

Order Slip

I would like to find out more about the activities of FGOe and receive information about what I can do to improve my own health. Please send me the following items free of charge. Please note that all items below are available in German only. The English translation is for information only.

- A subscription to the magazine *Gesundes Österreich* (three issues a year)
- Exercise brochure
- Nutrition brochure
- Brochure on mental health
- Active Aging brochure
- Healthy small and medium-sized enterprises (brochure)
- Exercise folder
- Nutrition folder
- Folder on mental health
- Seminar program "Health Promotion Educational Network"
- The current Activity Report

Name:

Organization:

Address:

Please send this order slip to:

Fonds Gesundes Österreich,
Aspernbrückengasse 2, A-1020 Vienna, Austria
Fax 01 895 04 00-20
or order by e-mail: fgoe@goeg.at



The Structure of Our Organization

Fonds Gesundes Österreich (FGOe) is the national competence center and central funding office for health promotion and one of the three business units of *Gesundheit Österreich GmbH*. The federal, provincial and local governments jointly cover its annual budget of EUR 7.2 million. The work of the FGOe is based on the Health Promotion Act of 1998.

Governing bodies of Fonds Gesundes Österreich:

The FGOe Board of Trustees (Kuratorium) is composed of representatives of key institutions and organizations at federal, provincial and local level. The Board meets four times a year and decides on project applications involving funding of more than € 72,000. It also sets content priorities and determines the strategic direction of Fonds Gesundes Österreich.

The FGOe Scientific Advisory Committee (Wissenschaftlicher Beirat) is composed of seven members who contribute their practical and scientific know how to professionally evaluate project applications involving funding of more than € 72,000. The Committee furthermore advises the governing bodies of Fonds Gesundes Österreich.

The staff at the FGOe Administrative Office (Geschäftsstelle), the organization's permanent office located in Vienna, ensures that ongoing activities run smoothly. They handle day-to-day business as stipulated by law and the FGOe Board of Trustees.

There for You

We are happy to help with any concerns and questions regarding prevention and health promotion you may have. Please feel free to contact the staff at the FGOe Administrative Office. You can also find a wealth of information at www.fgoe.org.

Phone: 01 895 04 00
Fax: 01 895 04 00-20
E-mail: fgoe@goeg.at

Fonds Gesundes Österreich
A business unit of *Gesundheit Österreich GmbH*
Aspernbrückengasse 2
A-1020 Vienna, Austria

www.fgoe.org

The healthy side of life:
www.gesundheit.gv.at
under "Gesund leben" (healthy life).



Gesundheit Österreich
GmbH



IMPRINT: Publisher and media owner: Fonds Gesundes Österreich, a business unit of *Gesundheit Österreich GmbH*
Aspernbrückengasse 2, A-1020 Vienna, Austria
Editor: Markus Mikl
Photos: Bilderbox, Andi Bruckner, Fotolia
Graphic design: pacomedia.at, Vienna
Printed by: Odysseus, Himberg
2013

Health for All!



Ein Geschäftsbereich der
Gesundheit Österreich
GmbH

Health for All!

Prevention and health promotion are the central concerns of Fonds Gesundes Österreich (FGOe). We are convinced it is better to be proactive in maintaining health rather than to treat diseases after they occur. Our work is guided by the holistic concept of health applied by the World Health Organization. Health is a state of physical, mental and social wellbeing and not merely the absence of disease or infirmity. This holistic view also means that people's health is determined by two factors: their individual behavior and the circumstances in which they live.

People cannot always freely choose their lifestyle. The various settings of their lives can make it difficult if not impossible to live a healthy life.

If company cafeterias serve only fatty foods, employees cannot opt for eating a balanced diet. Physically and/or emotionally demanding work processes can create stress; a lack of bicycle paths makes it difficult to exercise more often. That is why it is so important to create basic conditions that allow everyone to stay healthy and vital for as long as possible. Efforts at FGOe are therefore focused on conditions at school, the workplace and on improving the regional infrastructure.

In many respects, we can all positively influence our own health by the way we behave. Smoking and diet are good examples.



Equal Health Opportunities

All people living in Austria should have the opportunity to remain in good health as they grow older. This is not something to be taken for granted. People with low income and a lower level of education are sick more often and die at a younger age. The social differences in the burden of disease and life expectancy reflect differences in living conditions (e.g. workplace, housing) and in life styles.

One of the main objectives of FGOe is to promote the reduction of health inequities. This principle guides us at FGOe when granting funding and undertaking our own initiatives.

The determinants that influence health are found at several levels: environmental and economic situation, living and working conditions, individual lifestyle, etc. To succeed in public health promotion we cannot limit ourselves to the field of health. Efforts must involve all policy areas and take into consideration all relevant societal levels.

Socially determined differences are also evident between the sexes. In its project concepts, FGOe always takes gender issues (the different conditions under which men and women live) into account.

FGOe achieves its goals and priorities by:

- funding projects submitted to FGOe or
- designing and implementing own (FGOe) initiatives.

The Projects We Fund

The rules for project funding are as follows: We fund projects, i.e. activities in health promotion and primary prevention that are limited in time and that are based on a holistic concept of health. Fonds Gesundes Österreich provides one to two thirds of the project costs; the remaining amount must be covered by the submitter's own funds or by another funding organization.

Fundable

- Projects implemented in different settings (e.g. at school, at the workplace, ...)
- Projects developed jointly with the target group involved and
- Projects that will continue to have an impact after they end
- Projects characterized by innovative approaches, professional project management, accompanying evaluation, and internal quality standards

Not Fundable

- Individual (medical) consultations/checkups
- Psychotherapy
- Infrastructure, e.g. equipment for a commercial fitness center
- Projects that have already started
- The ongoing operating costs of organizations and institutions
- Profit-oriented projects
- Biomedical primary prevention projects
- Secondary - and tertiary prevention projects

To accomplish as much as possible for health with the financial resources available, FGOe work is focused on the following settings and topics:

- Municipality/city
- Child-care centers/kindergartens/schools
- Workplace/businesses
- Counseling and social institutions
- Mental health
- Exercise and nutrition

Initiatives on Behalf of Your Health

FGOe launches a broad range of initiatives to help all women, men and children living in Austria to realize their full health potential.

Information and education

are major goals alongside project funding. FGOe uses target-group-orientated communication to disseminate information on structures and behaviors that promote health and on those that pose a risk to health. Media types used for this purpose include printed publications, campaigns, the website www.gesundheit.gv.at ("Gesund leben" ("Healthy Living")) and media work.

Further development of the field of health promotion

- through increased quality control and evaluation of health promotion projects and programs
- through initiation and funding of research projects on health promotion topics

Cooperation/networking

- with the health promotion organizations in the federal provinces
- through initiation and funding of research projects on health promotion topics

In the process, synergies are used and learning processes are initiated.

Promotion of the self-help movement.

Improving the professional skills of people working in the fields of health promotion and prevention with further and continuing education programs.