

Commission Launches Youth Health Initiative - “Be Healthy, Be Yourself”

The initiative, launched by European Commissioner for Health Androulla Vassiliou, encourages more young people to become actively involved in developing EU health policies. It was kickstarted with a conference on Youth Health in Brussels in July allowing over 200 young people to meet with policymakers and health organisations and debate key health issues with them. Topics included alcohol, tobacco, drugs, mental health and physical activity and the financial crisis, inequalities in health, education and the role of the media.

Androulla Vassiliou, EU Health Commissioner said: "Even though the health of young people in Europe is better than it has ever been, there are worrying signs that far too many young people adopt behaviours which, in the long term, will reduce their ability to lead healthy and productive lives, thus endangering their future. My aim is to motivate the youth of today to care about their health, engage with policymakers and speak out on health matters."

The aims of the Youth Health Initiative are to involve young people more closely in EU health policies, strengthen youth partnership in the decision making process, involve other sectors across EU policy areas and at national level on the implementation of prevention programmes targeted at young people and support Member States' activities on the health of young people.

For more information, please visit:

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