

HEALTH PROMOTION OF CHILDREN AND TEENS THROUGH NETWORK

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Backgrounds

The *Familia y Salud* website is a web space designed to encourage healthy habits, promote education in health and improve health care children and adolescents.

Aims

- Give useful information, proven and easy access to families, adolescents and professionals through internet.
- Cover priority issues about normal development and the most common health problems at these ages.
- Regular updates.

Methods

Improve communication by:

- Easy and clear language, responding to the most common questions or concerns
- Using methods to correct written texts in order to facilitate reading and understanding.

Consider the expectations of families through the technical analysis of the service usage.

Results

More than 200 paediatricians and other health professionals, the Education in Health Group (AEPap), alongside web designers and programmers collaborate in the development and updating of the website.

The sections and number of articles are shown in Table 1.

We share news and links to other websites of interest. And it provides access to the magazine "Famiped" with information for parents on educational, psychology and social issues.

You can register to personalize the contents and receive a journal with the news. You also have access to social networks.

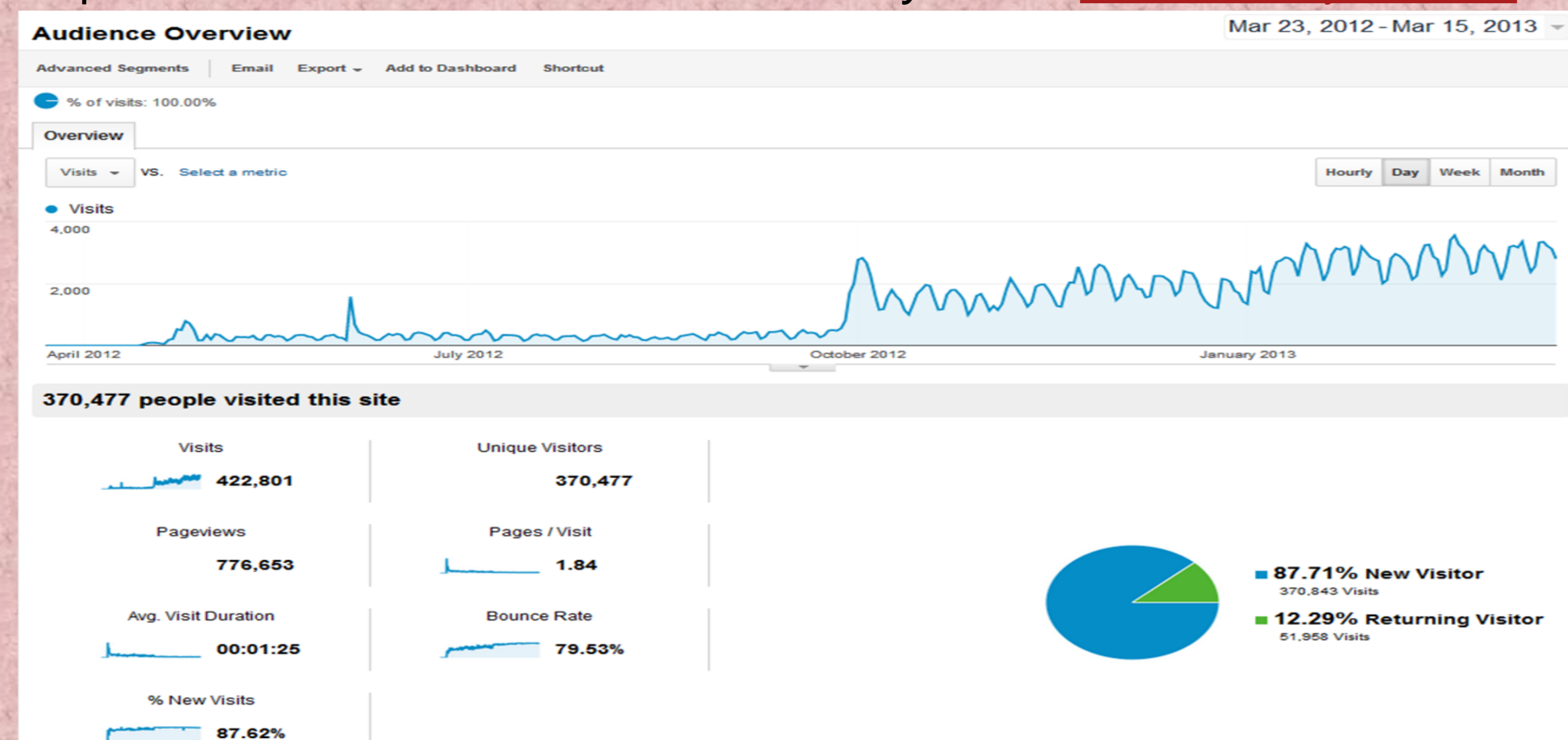
The summary of views is described in the Graphic 1.



Table 1. Contents of the website *Familia y Salud* www.familiaysalud.es

SECTIONS	ARTICLES	ITEMS
Growing	9	<ul style="list-style-type: none"> • Prenatal advice • Newborn • First 6 months • 6 to 12 months • 1 to 2 years
Live Healthy	67	<ul style="list-style-type: none"> • Breastfeeding • Nutrition • Hygiene and Sleep • Neonatal screening • Development of our children • Accident prevention
Prevention	43	<ul style="list-style-type: none"> • Recreational physical activity • Emotional health • In adolescence • Other preventive measures • Tobacco, alcohol and drugs • Sexual health
Vaccines	7	<ul style="list-style-type: none"> • Specific vaccines • International vaccination
We are concerned that...	77	Alphabetical keywords (A-Z)
Diseases	100	<ul style="list-style-type: none"> • Newborn • Infectious diseases • Brain • Heart • Respiratory system • Digestive diseases • Kidney and urinary tract • Sexual organs • Locomotor • Skin • Senses • Endocrine system
Utilities for parents	26	<ul style="list-style-type: none"> • Growth charts • Use terms • Stories to educate and grow • Useful documents and books • Videos • Other utilities
Medicines	7	<ul style="list-style-type: none"> • First aid kit • Drugs
Useful information	7	<ul style="list-style-type: none"> • Legal and administrative • Immigration • Family entertainment
Young health	47	<ul style="list-style-type: none"> • My body • Nutrition and physical activity • Sexuality • Leisure • Substance Abuse • Safety, accidents and injuries • Health problems • My mind • Studies and work • Violence • For parents of teens and the public • Your story

Graphic 1. Audience Overview Web *Familia y Salud* www.familiaysalud.es



Conclusions

Teamwork derives in a dynamic and useful page that has progressively more visits.

We believe it is a useful tool to promote healthy habits and facilitate the participation of families of children and adolescents in making decisions about their health.