

Activities of the Estonian Health Foundation in 2011

1. Swimming courses at Nõmme swimming pool. Beginners' swimming courses for those who could not swim or had not had the opportunity to learn to swim properly. The courses began in 2010 and lasted throughout 2011. More than 100 people learnt to swim during the courses. The course was financed by the Council of Gambling Tax and the Cultural Endowment. Coach Tõnu Meijel.



2. 21 May, 2011 – celebration of the European Obesity Day, the aim of which was to draw attention to the effect of obesity on health. In connection with the day, the Estonian Health Foundation organised the project “Active Child” to increase the physical activity of children. Within the project “Active Child”, the kindergarten children involved in the project were provided skipping ropes and practiced different styles of skipping.



3. Spring 2011 – launching the vaccine line in cooperation with the advisory line of the family physician. The employees of the advisory line of the family physician in Tallinn and Tartu passed a training course and were trained to answer questions about vaccination. Information about vaccination can be obtained around the clock.
4. Spring 2011. Organising the campaign “Vaccination protects against illness”.



**Vaktsineerimine
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Infot: www.arst.ee

5. In cooperation with the Estonian Cancer Society, a charity concert-show to fight against cancer in the Nokia Concert Hall.
6. Establishment and activities of the organisation and science committee of the **9th European IUHPE Conference on Health Promotion “Health and Quality of Life”**.
7. 03.11.2011 Man's Health conference <http://www.arst.ee/mehetervis2011>. A speech was presented by Estonian president Toomas Hendrik Ilves.
8. In cooperation with the Estonian Cancer Society, a charity concert-show to fight against lung cancer: the Story of Elvis Presley in the Nokia Concert Hall.
9. Electing the Doctor of the Year 2011. Dr. Urve Mardna, a gastroenterologist at the East Tallinn Central Hospital, was elected Doctor of the Year 2011. The award was presented by Evelin Ilves. Minister of Social Affairs Hanno Pevkur attended the event and presented a letter of appreciation.