

## 1<sup>st</sup> WORLD CONGRESS OF CHILDREN AND YOUTH HEALTH BEHAVIORS / 4<sup>th</sup> NATIONAL CONGRESS ON HEALTH EDUCATION

### Welcome: Superior Health School of Viseu

Dear Participant,

Welcome to Viseu, Portugal for the 1<sup>st</sup> World Congress of children and youth health behaviors which takes place from 23 to 25 May 2013. We look forward to present you an exciting professional programme with high-level plenary speakers, oral sessions, moderated poster sessions, workshops, and exhibitors.

We hope that this 1<sup>st</sup> World Congress in Viseu 2013 to be a starting point to encourage contacts between researchers and practitioners in different countries.

Linked to the project “Monitoring health indicators in children and adolescents: Impact of health education” (supported by the Foundation for Science and Technology of the Ministry of Education and Science of the Portuguese Government), has the distinction of performing concurrently with the IV National Congress on Health Education. In this perspective, the events offer a multidisciplinary scientific program of high quality that will provide a comprehensive review of the most important aspects of theoretical and practical contexts in health education, and recent achievements in this field.

Under the theme “Health Education: A challenge in the current context of crisis” we are called to contribute in order to enhance efforts to improve health indicators. The challenge of this first world congress was, therefore, include plenary lectures, symposiums, workshops, and free communication sessions, which allow to carry out a congress, with active and determined participants, with the desire to share with the world community, the best experience and scientific evidence.

Thus, we develop a series of activities that allow participants the opportunity to interact and connect with colleagues from different countries of the world.

Finally, we would also like to thank all the institutions that supported this event, as well as the whole team of the Internacional Scientific Committee, Local Organizing Committee and Journal ATENCIÓN PRIMARIA.

We are honored to have you received in one of the most beautiful cities in Portugal, particularly in the Superior School of Health of Viseu.

**Carlos Albuquerque**  
Congress President, Viseu, May 2013

Dear Delegates/Researchers,

It is a great honor and pleasure to receive you at the Health School of the Polytechnic Institute of Viseu, at the 1<sup>st</sup> World Congress of Children and Youth Health Behaviours / 4<sup>th</sup> National Congress on Health Education. We appreciate your significant scientific contribution given for this event.

In the last decades, Portugal is the European country that registered the most relevant decrease in infant mortality, turning out to be a worldwide reference. Therefore, this scientific meeting is the confirmation of the important research developed in the fields of public health and health education in Portugal. The theme of this congress emphasizes the importance of health screening and the development of health indicators establishing a link between evidence-based medicine and clinical practice in order to intervene and modify behaviors.

We hope you enjoy the interesting scientific program that will certainly give all delegates/researchers a new approach of evidence based knowledge and community-oriented health strategies.

We also invite you, of course, to visit Viseu, right in the heart of Portugal, with its excellent accessibilities, pleasant gardens, beautiful monuments, traditional mediterranean gastronomy and very appealing culture, that makes this one of the best quality-of-life cities to live in Europe.

**Carlos Pereira - DDS, RN, MPH, PhD**  
Health School of Polytechnic Institute of Viseu - President