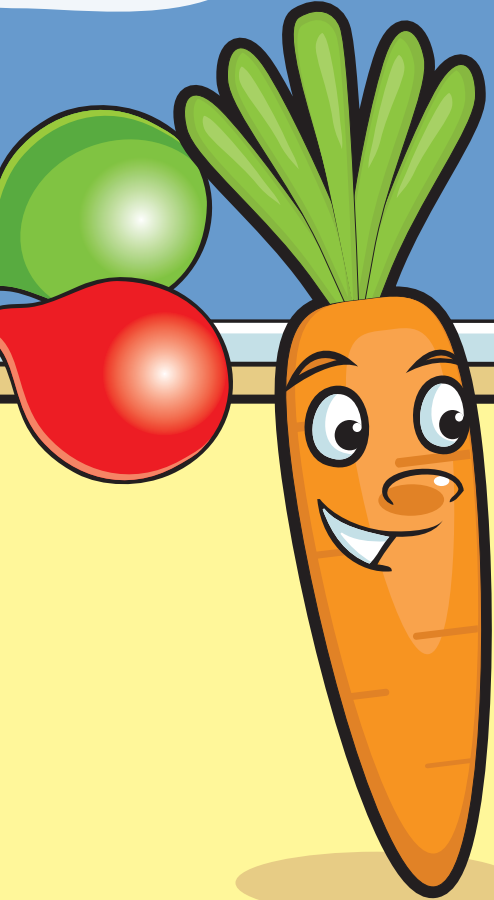


I eat early  
in the evening  
without  
looking at screens.

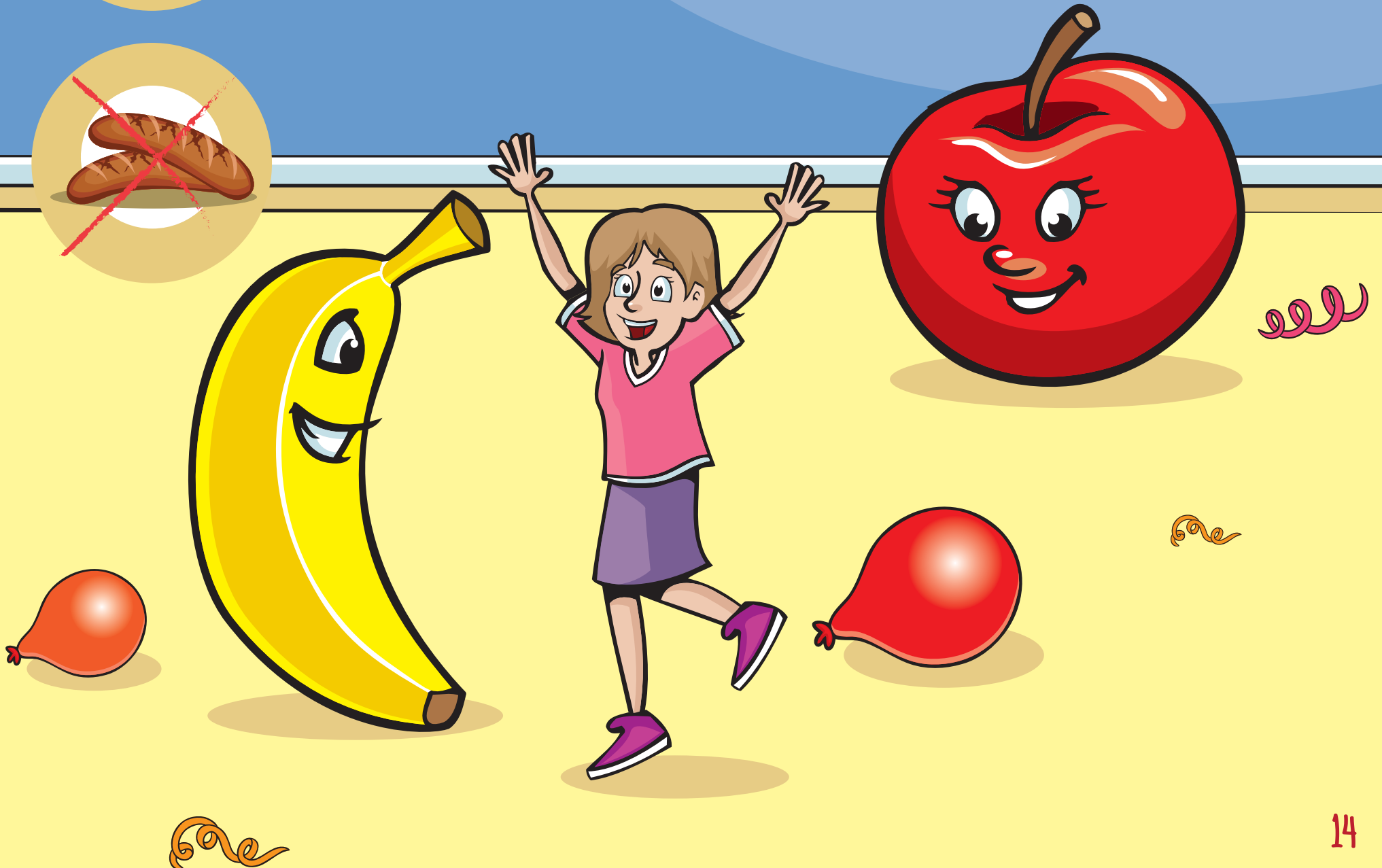
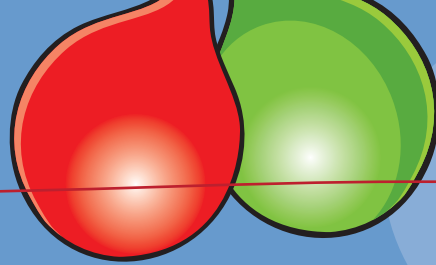




# HEALTHY DIET



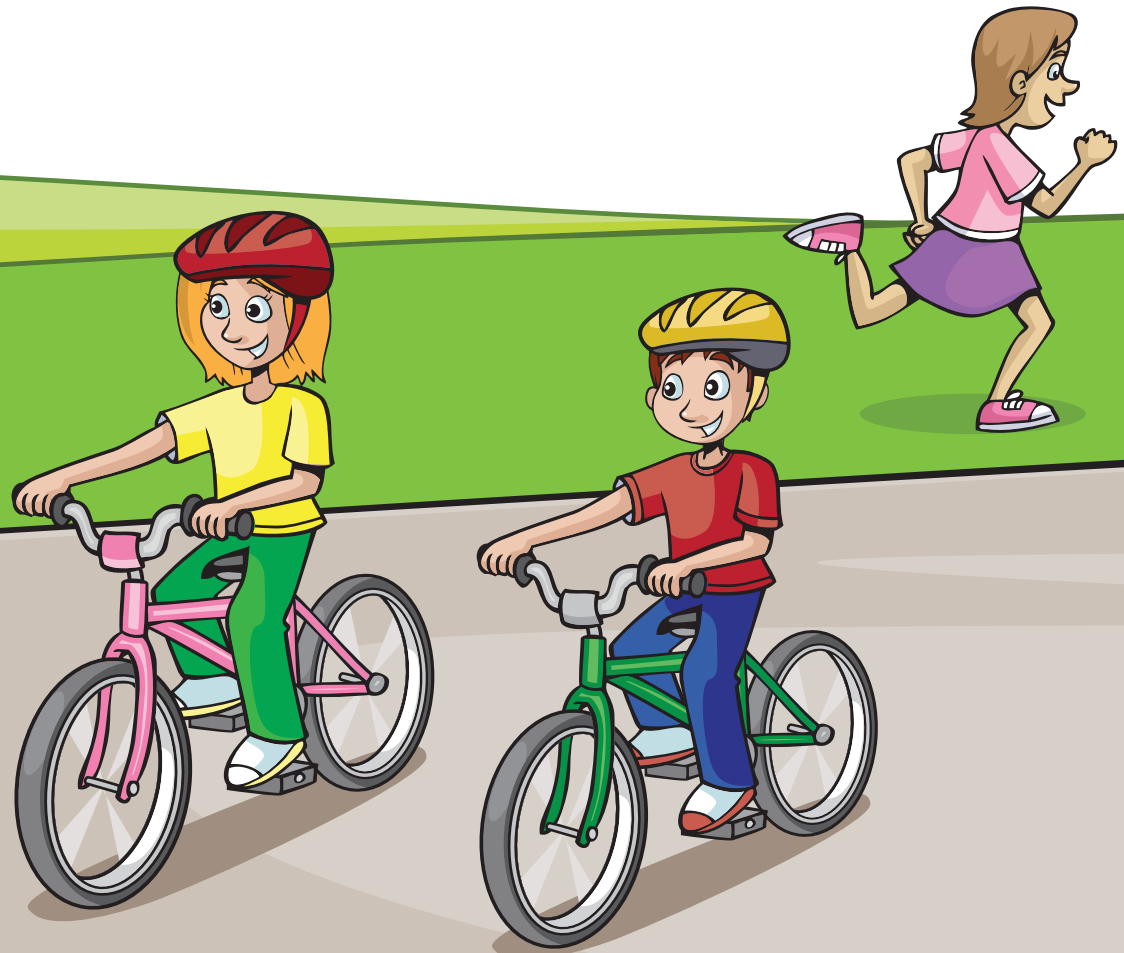
# HEALTHY DIET







# PHYSICAL ACTIVITY ACTIVE LIFESTYLE





I ride a bike,  
I play sports in nature  
with joy.



I am a happy child and  
have a good mood.

I exercise  
to:



I have a strong  
and powerful body.



So that I don't gain too much weight.



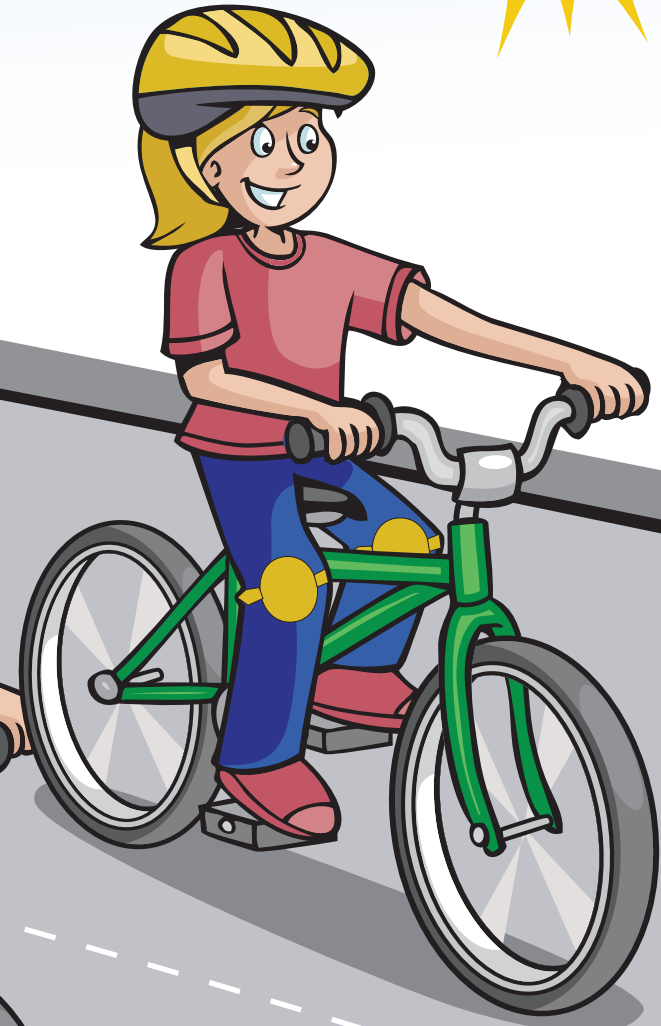
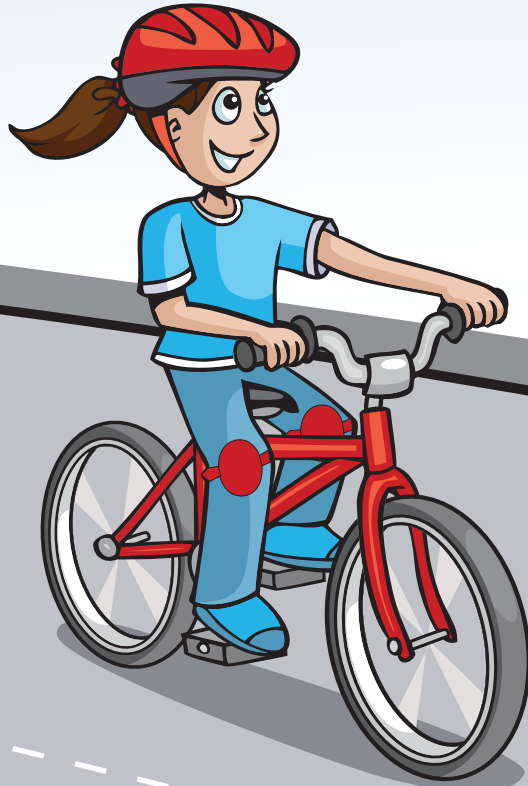
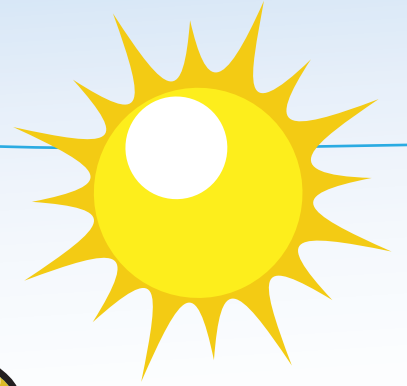
Activities that you can  
do every day to  
exercise...



I play in the square of my neighborhood  
or in the yard of my house.



PHYSICAL ACTIVITY  
ACTIVE LIFESTYLE



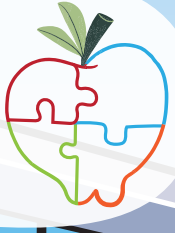
Ride a bike



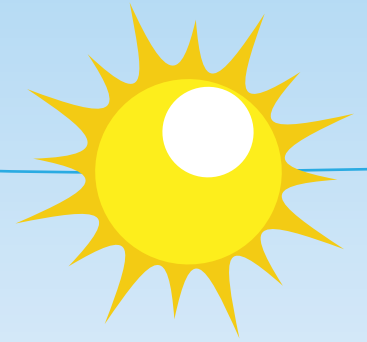
I play classic games like hide-and-seek,  
chase, rubber, apples (ball game).



I walk as much as I can.



PHYSICAL ACTIVITY  
ACTIVE LIFESTYLE



I play in my school  
yard during breaks.





I dance.

I swim.

I play team  
games with  
my friends  
(basketball,  
soccer,  
volleyball, etc.).





Some "different" activities  
you can do are:

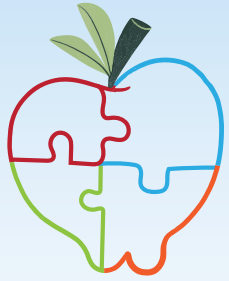




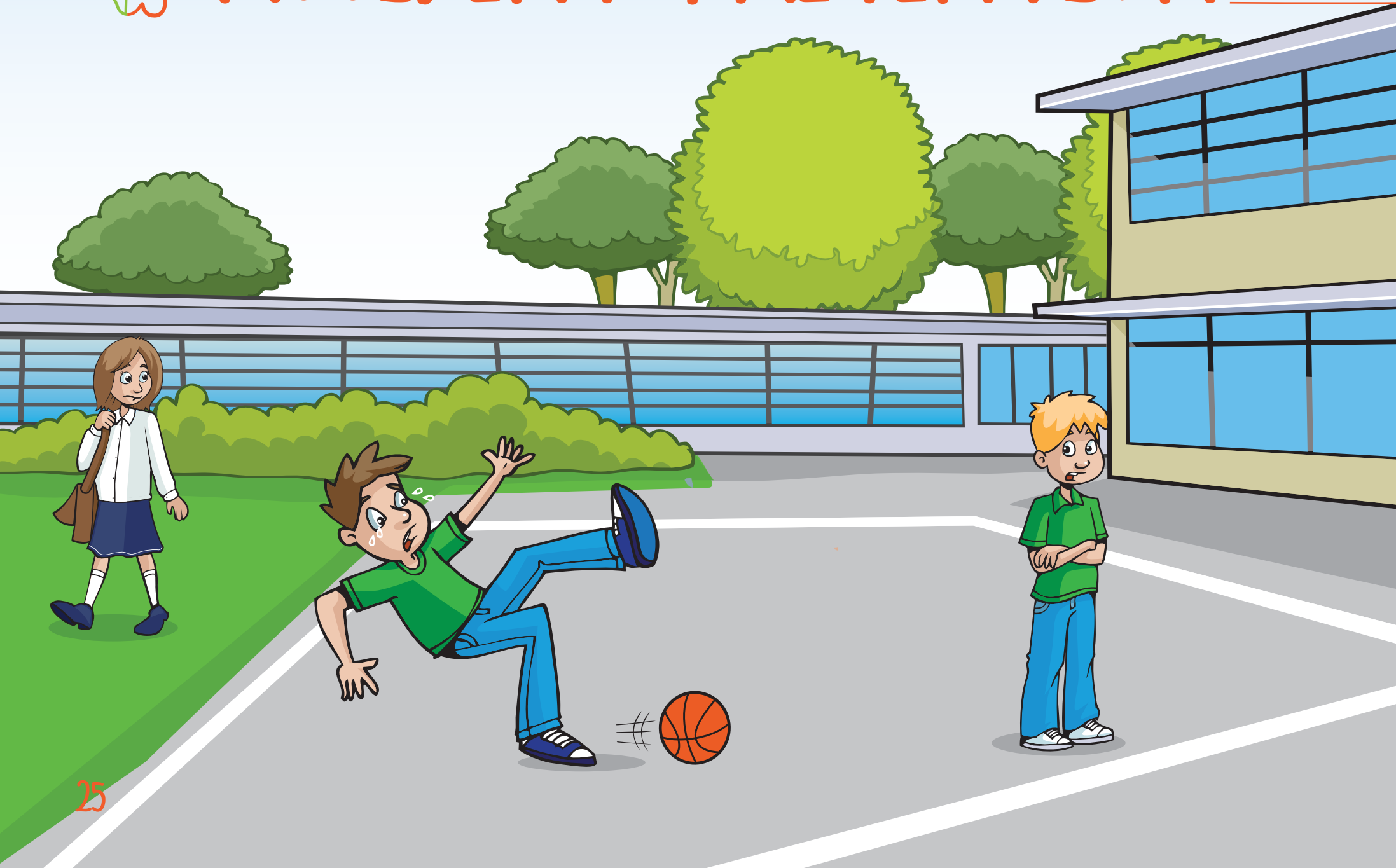
Dealing with the garden  
and its care.



Take your dog  
for a walk.



# ACCIDENT PREVENTION



Accident prevention doesn't mean "being afraid of \_\_\_\_\_ everything". It means "I think before I act to avoid an accident".





# ACCIDENT PREVENTION

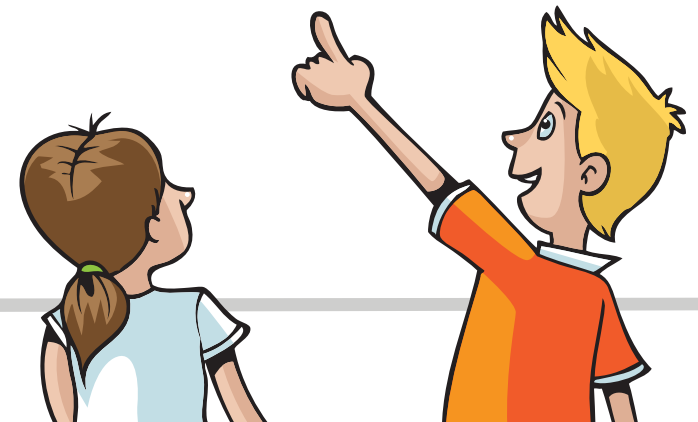
## INTRODUCTION FOR PARENTS

The term accident is defined as any discontinuous (instantaneous) event that causes physical or mental damage and indicates that it is an event that is due to a lack of luck and is unforeseeable by the sufferer. When it comes to child accidents, teachers and parents witness accidents at school or at home that could be prevented.

Children are characterized by immaturity and inexperience. The curiosity and exploratory tendencies do not usually go hand in hand with the maturity required to evaluate risks and develop the skills to avoid them. Children are unable to control their impulses and predict or understand the consequences of their actions. Usually, they estimate the size of objects as well as persons based only on their height and cannot separate the real from the imaginary since the ability to differentiate and multidimensionally perceive the stimuli they receive from the environment is not fully developed.

At these ages the ground is fertile even the role of the parent and the teacher is decisive as they are role models that guide and inspire.

By teaching children how to recognize the dangers around them, we not only protect them from accidents, but also create a prevention mindset that will protect them throughout their lives.

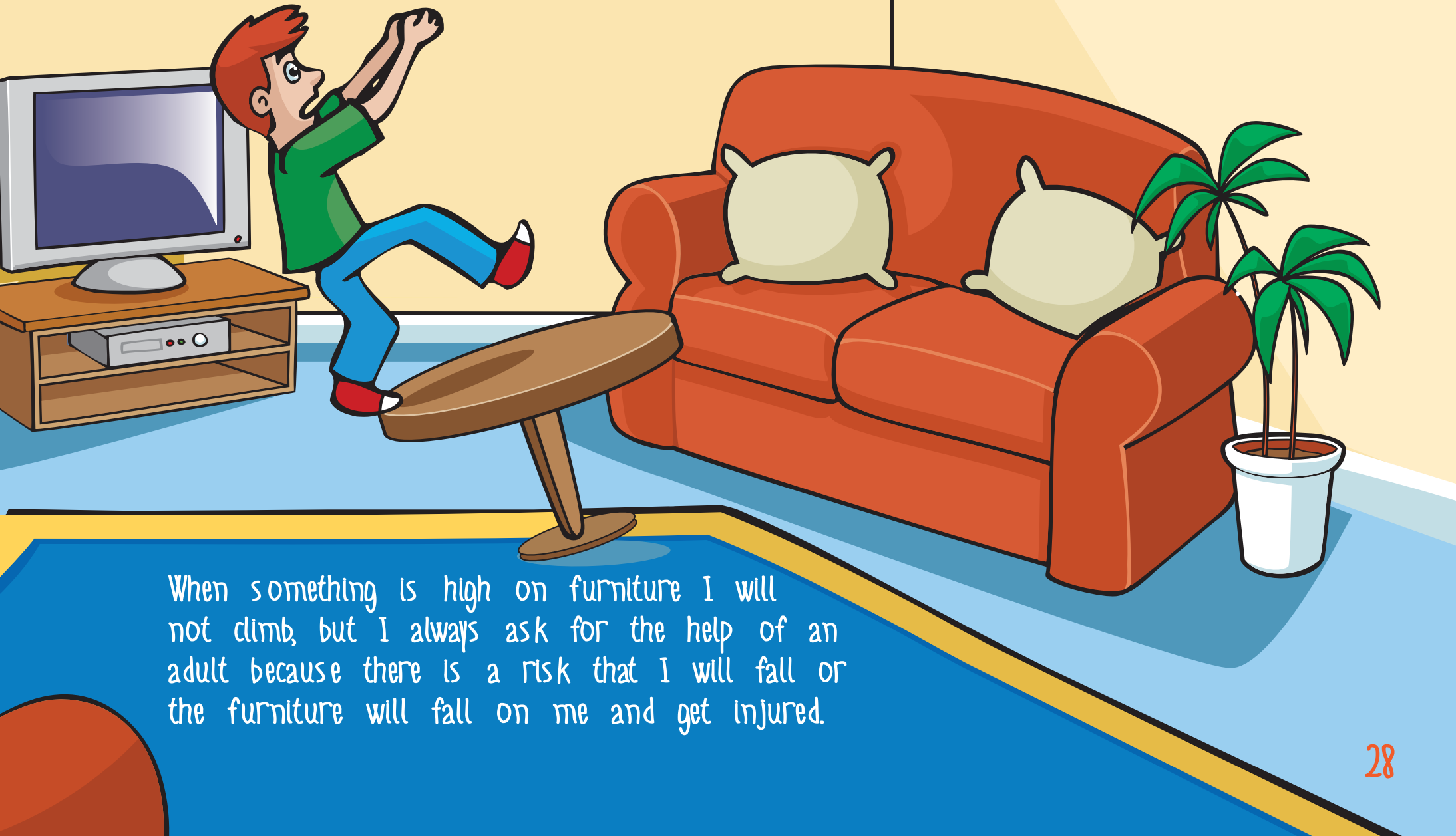


# ACCIDENT PREVENTION

## Home Accidents



I spend most of my time at home,  
so I take care as much as I  
can and always do the right thing!



When something is high on furniture I will  
not climb, but I always ask for the help of an  
adult because there is a risk that I will fall or  
the furniture will fall on me and get injured.





# ACCIDENT PREVENTION

## Home Accidents



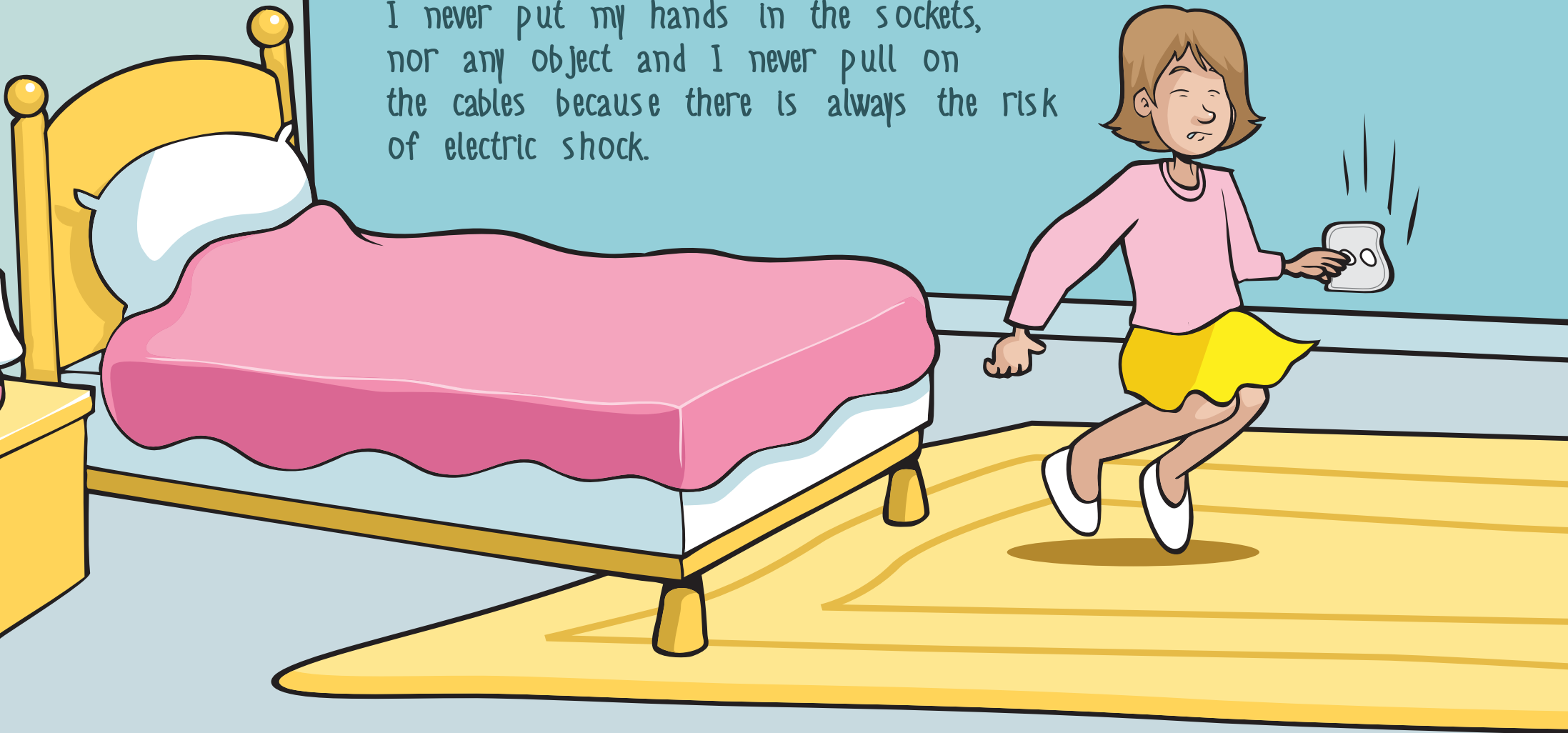
I don't jump on furniture, I don't hang from balconies, I don't lean out of the window, I climb the stairs carefully because there is a risk of falling.

# ACCIDENT PREVENTION

## Home Accidents



I never put my hands in the sockets,  
nor any object and I never pull on  
the cables because there is always the risk  
of electric shock.







# ACCIDENT PREVENTION

## Home Accidents

I never tamper with kitchen utensils, nor do I  
pull them out to see what's inside.  
I don't touch electrical appliances,  
I don't put things on heaters,  
I don't go near matches or lighters  
I don't catch lit lamps or kitchen stoves,  
I don't play with fire in the fireplace, because  
there is always the risk of getting burned.



# ACCIDENT PREVENTION

## Home Accidents

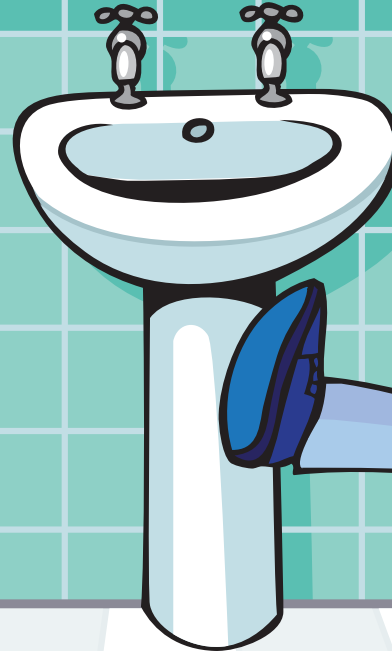
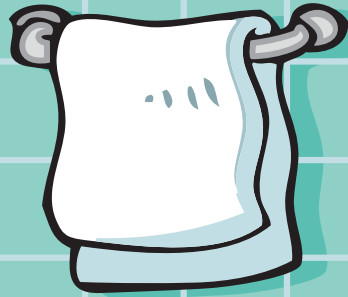


I don't touch knives or kitchen tools,  
I pay attention to the corners of the  
furniture in the house, I don't put my  
hands on the edges of the doors, I  
don't run to the windows, because there  
is always the risk of getting injured.



# ACCIDENT PREVENTION

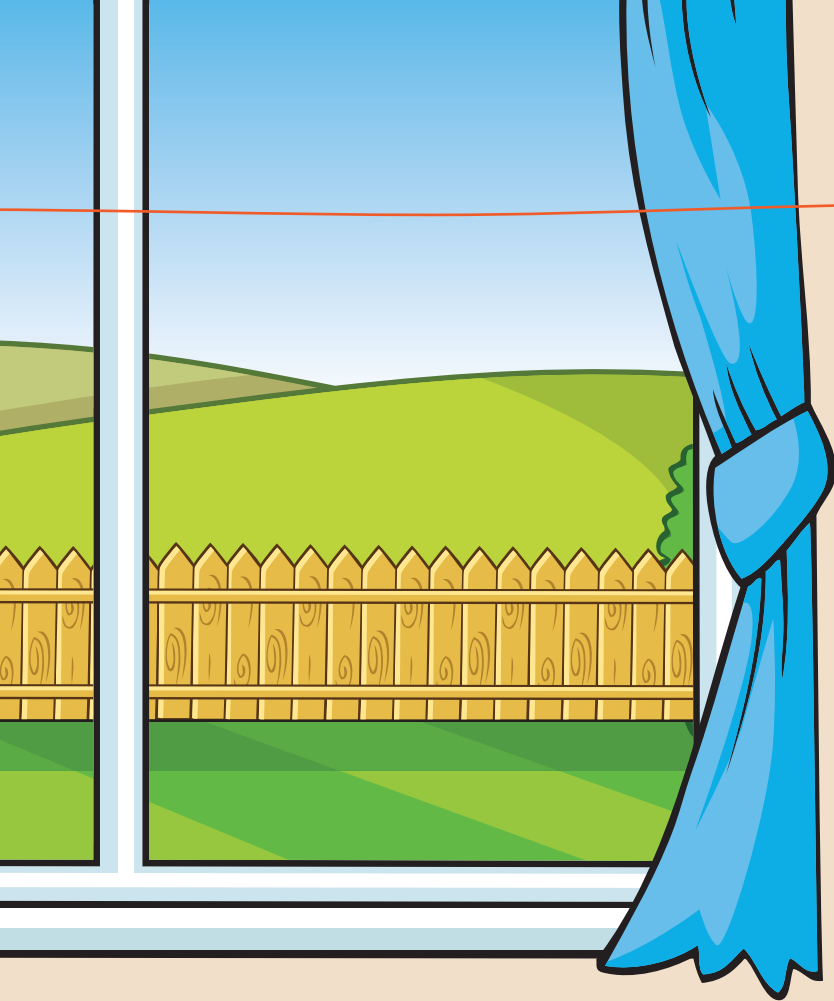
## Home Accidents



I dry my feet very well, when I get out of the bath or shower, and I am very careful if there is water or soap on the floor, so I don't slip and hit.

# ACCIDENT PREVENTION

## Home Accidents



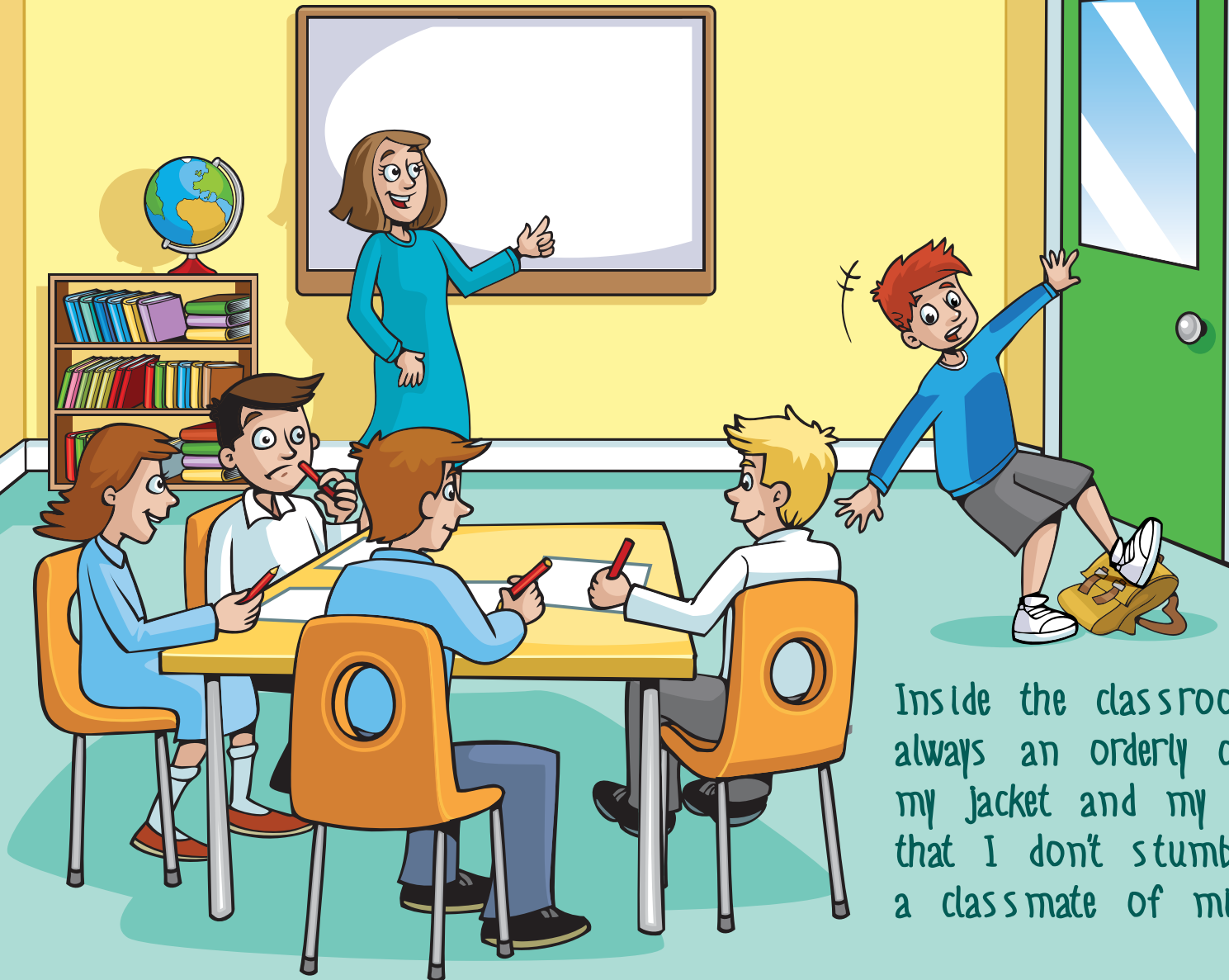
I don't play with bottles of unknown liquids,  
I never drink anything unless asked,  
I never put pencils, markers,  
plasticine or glue in my mouth,  
because there is a risk to my health.





# ACCIDENT PREVENTION

## School Accidents



Inside the classroom, I am always an orderly child. I put on my jacket and my bag at a point that I don't stumble or a classmate of mine.

# ACCIDENT PREVENTION

## School Accidents

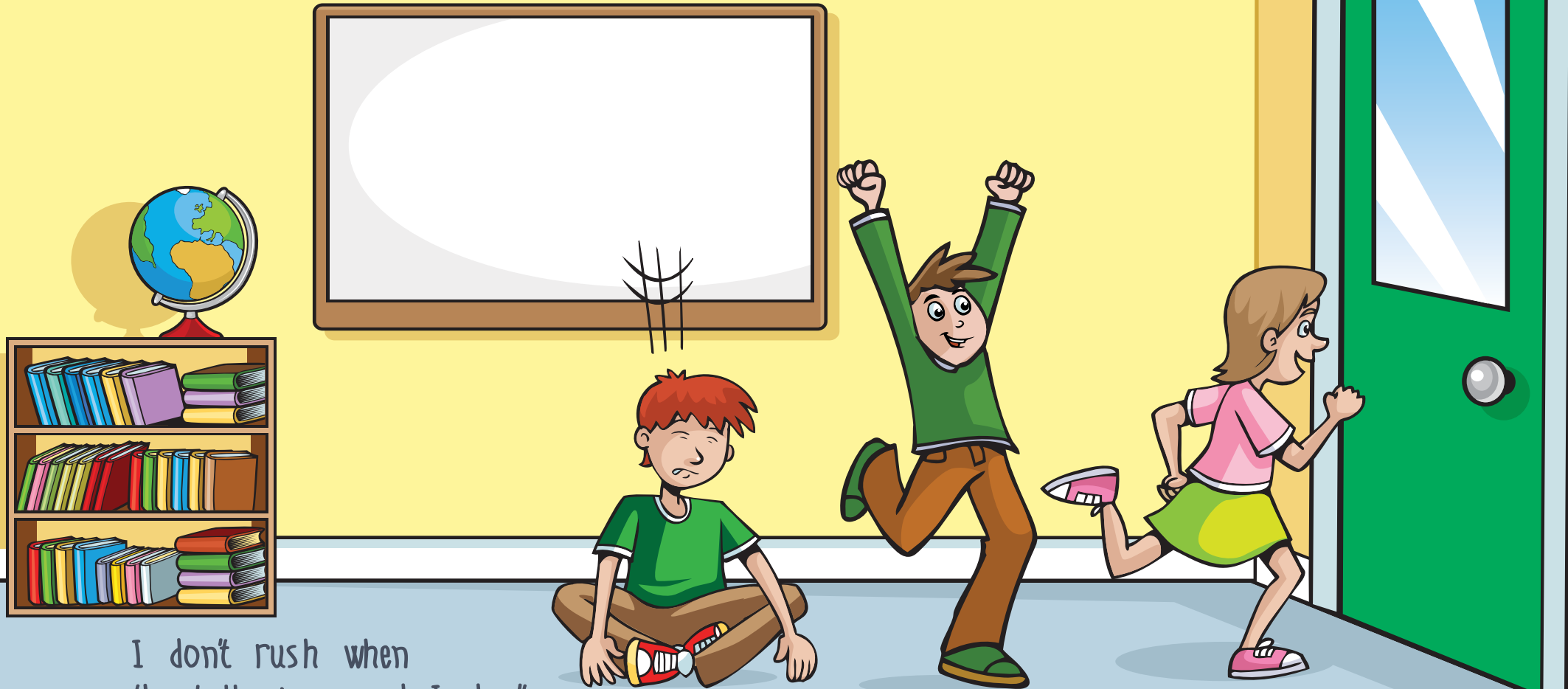


When I want to give pencil or eraser to a classmate of mine, I won't throw it away but I'll hand it to him and so neither he nor I shall injure.



# ACCIDENT PREVENTION

## School Accidents



I don't rush when  
the bell rings and I don't  
push my classmates  
because someone can  
be injured.



# ACCIDENT PREVENTION

## School Accidents



I must not tilt my  
chair backwards  
because it can break or  
fall and injure.





# ACCIDENT PREVENTION

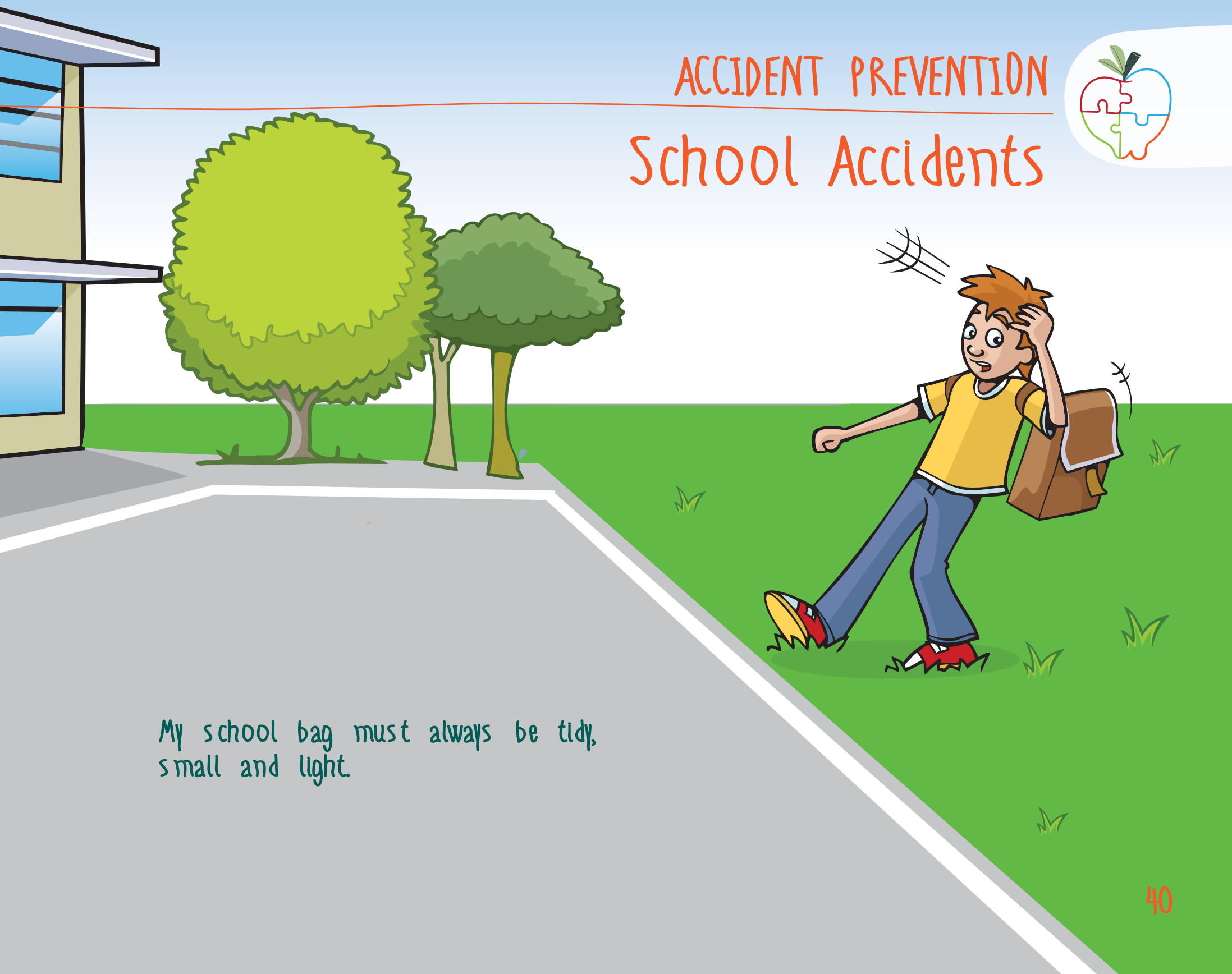
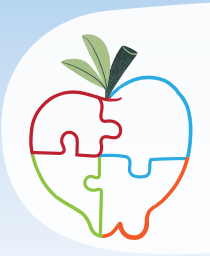
## School Accidents

At break, I play carefully,  
and when I run, I wear sports  
shoes and no boots,  
ballet flats and ankle boots  
because I might  
slip and get hurt.



# ACCIDENT PREVENTION

## School Accidents



My school bag must always be tidy,  
small and light.



# ACCIDENT PREVENTION

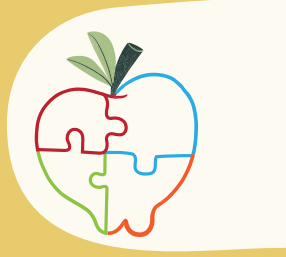
## School Accidents



I always respect my classmates and avoid pranks and games that might hurt someone so we will be loved.

# ACCIDENT PREVENTION

## School Accidents



I go to school to learn, I am always  
careful to live safely!

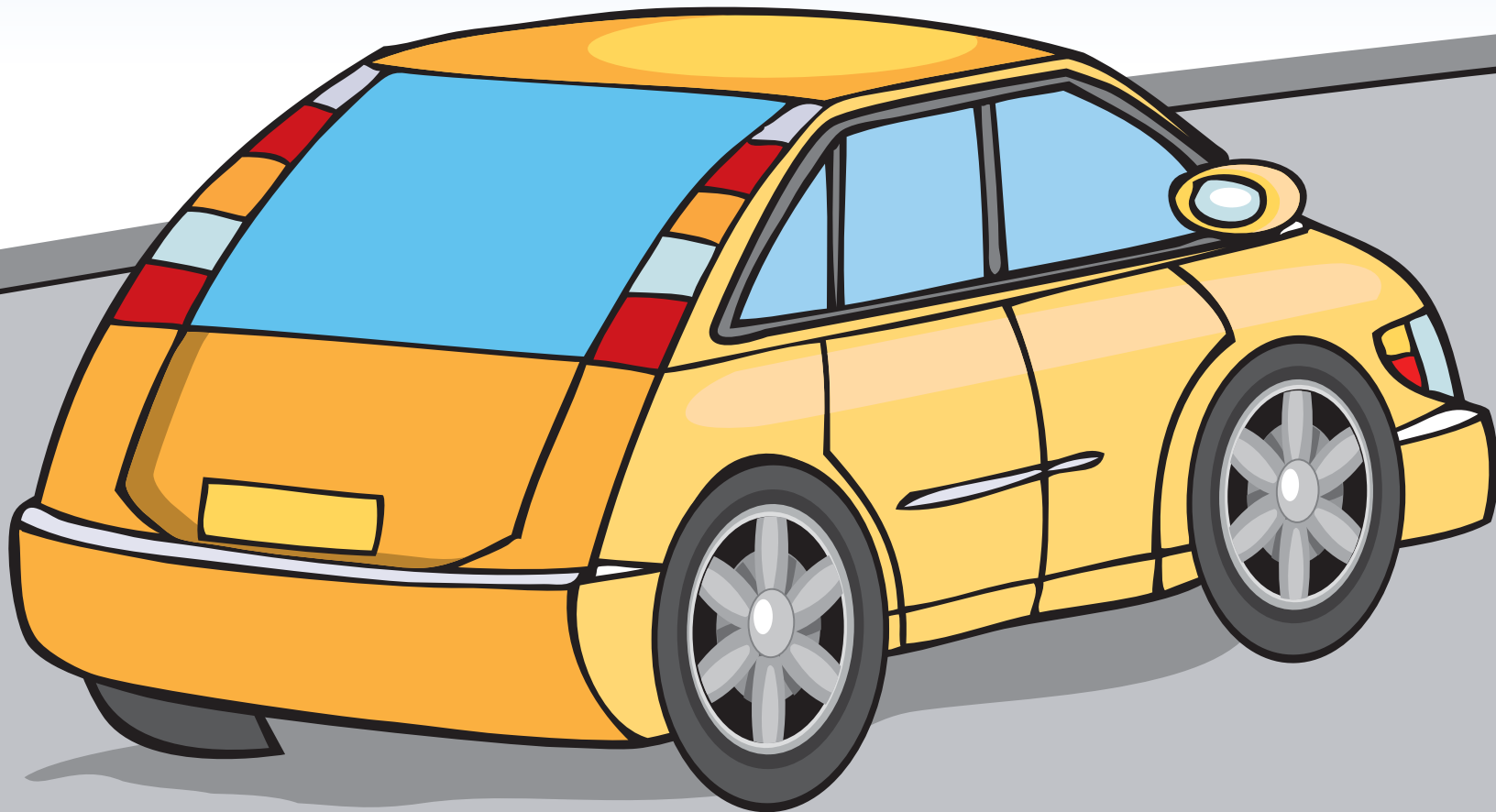


## ACCIDENT PREVENTION

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### Road Accidents

On the road, I follow all the rules  
to reach my destination safely!

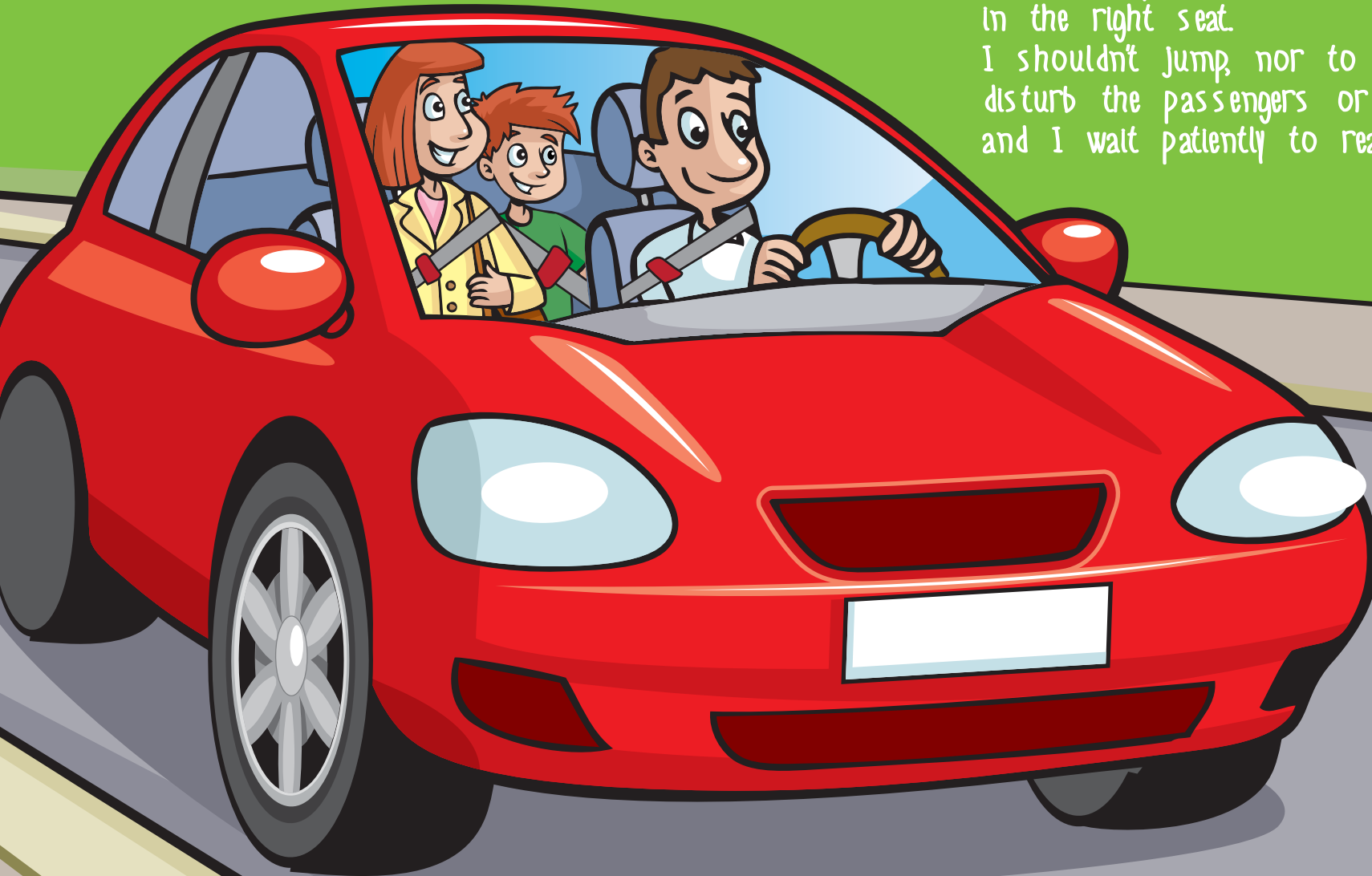


# ACCIDENT PREVENTION



## Road Accidents

When I'm in the car I know that  
I always use the belt in the back seat  
and I always have to sit  
in the right seat.  
I shouldn't jump, nor to  
disturb the passengers or the driver  
and I wait patiently to reach the destination.

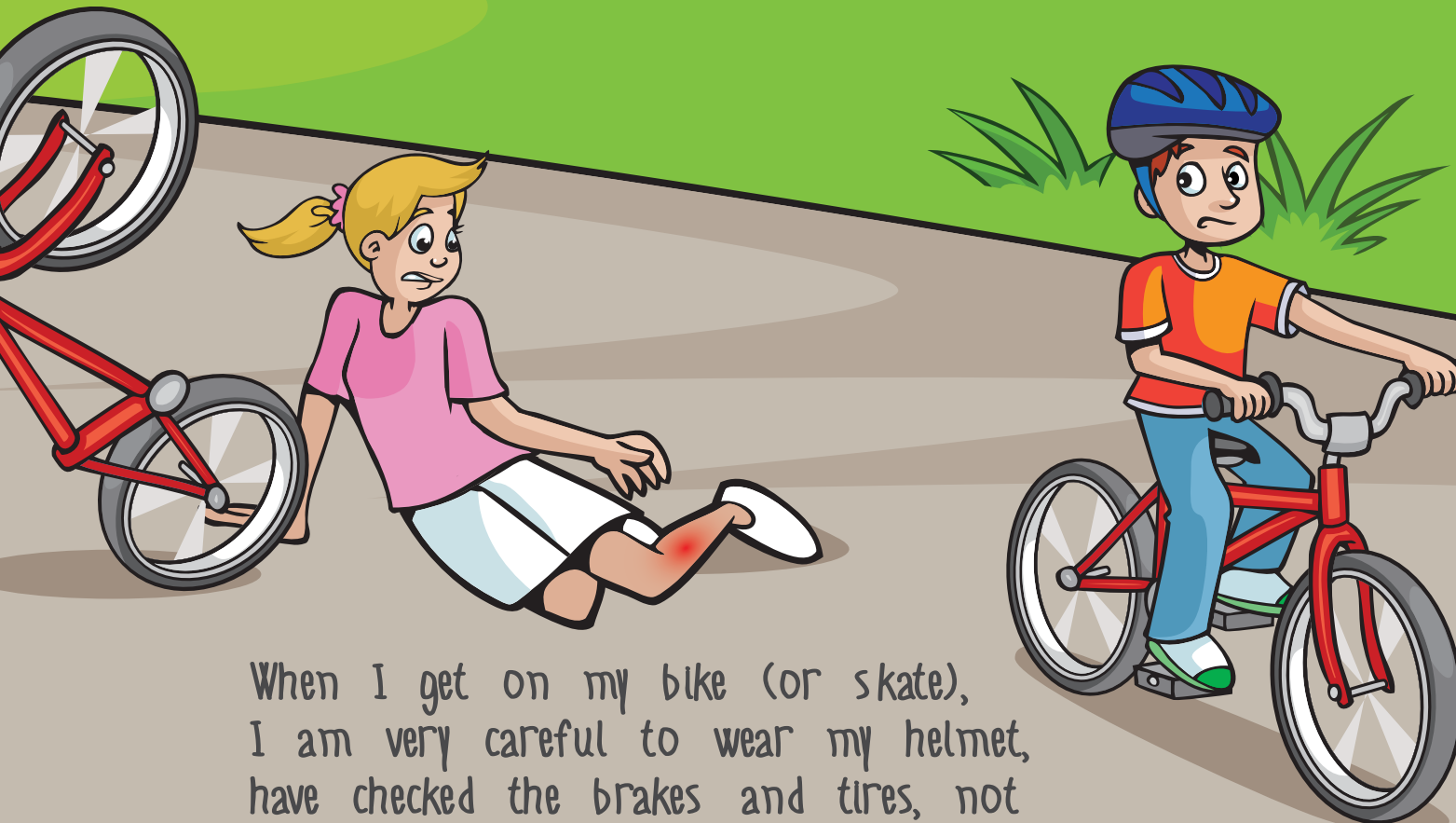






# ACCIDENT PREVENTION

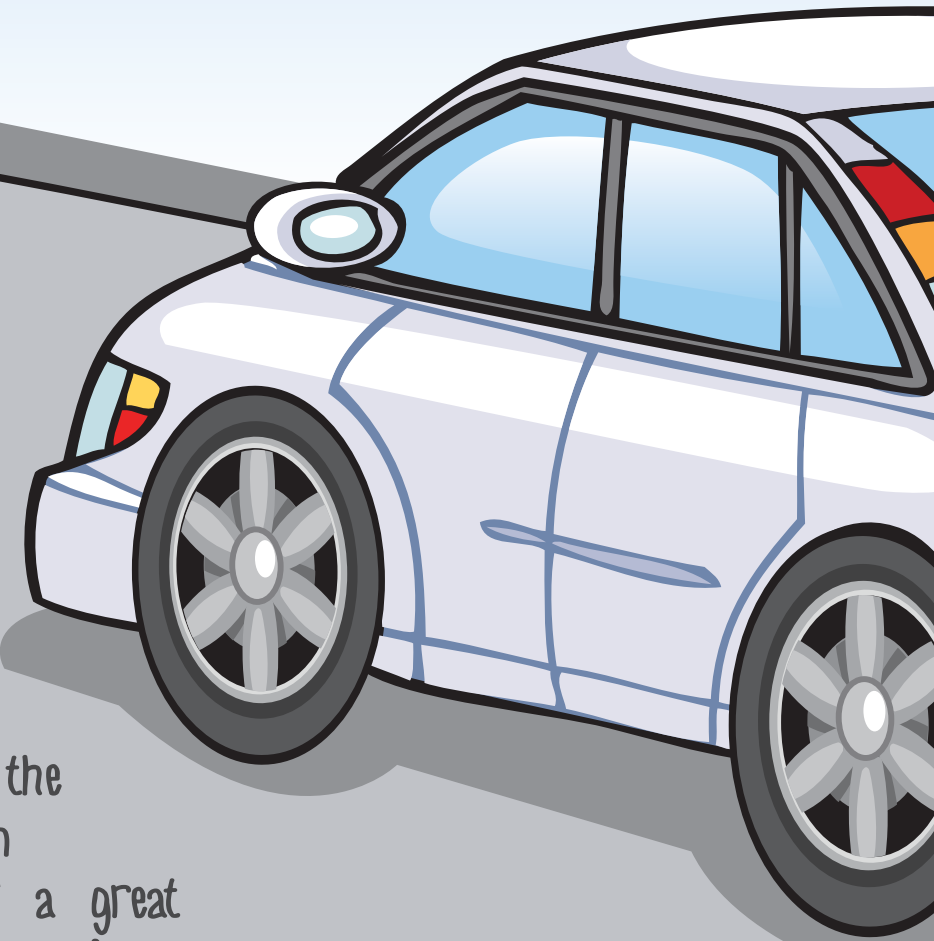
## Road Accidents



When I get on my bike (or skate),  
I am very careful to wear my helmet,  
have checked the brakes and tires, not  
to run, to be careful where I pass  
and the signals and the traffic lights  
to look at.

# ACCIDENT PREVENTION

## Road Accidents

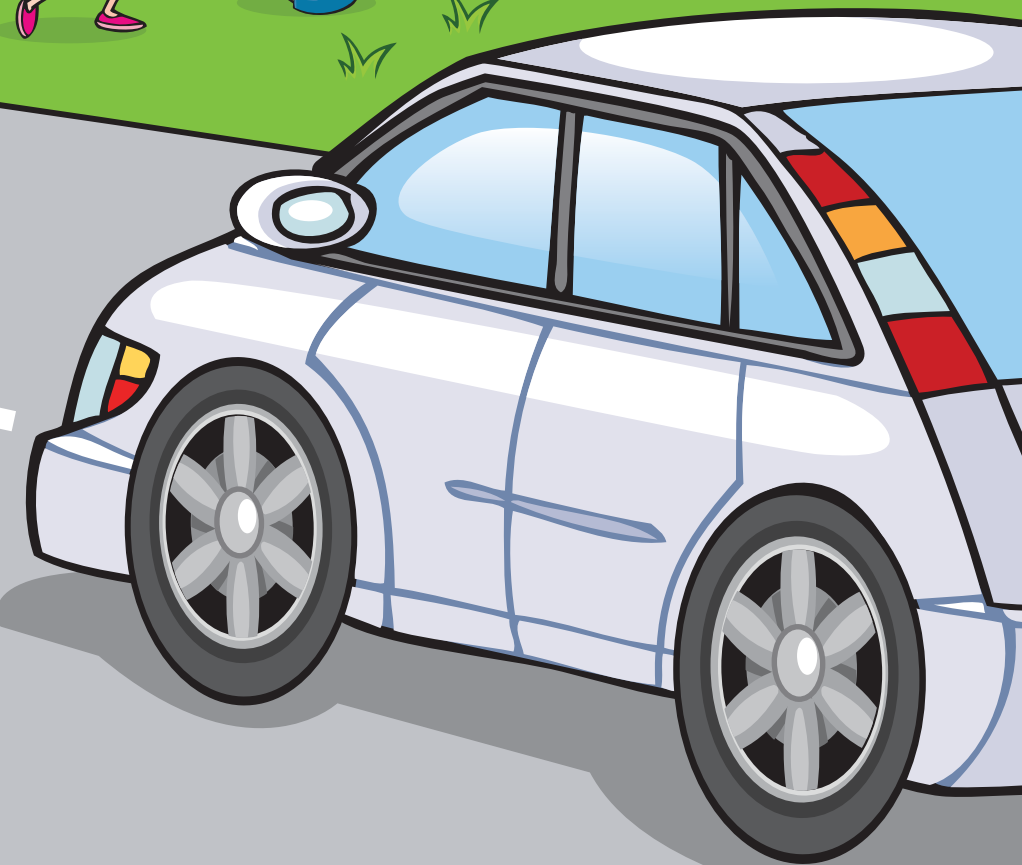


I walk on the sidewalk,  
left and right I look  
around and pass across the  
street only at a pedestrian  
crossing and the hand of a great  
man I hold, to always be safe.



# ACCIDENT PREVENTION

## Road Accidents



When I play in the yard or near the road, I don't run if I don't check the road I never push my friends because there is a risk of falling and hurt.

# ACCIDENT PREVENTION

## Water Accidents



In the sea and in the pool I like to swim  
and enjoy the water safely.



When I swim in the sea, I have to wear  
arm floats if I don't know how to swim.  
Not rely only on this, but always  
look to my parents.



# ACCIDENT PREVENTION

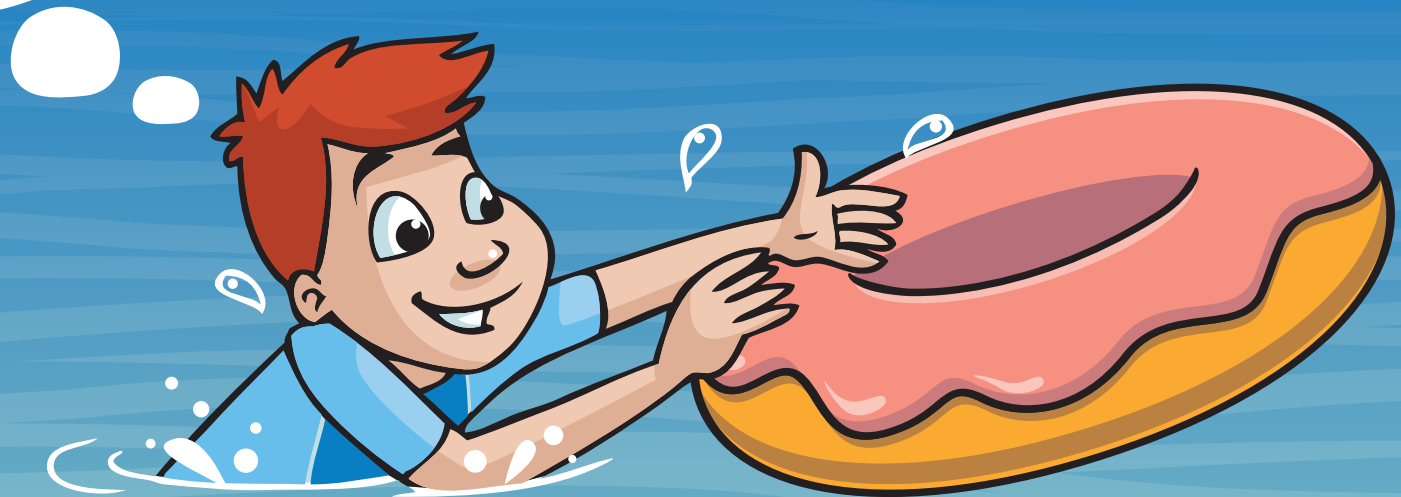
## Water Accidents



When I want to do sports in the sea  
I'm careful where I climb. The life preserver I will always use the right  
one and I will always have an adult by my side.

# ACCIDENT PREVENTION

## Water Accidents



Before I swim in the water I should always think that if I have eaten food before, I should rest for 3 hours to digest it and thus safely swim.





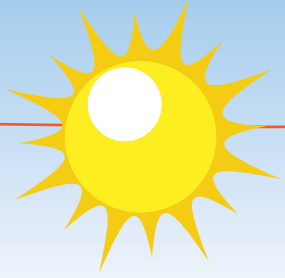
# ACCIDENT PREVENTION

## Water Accidents

I'm always careful where I dive  
and check the depth of the water  
or if there are various obstacles  
so I don't get hurt.

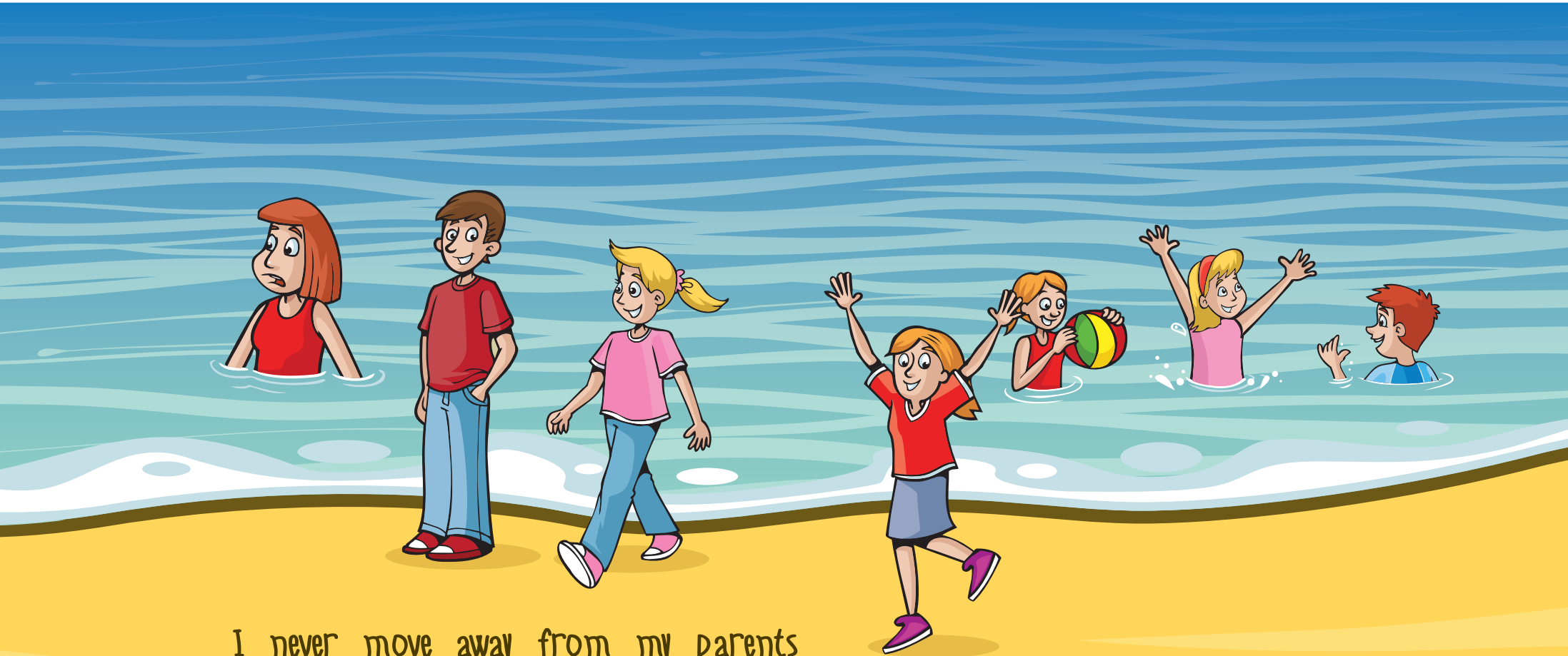






# ACCIDENT PREVENTION

## Water Accidents



I never move away from my parents  
or swim in unknown places.



# ACCIDENT PREVENTION

## Water Accidents

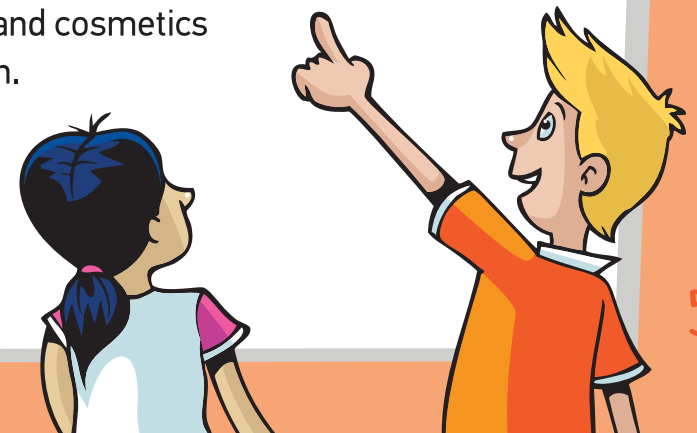
In the pool before entering,  
I don't run because it can very  
easily slip and get hurt.





## Useful tips for parents: At home

- My parents should have taken care to place the items I will need somewhere I can reach them and have fixed all the small furniture very well.
- My parents should have taken care to install safety sockets or covers to the existing ones, to avoid electric shock.
- My parents should have taken care to use the back screens in the kitchen, keep the handles of cooking utensils from sticking out, turn off the electrical appliances and place them away from me until they cool down, use screens in the fireplace and place in a safe place all flammable materials, to avoid burns.
- My parents should have taken care to put screens on the balcony and windows.
- My parents should have taken care to put knives, scissors, razors, needles or anything else sharp out of my reach, to put protectors on dangerous furniture corners, to put special stops on doors, to mark the windows when they are closed, to avoid injuries.
- My parents should have taken care to put a non-slip mat in the bathroom, to adjust the water temperature and remove all electrical appliances from the bathroom.
- My parents should have taken care that all medicines, detergents and cosmetics are placed in a safe place always with stickers with the danger sign.





# ACCIDENT PREVENTION

## Useful tips for parents: At school

- The school bag should only take up 10% of the children's weight, to prevent strain on the spine.
- My parents should have taken care I got proper shoes to school - for sunny days sports and for rainy days boots.





## Useful tips for parents: On the road

- My parents should have taken care to teach me to move around properly and recognize road signs.
- My parents should know that in the car I should sit in the appropriate seat until the age of 12.





# ACCIDENT PREVENTION



I am a smart child because I know how to follow the rules, to think and when I don't know an adult to ask, at home, at school, on the street, in the water, so that I can always live safely until I grow up and teach others what is right!!!

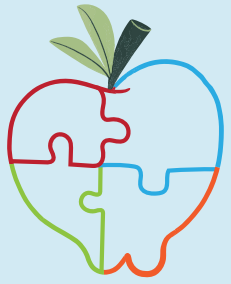


## Useful tips for parents: In the water

- My parents should have properly taught me to swim and my safety should not rely on inflatable items such as arm floats and coils.
- My parents should know that for me to be able to swim at least 3 hours must have passed since the last meal so that the digestion process has been completed.
- In the pool my parents should have checked that it is properly fenced or has a safety cover. Make sure the water depth is appropriate for my age and height and always supervise me even if I know how to swim very well.
- Security does not mean overprotection. Children should not be afraid of 'water' but enjoy it safely.







# PERSONAL HYGIENE

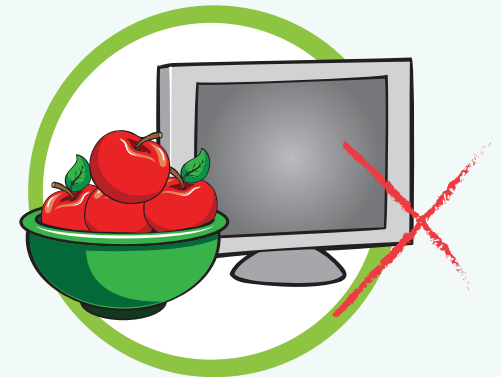


# Public Health:

## How do children perceive it?

Children learn through their experiences and by imitating their parents. In order to adopt a healthy lifestyle, in addition to the application of rules and guidelines in personal hygiene, nutrition, active lifestyle, physical activity, the healthy lifestyle of parents is also important.

Thus, children can name only a few rules such as:  
"We eat at the table" or "no TV during meals".



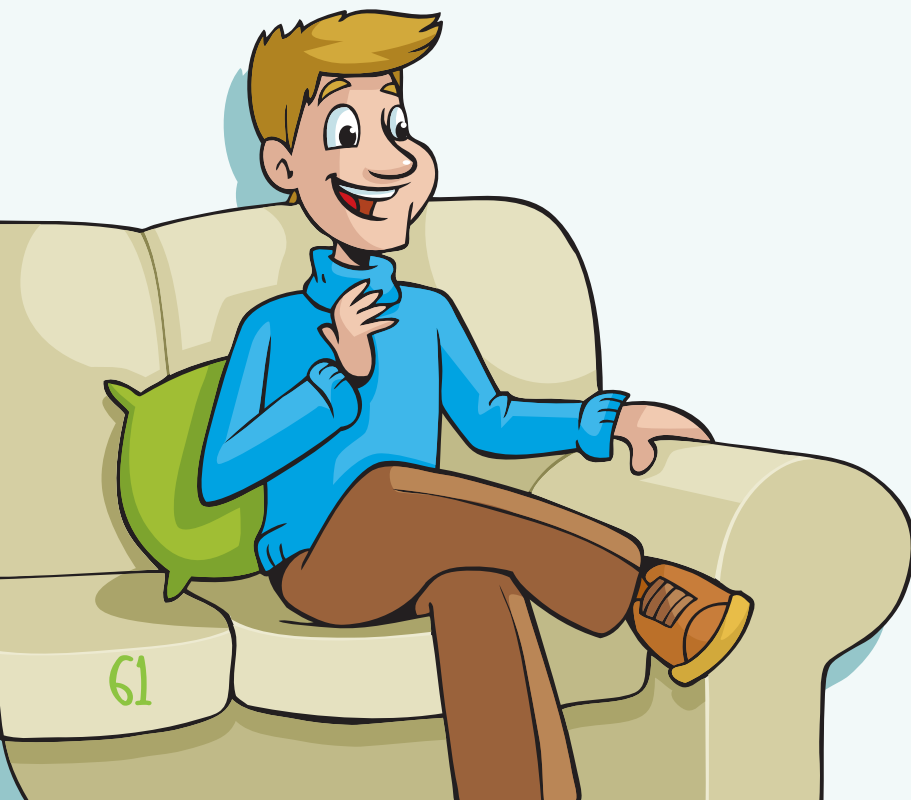


# PERSONAL HYGIENE

How can children learn what is healthy?

Parents influence children's habits on three levels:

- Acting as role models.
- By establishing rules and faithfully monitoring their implementation.
- By providing adequate opportunities for healthy and varied meals, as well as for physical activity.





The issue of diet regulation is particularly important.

Food should neither be used as a reward nor as a punishment.



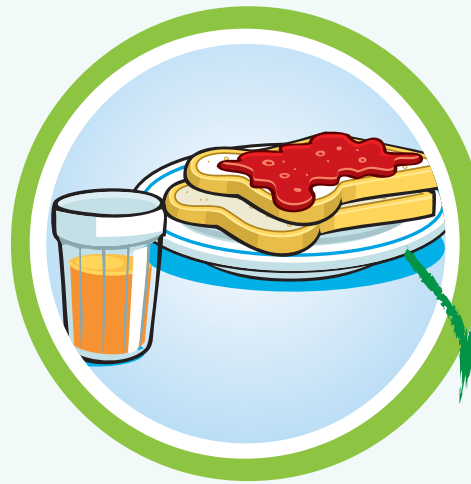
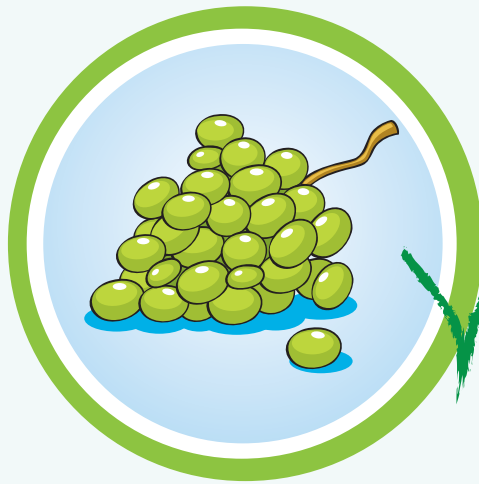
Portion sizes and meal frequency can be adjusted with some flexibility. However, effective guidance is essential through providing healthy food choices and enforcing table rules. Parents take on a leadership role and increase their credibility as role models.

In this book we have developed suggestions, tips and alternatives to help parents in their efforts to create a healthier environment for their children.



# PERSONAL HYGIENE

The state must support healthy eating.  
It should support health policies that support healthy eating.



Parents want to limit the advertising of foods that contain large amounts of sugar and fat.

Everyone understands the role of health policies from the state in matters of healthy eating.

# PERSONAL HYGIENE

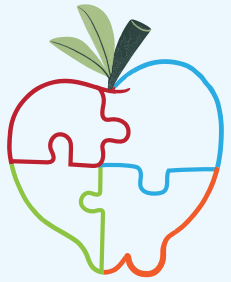


Socrates keeps wondering why mom tells him to wash his hands, take a bath, brush his teeth to be healthy.



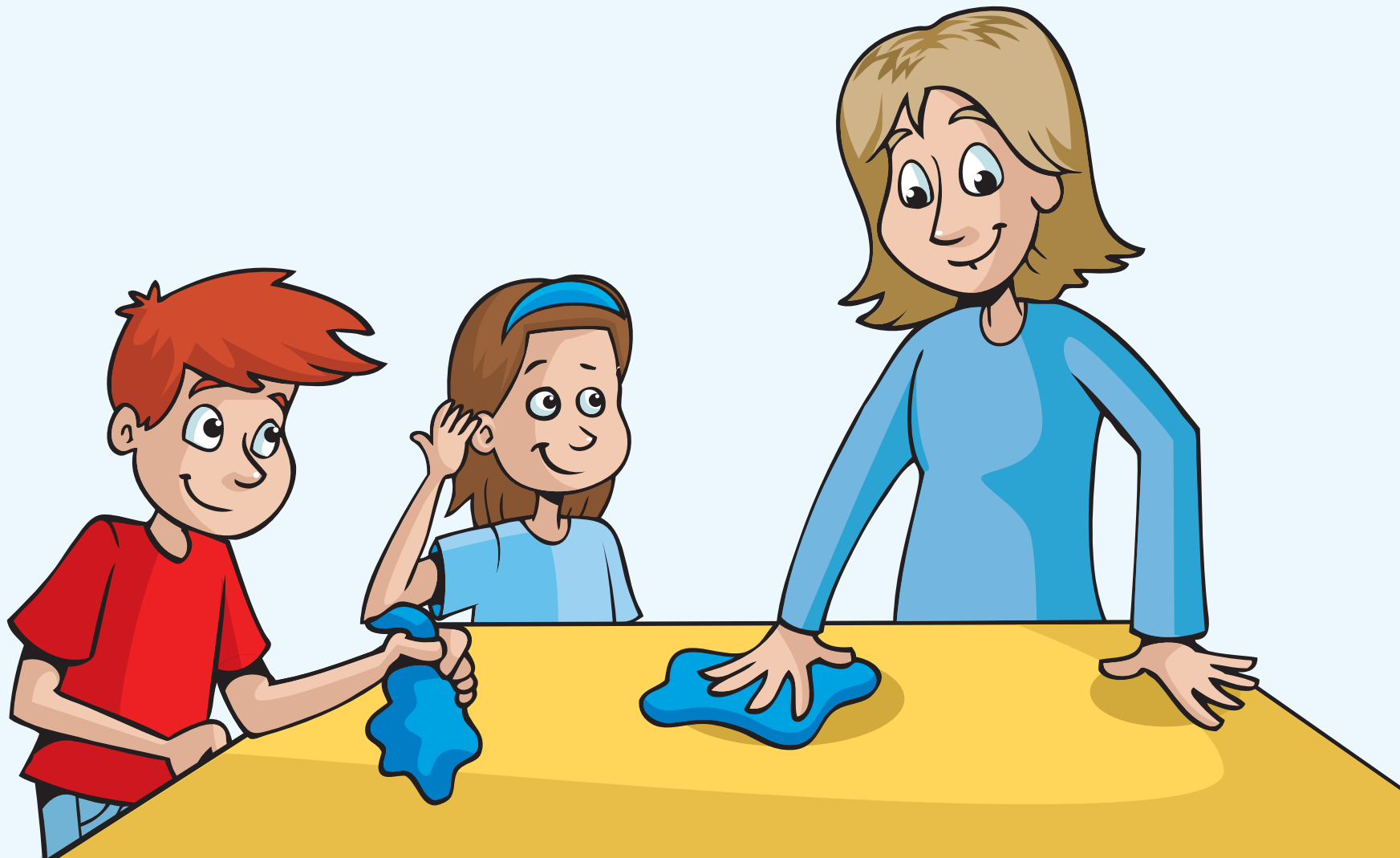
He can't understand and keeps frowning when he hears her. Sometimes he's tired and doesn't want to take a bath and other times he's sitting at the lunch table and hasn't washed his little hands as his little stomach rumbles. His craving for food prevents him from thinking clearly.





# INFECTIONS AND CHILDREN

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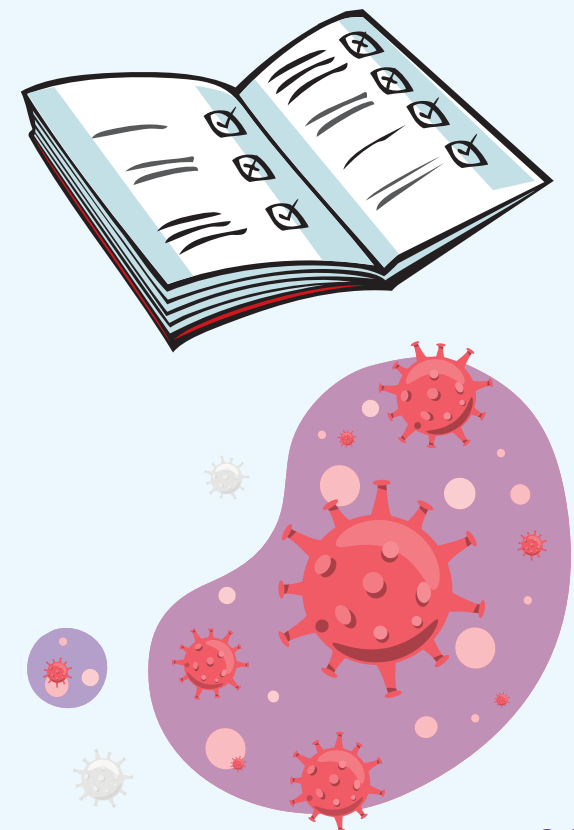


# In 1870 Pasteur created the first rabies vaccine.

Since vaccines were discovered people have not died from some diseases. A mosquito that "travelled" on a plane brought the West Nile virus to America. Germs, bacteria, viruses, protozoa: a fascinating world of invisible creatures that surround us without all being harmful to our health.

## Germs are everywhere.

In the air, on the ground, in the water, on the doorknob, on the telephone handset, on the steering wheel of the car, on the soup spoon and even on the pages of the books we read! In the scarf that covers our neck and face, in the wounds on our skin, in our hair, in our mouth and in our intestine and in our stuffy nose, even in fruits and vegetables, as well as raw meat.

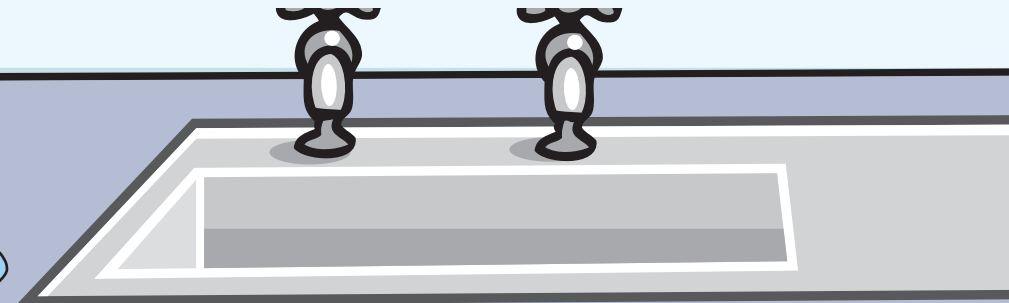
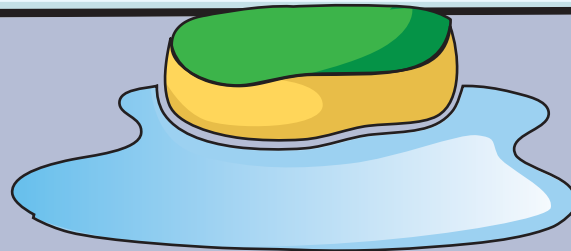




# INFECTIONS AND CHILDREN

## The kitchen sponge

The kitchen sponge, after three weeks of use, 70% of its surface is inhabited by bacteria. So you better not wait that long to change it!





## Toothbrush and container with toothbrushes

Droplets from the basin can contain germs, which contaminate the toothbrush and from there either enter the mouth when you brush your teeth or are transferred to your hands. Make sure your toothbrushes are covered and away from your bathroom sink. The container must be clean.



## Pets and accessories

Animals and children are close friends. However, pets can carry bacteria, viruses and parasites. That is why children who come into contact with animals should wash their hands.





# INFECTIONS AND CHILDREN

## Floor

There should be no mud or shoe prints on the floor.  
We always keep the floor clean.



## School

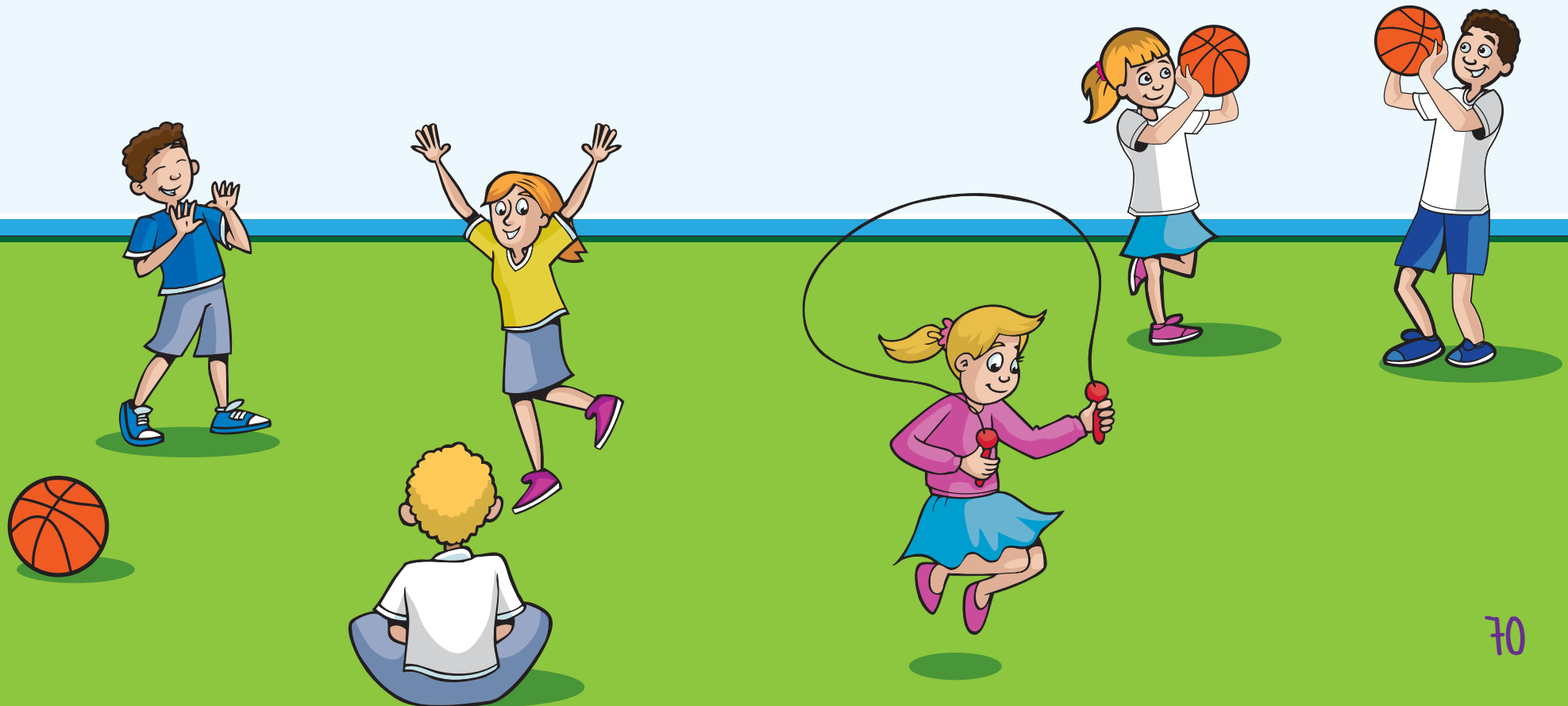
Desks and computers collect germs.  
It is important that your child has hand sanitizer and washes its hands regularly.





## Playground games

In these places many children gather and play and overcrowding prevails. Wash the child's hands often during the various breaks from the game and when you return home change its clothes. We should not touch our eyes, nose and mouth without first cleaning our hands!





# Public Health for children

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## Note to readers

One would think it is a fairy tale judging by the rich illustrations. But it is a book about one of the most basic things we need to teach our children.

In a simple way, that appeals to the very curiosity of children, the editorial team conveys scientific knowledge about public health. This is how the conditions are created to have our children, tomorrow's citizens, informed and an active link in the chain of the health system.

Included in the actions of the Joint Action Health Equity Europe (JAHEE), European Program on health inequities, this book "returns" knowledge, experiences and good practices to society.

Beneficial to the child, useful and helpful to the teacher and parent, it deserves a place in every children's library.



### **Giannis Karvelis**

Chairman of the 6th Health Region  
of Peloponnese, Ionian Islands,  
Epirus and Western Greece.



## A few words about the authors

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He was born in Patras. He was an Assistant Professor at the Department of Medicine of the Democritus University of Thrace, Greece for 4 years (June 2004 - May 2008). He was a technical Inspector at the Unified Food Control Agency, Ministry of Rural Development, Head of the Laboratory Controls & Measurements Department. He was a Technical Inspector at the Occupational Risk Prevention Center/Labor Inspection of Western Greece. He received his BA in Biology from the University of Patras, Greece, his M.Sc. in Genetic Toxicology from University College Swansea, Wales, UK, and his PhD in Hygiene from the University of Patras. He has supervised over 20 European and 50 Greek research projects. He has supervised research projects on issues of sensitive social groups (e.g. immigrants, Roma, etc.) on issues of environmental impact. He has supervised 10 doctoral theses and over 50 diploma theses (at postgraduate level) and 40 diploma theses (at undergraduate level). He has published over 120 research papers in foreign language journals, has written and participated in over 5 books. He is a member of 10 scientific societies and Assistant Editor in 5 international journals. He is Director at PMS Public Health. He is vice-chairman of the Social Care Committee, Chairman of the Service Provision Committee of the University of Patras, member of the Bioethics Committee and member of the Health and Safety Coordinating Committee of the University of Patras. He was the Representative of the Medical schools in the National Committee of Public Health of the Ministry of Health. He is Chairman of the Panhellenic Union of Bioscientists.





# Public Health for children

## A few words about the authors **Writing**



**Anastasia Kyriaki Koutsouri,  
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He graduated from the Medical School of the University of Crete. Being determined to become a pediatrician from a young age, she began her pediatric specialty in Patras. He has a particular weakness for children and would like to succeed in instilling in parents the need for prevention.



**Dr. Eleni Papachatz,  
Pediatrician**

He was born in Patras. He graduated from the Medical School of the University of Patras with a grade of Very Well. She followed Postgraduate Studies in Hygiene and Public Health, at the Hygiene Laboratory of the University of Patras, with which she collaborates to this day. She holds a Master's Degree in Public Health majoring in Infectious Diseases (NSPH, Athens) and a PhD from the Medical School of the University of Patras. She specialized at the University General Hospital of Patras (UGHP) and at the University College London Hospital (UCLH) and St Mary's Hospital, Imperial College Healthcare NHS Trust in London (Pediatric Infectious Diseases). She works in the Neonatal Intensive Care Unit at UGHP (Specialization in Neonatology). She has presented her research work at 30 conferences (national, European and global) while she has participated as a researcher in national multicenter epidemiological studies (EMENO, Hprolipsis). He participates in the teaching of undergraduate and postgraduate students at the University of Patras in the field of Public Health (Health Promotion, Social and Preventive Medicine) as well as in voluntary actions related to Public Health (street action, actions for vulnerable groups, population awareness etc.).



## A few words about the authors **Writing**



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He was born in Patras in 1988. He studied at the Department of Health Visitors at the University of Western Attica where she graduated in October 2010 with a grade of "Very Well". She then received a Master's Degree in Public Health (MPH) from the National School of Public Health (NSPH) in March 2014 and was conferred by the University of Patras as a Doctor of Medicine in January 2022. She also has a specialization in counseling from the Department of Economic Sciences (Laboratory of Applied Economic and Social Policy) of the University of Ioannina with a grade of "Very Well". She works as a Health Visitor in Primary Health Care in LHU. In addition to her duties, one of her responsibilities is the planning and implementation of activities related to Public Health for preschool and school-age children in the community. She is married and the mother of a daughter.



# Public Health for children

## A few words about the authors

### Writing



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**Psarouli Sofia,  
School of Nursing, M.Ph**

She was born in Corinth. She graduated from the Nursing department of the Higher Technological Institute (ATEI) of Patras in 2008, with a grade of "Very Well". In 2017, she received Pedagogical and Teaching Proficiency from the Higher School of Pedagogical and Technological Training (ASPATE), with a grade of "Excellent", while in the same year she received the Adult Educator Training Certification from the Organization (EOPPEP) of the Ministry of Education. She received a Master's Degree in Public Health (MPH), specializing in "Preventive and Social Medicine", from the Department of Medicine of the University of Patras with a grade of "Excellent", in 2020. She worked as a nurse at the Corinth Hospital in the Emergency Department (ED) and the Intensive Care Unit (ICU) until 2010. While from 2011 until today she is an Adult Educator in Public and Private VTI, Schools of Lifelong Learning for Adults. She worked in children's camps as a nurse for 6 years, while from 2016 until today she is a Special Educational Staff (School nurse, PE 25) in the Primary Education of the prefecture of Achaia. Her important actions are the implementation of Education and Health Promotion Programs in school units of the prefecture of Achaia.



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