

ENVIRONMENT AND HEALTH

PUBLIC HEALTH INDICATORS OF THE PEP IN SERBIA – LINKAGES TO ACTIVE MOBILITY

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DOI: 10.5937/BatutPHCO24079M

Background: The Transport, Health and Environment Pan-European Programme (THE PEP) is the first and only international programme (UNECE) designed to integrate environmental and health aspects into transport, mobility and urban planning policies. Serbian health sector has joined THE PEP team in 2014. with an assignment to introduce topic of active and sustainable mobility into the public health agenda.

Methods and Objectives: In order to update THE PEP process with data from Serbia on the issue of healthy and active youth mobility, we used those available from the activities of the IPHS: “Health Behaviour in School-aged children” (2018 and 2022 surveys). Our aim was to present indicators of youth active mobility provided by the public health sector, as contribution of Serbia in THE PEP process.

Results: There is a mild increase in obesity trend in boys in a 2022 survey, compared to the one in 2018 with 24.8% vs 21.8%; girls were more malnourished than boys in both surveys: 15.4% vs. 8.3% in 2018 and 14.1% vs.9.6% in 2022. Comparing percentage of pupils practicing physical activity 60 min/day in three age groups (grades fifth and seventh of primary school and first of gymnasium) in both girls and boys it has declined lineary with age, in both surveys. Percentage of students physically active outside regular school hours ≥ 3 times per week shows a clear decrease in girls in all three age groups (from 80.4% to 71.4% and finally 58.7% in gymnasium) in both surveys, while being physically active out of school is more ballanced in boys ranging from 83.1 – 80.4%.

Conclusions: In order to enhance healthy youth active mobility different sectors should get involved, through promoting healthy life styles from pre-school and school age, building up capacities for better traffic safety of children, continuous air quality monitoring, with a definite aim to provide growing up of healthy adults free of NCDs.

Keywords: school children, THE PEP, physical activity