

Equity and Efficiency to Achieve Health for All

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5 GENDER EQUALITY

Recognized as one of the most important determinants of health and economic development.

Considers:

Interests, needs and priorities of women and men, recognizing and valuing the diversity of groups.

Right to lead a healthy life, contribute to the development of health and benefit from the results.

Gender disparities are exacerbated:

Global challenges (COVID-19 pandemic, violent conflicts, climate change)

Socioeconomic and psychosocial inequalities.

Setbacks in health rights.

Gender equality has broad collective benefits, it is a matter of human rights, equity and social justice for all.

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Wakeup call to focus on Health and Wellness from a new perspective

The pandemic has been a reminder of how vital health workers are to keeping families, societies and economies running. And of the essential contribution that women make at all levels.

Overrepresented in care and health, on the front line, they face disproportionate repercussions with consequences that worsen in contexts of fragility, conflict and emergency, deteriorating health.

The gains made in terms of health rights are threatened.

A more modern and updated approach is required, to be address the measures and practices of prevention, recovery, rehabilitation, health care.

Redesigning a more inclusive and sustainable resilient world is urgent and critical, with women as the subject of recovery.

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UN WOMEN

United Nations entity dedicated to gender equality and the empowerment of women, as a fundamental objective of sustainable development and a more inclusive world.

Report (2022)

- The COVID-19 pandemic will push an additional 47 million women and girls into extreme poverty, further deepening the gender gap.
- Globally, women make up 70% of the health workforce. Protagonists of the pandemic, they have been even more affected economically and psychologically (lower paid, violence, exploitation, cyberviolence).

Gender equality among health personnel will allow:

- Allow the exchange of roles and tasks, decent conditions, quality of life
- Promote peculiarities and mutual respect in the workplace and family
- Work for female empowerment and development

Industry 4.0 requires the skills, training, communication, collaboration, empathy and creativity of women to complement technical-scientific advances.

Supporting and inspiring women to face the challenges of the future will provide favorable consequences for our health and well-being in general.

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Sustainable Development Goals

The General Assembly of the United Nations approved the 17 SDG in 2015.

“Gender equality and the empowerment of women and girls” (SDG5) are at the heart of efforts to achieve the goals of the 2030 Agenda.

“Health and wellness for everyone and at all ages” (SDG 3) cannot be achieved without addressing the specific barriers and challenges faced by women, men, girls, boys and people of different genders.

The achievement of SDG 3 “Universal Health Coverage” and SDG 5 “gender equality” are codependent.

The United Nations Department of Economic and Social Affairs (UNDESA) and UN Women highlight that at the current rate, it will not be possible to meet SDGs 3 and 5 by 2030 (September 2022).

Imminent to strengthen gender equality in health workers, in all communities and in the world, to achieve universal health coverage.

The World Health Organization - WHO

- ❖ Recognizes that sex and gender are important determinants of health. Gender and sex differences must be considered in any health program (March 2002).
- ❖ Aligns with and supports the **SDGs**, in particular SDG 3 and SDG 5.
- ❖ Includes Gender Medicine as evidence that the principle of equity in access and adaptation of care according to gender must applied" (Equity Law 2000).
- ❖ The health of women and girls as a priority element of social development to reduce inequalities and promote equity. (EU and WHO Resolutions).



Define Gender Medicine

"The study of the biological (defined by sex) and socioeconomic and cultural (defined by gender) influence on the state of health and disease of each person"

Interdisciplinary dimension in all branches of medical knowledge to study the influence of sex and gender on human physiology, pathophysiology and pathology.

The gender approach allows promoting the adaptation and personalization of care, essential advantages for patients, operators, health services and savings for the National Health System.

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CURRENT SHARES IN FEMTEC

- Promoting measures and solution that contribute to the objectives of SDGs 3 and 5.
- Recommendations for work in professional roles and health operators, occupied mostly by women, with decent conditions, quality of life, safety at work.
- Solutions that help improve work and care in health and wellness centers.
- Generate and support new projects.
- Collaborate in programs that contribute to innovation, infrastructure, economy and the prosperity of the sector in general.

This opportunity for reflection is being achieved through multilateral efforts, collaboration in different projects and the **Health and Gender Commission**.

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The Health and Gender Commission - **FEMTEC**

Committed to sustainable and equitable healthcare in our sector has been working since 2020 to provide coordinated direction for:

Identify ways that take into account the gender difference to ensure the quality and appropriateness of the services provided.

Sensibilize the training of medical specialists, health professionals and operators towards the determinant of gender.

Promote equity in the diagnostic, evaluative, therapeutic and investigative approach.

Propose adequate tools to spread a new culture in gender health, new solutions and alliance.

An international and multidisciplinary group of experts participates. Collaborate with international institutions and associations.

www.femteconline.org

FEMTEC presence in the W20 Health Commission

The W20, a group committed to civil society on the issue of gender equality and women's empowerment, gave its testimony on gender health at the G20, Italy 2021.

In the "Equity in Health Commission" a representative of **FEMTEC** collaborated as a facilitator. The International Webinar was organized with the direction of the W20 on June 4, 2021 with the theme:

"Equality in Health, Balneology, Complementary Medicine and Pandemic"

Recommendations were proposed on current issues related to the role of women in spas, well-being in the international community in the face of the emergency caused by the Covid 19 pandemic and its recovery.

Representatives of the **FEMTEC "Gender and Health Commission"** participated, as well as universities and international institutions.

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"Workforce 2030" - WHO

Strengthening the public health workforce to perform the full range of essential health functions. It requires the efforts of experts, organizations and associations.

The **WHO** estimates a deficit of 18 million health workers by 2030.

FEMTEC supports this new **WHO** initiative with its "Care who Cure" programme.

Balneological methods and treatments with natural means, traditional medicine, psychotherapeutic techniques as a complement to the treatment of stress syndromes, with all the implications that operators who work in the field of health have at a psychophysical level.

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WeSkill Project - Sector Skills Development

EU project to improve skills, training, competence of SPA operators, thermal centers.

The main challenge of thermal and wellness tourism is the availability of qualified personnel.

Objective: to make the sector more attractive, sustainable, advanced and competitive.

19 organizations and schools from 7 countries participate:

Bulgaria, Slovenia, Latvia, Greece, Serbia, France, Italy.

Duration 3 years.

FEMTEC participates and supports the project.

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“European Association of Wellness Medicine”

The **EAWM** by supports medical professionals with conventional and complementary knowledge that maintains the balance between physical, mental, social and spiritual health.

Share and expand the experience and knowledge accumulated by its members and collaborators, to promote solutions, research, technological and social innovations for the benefit of health.

It offers an excellent opportunity to face and disseminate the next challenges in health and well-being through its activities, publications and events.

FEMTEC collaborates with the Association for the common goal of the “Health and Wellness for All”.

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Associazione Europea
di Medicina del Benessere



Editorial group specialized in disseminating the culture of Well-being.

It offers an international perspective, with news, interviews and reports addressing issues of tourism, health, wellness with recreational and cultural complements. It pays special attention to cross-cutting initiatives to improve well-being and reduce inequalities.

The magazine under the patronage of the World Federation of Thermalism and Climatology (**FEMTEC**), the European Association of Wellness Medicine (AEMeB) and the Sol&Med Company, confirms the global trend of strong growth in the demand for services related to physical wellness and mental health, fostering a culture of comprehensive health.

It contributes to stimulate the dialogue, increase the attention and the necessary actions to promote "Health and Wellness".

www.wellnessdestiny.org

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Bienestar Destinos

Bologna: próximo destino termal

16 octubre, 2022 Alba Casale Bologna, Destino, Termalismo

Curiosities of thermal Italy

The tradition of thermalism in these parts has been known since time immemorial.

Already in the first century of our era Pliny the Elder spoke of the benefits of thermal waters and how for the Romans bathing not only meant a source of healing but also of leisure and pleasure.

In the 13th century, the Supreme Pontiffs practiced the *recreatio corporis* in summer cities "to escape the miasmas of the eternal city", especially in City-States such as Lazio, Emilia-Romagna and Tuscany.

So, doctors began to prescribe baths to maintain or recover bodily health, as synthesized in an old Bolognese saying: "l'acqua della Porretta, either you love or you net", referring to some old homonymous thermal spring's neighbors.

Then from the fifteenth century some famous Italian doctors dedicated works to the study of thermal waters and their virtues, compiling them in a well-known "Bath Treatise" in which they described the therapeutic qualities of the waters and prescribed a set of rules not only intended to take the waters but also to lead a healthy lifestyle.

There is also evidence, according to the "Comments" of Pope Pius II, that the use of the thermal shower and drinking the waters in the Porretta baths (Bologna) as well as in other thermal resorts in Tuscany and Romagna were Useful to "expel the humors of the brain"...

But that's history. Now it's time to know what role Spas play in today's web society.

What answers can thermalism give to the challenges imposed by the world of e-health and what innovations are necessary in the face of the constant evolution of therapeutic methodologies. These questions -among others- will undoubtedly find a proper answer at the next 73rd Thermalism Congress dedicated to Balneology in our changing societies.

Bologna, the capital of Emilia-Romagna, best known for its thousand-year-old university, its eventful history and exquisite gastronomy, is also a region that stores abundant aquifers.

An attractive place for thermalism, **Castel San Pietro Terme** - a few minutes from Bologna - has been selected as the venue for the **73rd Congress of Thermalism** from November 3 to 6. Indeed, Umberto Solimene, President of **Femtec** considered that "the Italian thermal system has all the elements capable of putting into practice a revival of this ancient tradition of prevention, cure and rehabilitation with a multidisciplinary and multilateral approach."

Castel San Pietro Terme, *slow city* and thermal destination

At the foot of the Apennine Mountains, where Emilia and Romagna meet, one of those serene towns that abound in the north western region of Italy awaits us: Castel San Pietro, land of health and good living inserted since 2005 in the international network of slow cities.

Returned to fashion in the 19th century and then medicalized in the 1950s, thermal cures have suffered from a bad press but have regained momentum, especially after the Covid-19 crisis, attracting a younger audience seeking natural environments and places with History and culture. One of the attractions of **Castel San Pietro** is its mud and sulphurous, ferruginous and salsobromiodic mineral waters. Its oldest source, the so-called "Fegatella" had already shown its healing powers during an epizootic of cattle that occurred in 1337.

The thermal establishment opened its doors in 1870. Since then, the thermal baths have been a center dedicated to the well-being of the body, far from the chaos of the city, in the middle of a wooded natural park. Today the centre -renovated in 2018- proposes new therapies focused on prevention, cure and re-education of the respiratory and osteoarticular system.

The **baths of Castel San Pietro**, as explained by its director, are equipped with a health structure of modern management inserted in a territorial context with a tourist offer of high cultural value which shows a concrete model of thermalism of our times.

We invite you to participate in
International Workshop “Wellness and Health. New challenges today”
Havana, March 2 - 4, 2023

Event promoted by **FEMTEC** in collaboration with institutions, companies, specialists and international experts in different sectors.

Objective:

Actions to promote the strengthening of training, alliances and international cooperation in the current transformation process.

The International Chair of Tourism of Health and Wellness Tourism, based at the University of Havana, will inaugurate the first international course within the framework of the event.

Unique in America and the Caribbean, **FEMTEC's** initiative in collaboration with the Cuban Ministry of Health, international associations and the support of the Pan American Health Office (PAHO), will help promote qualified, sustainable and equitable medical care in this important area in combination with economic progress.

We hope to see many of you in Cuba in March as active partners in achieving this new goal.

www.wellnessandhealthtime.com

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We face extraordinary challenges with a significant impact on health.
Collective action in our sector will stimulate dialogue and activities to promote "**Health
and Well-being for All**".

Thanks for your attention!

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