

APRIL 2ND - JUNE 18TH 2024

INTERNATIONAL COURSE ON

Health and the Environment

NOVA NATIONAL SCHOOL OF PUBLIC HEALTH
PORTUGUESE COUNCIL FOR HEALTH AND ENVIRONMENT

The Portuguese Council for Health and the Environment

Born in 2022, as an initiative of medical doctors, motivated by the conviction that, in addition to being caregivers, medical doctors, and health professionals, in general, must also be advocates for patients.

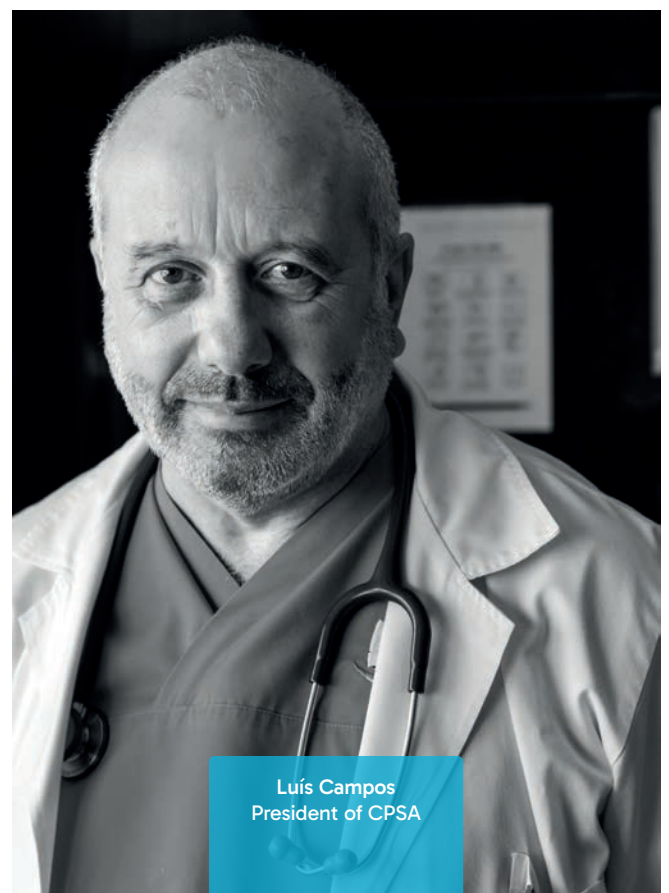
It is the ethical obligation of these professionals to get involved in the fight against climate change and environmental degradation, as one in four people, globally, die due to environmental factors. Furthermore, it is crucial to think about the next generations and allow them the right to a clean, healthy, and sustainable environment.

The Council's objectives are to give a common voice to health organizations to intervene jointly on issues related to health and the environment; to contribute to reducing the ecological footprint of the healthcare sector; to identify, publish, and implement good environmental sustainability practices in the various sectors of activity; to promote awareness among citizens and health professionals and their training; to enable the health system to respond to the epidemiological transition induced by climate change and environmental degradation and to unexpected public health events; and to encourage research in these areas.

The CPSA has already been joined by 76 of the most important health organizations in Portugal, currently being the most transversal alliance in the health sector area.

// Message from the President of the Portuguese Council for Health and the Environment

Environmental factors are going to be the main determinants of health in the coming decades. However, there is a gap between the importance of this challenge we face and the introduction of the study of these subjects in the pre- and post-graduate training of the various health professions. Without claiming to be a specialization course in this area, it aims to raise the awareness of health professionals at all levels of training, from all the continents, about the importance of climate change and environmental degradation for the health of populations and to provide basic knowledge that will enable health professionals to become involved in the field.



Luís Campos
President of CPSA

The NOVA National School of Public Health

With more than 50 years of existence, the NOVA National School of Public Health (NOVA NSPH) is a global reference in the development of Public Health science.

With a consolidated and diversified training offer, student-centered teaching, in close coordination with research and with a strong connection to practice, the School has promoted, since its creation, the training of a critical mass of highly differentiated professionals.

The School leads and participates in competitive research projects, in a research culture guided by current and future challenges in public health, with a focus on innovation and social impact.

It is people who make institutions and the success of our School is constantly reinforced by the dynamism, active involvement and strength of the NOVA NSPH community, made up of teaching staff, researchers, staff, partners, and in which our students and alumni play a prominent role.

// Message from the Dean of NOVA National School of Public Health

By joining the NOVA National School of Public Health you will benefit from student-centered teaching, with a strong practical component and in close conjunction with research, in one of the international reference institutions.

Our students stand out for their transversal skills and ability to work in different sectors, on the most complex public health issues. //



Sónia Dias
Dean at NOVA NSPH

INTERNATIONAL COURSE ON

Health and the Environment



Online sessions,
in English



12 weekly
sessions of 90
minutes each



All sessions
combining lectures
and interactive
discussions



All speakers are
international
experts



3 ECTS guaranteed
for students who
take the final
evaluation



Recorded sessions
with Portuguese
and Spanish
subtitles

Target Audience

Human health professionals, animal health professionals and students, including doctors, veterinarians, pharmacists, dentists, psychologists, nutritionists, health technicians, nurses, managers, and all other health-related professionals.

Objectives

At the end of the course, participants will be able to:

- Identify the main environmental determinants of global health
- Identify and characterize the severity of climate change, biodiversity loss, pollution, overpopulation and depletion of natural resources
- Recognize how to mitigate and adapt to these changes
- Recognize the ecological footprint of the health sector and how to reduce it
- Recognize how health systems can increase their resilience to respond to the actual epidemiological transition and the increased risk of unexpected events
- Recognize how health professionals promote mitigation and adaptation measures to climate change and environmental risk factors

Methodology

Online course with 12 sessions on Tuesdays of one hour and a half. Each session will have three (20 min.), or four (15 min.) lectures, followed by interactive discussion (30 min.). All sessions will be recorded and available to the participants on our Moodle platform. The recorded sessions will have Portuguese and Spanish subtitles. There will be a 13th session for those who want to undergo the evaluation.

Admission

CALENDAR

From **April 2nd** to
June 18th, 2024

REGISTRATION

From Feb 19th to
March 21st, 2024

SESSIONS SCHEDULE

Sessions will be on
**Tuesday from 5 PM to
6.30 PM (UTC).**

FEES

The fee to attend the course will be **160 EUR (170 USD)**. This fee will be reduced to **80 EUR (85 USD)** for the following participants: students, members of the Portuguese Council for Health and Environment, members of international partners, Latin America, and the Caribbean countries, African countries, Asian countries (except China, Japan, South Korea, and Taiwan).

CERTIFICATES

A **certificate of attendance will be issued to those participants who attended more than 80% of the sessions.** This course will also be credited with **three ECTS to those who want to perform a final evaluation.**

Program

MODULE 1 Environmental changes and their impact on health

Session 1

April 2

Environmental determinants of Health

Session 2

April 9

Health impact of environmental changes: infectious diseases

Session 3

April 16

Health impact of environmental changes: air and chemical pollution

Session 4

April 23

Health impact of environmental changes: climate catastrophes

Session 5

April 30

Health impact of environmental changes: organ and systemic diseases

MODULE 2 Mitigation and adaptation strategies, the ecological footprint of the health sector, and the health professionals' responsibility

Session 6

May 7

Mitigation and adaptation strategies

Session 7

May 14

The ecological footprint of the health sector: specific areas I

Session 8

May 21

The ecological footprint of the health sector: specific areas II

Session 9

May 28

The ecological footprint of the health sector: specific areas III

Session 10

June 4

Good environmental sustainability practices in healthcare organizations

Session 11

June 11

How to increase the resilience of the health system to climate change?

Session 12

June 18

Health and environment at the international level

Session 13

June 25

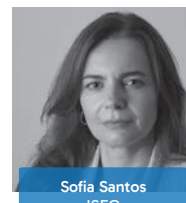
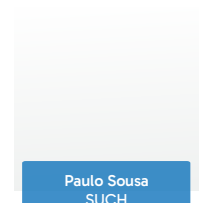
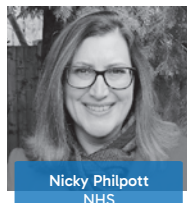
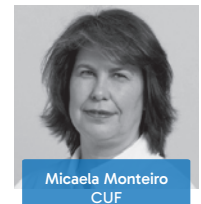
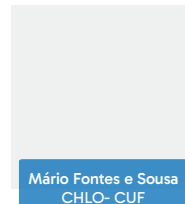
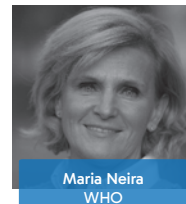
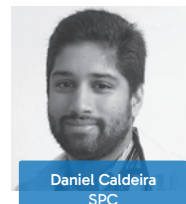
Evaluation

For further detail on the full program, please visit our website at www.ensp.unl.pt or www.cpsa.pt

Course Coordinators



Lecturers



Lecturers
biographies
and c.v.'s may
be found at
www.cpsa.pt

Other training opportunities in the same field at
NOVA National School of Public Health

Climate Change and Public Health Course

The Climate Change and Public Health Course aims to contribute, through teaching and research, to the early identification of Climate Change risk factors, their assessment and the adoption of measures to mitigate the impacts on the health of the population, as well as adapt the response of healthcare services.



**Environmental
Health**



One Health



**Health Project
Management**

Sustainable development

NOVA NATIONAL SCHOOL OF PUBLIC HEALTH

Av. Padre Cruz
1600-560 Lisboa
+351 217 512 100
www.ensp.unl.pt

PORTUGUESE COUNCIL FOR HEALTH AND ENVIRONMENT

Travessa Bento da Rocha Cabral, n.º 14
1250-204 Lisboa
www.cpsa.pt

Supporting partnerships

Associação Médica de Língua
Portuguesa de Macau (Macau)

European Federation of Internal
Medicine (EUS)

Foro Internacional de Medicina
Interna (Latin-America)

Hospital Medicine Society (US)

Ordem dos Médicos de Angola
(Angola)

Ordem dos Médicos de Cabo
Verde (Cape Verde)

Ordem dos Médicos de Moçambique
(Mozambique)

Sociedade Brasileira de Clínica
Médica (Brazil)