



## Izvešće o obilježavanju Svjetskog dana srca 2011. godine u Karlovcu

## Report on celebration of the 2011 World Heart Day in Karlovac

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**D**ana 23. rujna 2011. godine smo na prostoru ispred gradskog kazališta "Zorin dom" u terminu od 8.30 do 11 sati obilježili ovogodišnji Svjetski dan srca.

Kod otprilike 160 osoba provedene su sljedeće aktivnosti: mjerenje arterijskog tlaka, glukoze i kolesterola u krvi, određivani su indeks tjelesne mase i kardiovaskularni rizik, davani su savjeti kardiologa, prikazane su osnove kardiopulmonalne reanimacije, organizirana je šetnja karlovačkim parkovima pod stručnim vodstvom, prikazane su rekreativne vježbe za starije osobe, provedena je akcija savjetovanja za roditelje u dječjem vrtiću Dubovac te je preko patronaže obišteno i više obitelji u njihovim domovima gdje im je podijeljen promotivni materijal.

Ove godine se cjelokupno obilježavanje Dana srca integriralo u obilježavanje Svjetskog dana starijih osoba pa je u okviru toga bilo niz aktivnosti na području cijele županije u vremenu od 23. do 30. rujna 2011. godine. Uz glavnog organizatora i pokrovitelja "Savjet za zdravlje karlovačke županije" uključeni su bili i ostali suorganizatori: Zavod za javno zdravstvo karlovačke županije, Opća bolnica Karlovac, Medicinska škola Karlovac, Domovi zdravlja Karlovac, Duga Resa, Ogulin, Slunj i Vojnić, Hitna medicinska služba, Ustanova za zdravstvenu njegu u kući Karlovac, Gradska društva Crvenog križa, Dom za starije i nemoćne osobe Sv. Antun, Klub za starije osobe Grabrik, Udruge matice umirovljenika Karlovac i Sportski aerobic klub Dinamic.

Akcija je ove godine u Karlovcu održana peti puta zaredom te je bila najuspješnija i najljepša do sada. Cijeli je događaj također bio i adekvatno medijski popraćen.

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**O**n 23 September 2011 from 8.30 to 11 o'clock, we celebrated this year World Heart Day in the area in front of the town theater "Zorin dom".

Measurements and consultation were conducted for approximately 160 persons followed by performance of the below activities: measurement of blood pressure, glucose and cholesterol levels, body mass index and cardiovascular risk were determined, tips were given by cardiologists, the basics of cardiopulmonary resuscitation were presented, a walk through the Karlovac parks under professional guidance was organized, recreational exercises for elderly persons were shown, the counseling action was organized for the parents of the children in the Dubovac kindergarten and health visiting service paid visit to several families in their homes where they received promotional material.

This year, the entire celebration of the Heart Day was integrated in the celebration of the World Day of Elderly Persons, so as the part of this celebration a great number of activities throughout the whole county were organized from 23 to 30 September 2011. Besides the major organizer and sponsor of "Savjet za zdravlje karlovačke županije" some other co-organizers were involved: Institute for Public Health of the Karlovac County, Karlovac General Hospital, Karlovac Medical School, Medical Centers in Karlovac, Duga Resa, Ogulin, Slunj and Vojnić, Emergency Medical Service, Karlovac Homecare Medical Service, Red Cross Town Society, St. Antun Nursing Home for the Elderly, Grabrik Club for the Elderly, Karlovac Pensioners' Association and Sport Aerobic team Dinamic.

This year, the action has been held for the fifth consecutive year in Karlovac which has been the most successful and the most appealing action so far. The whole event was also suitably covered by media.

