

ACTIVITIES REPORT 2018



Foundation
for Science, Health
and Education



Obra Social "la Caixa"

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01 WHO WE ARE

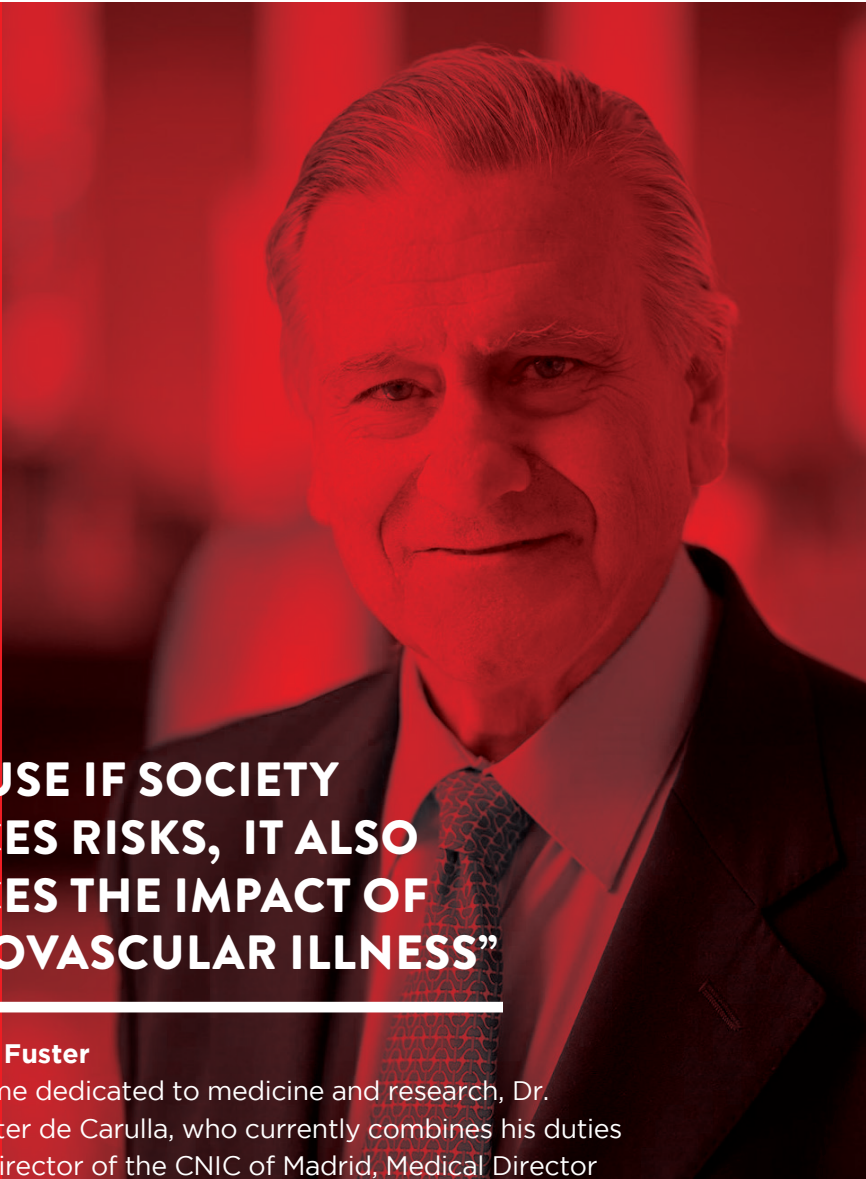
“WHAT WOULD HAPPEN IF SOCIETY WAS CAPABLE OF MODIFYING ITS CURRENT ROUTINES AND ACQUIRE HEALTHY HABITS?”

Factors such as obesity, alcohol addictions, smoking and other drugs have become the main risk factors for cardiovascular disease and year after year cause a considerable increase in the number of people who suffer from it.

In the light of this evidence, and thanks to the experience gained during his career, in 2009 Dr. Fuster promoted the creation of SHE - “La Caixa”. A non-profit foundation that, basing itself on basic and clinical research (Science), aims to promote healthy habits (Health) through

communication and education (Education) to the population.

The SHE Foundation - “La Caixa” dedicates its efforts in creating a framework of what it means and entails to have an education that impacts the acquisition of healthy habits from childhood, with the aim of promoting a world where children, young people and adults have the capacity to act positively regarding their health.

A portrait of Dr. Valentín Fuster, an older man with grey hair, wearing a dark suit, white shirt, and patterned tie. The image is overlaid with a semi-transparent red filter. The background is a solid red color.

“BECAUSE IF SOCIETY REDUCES RISKS, IT ALSO REDUCES THE IMPACT OF CARDIOVASCULAR ILLNESS”

Dr. Valentín Fuster

After a lifetime dedicated to medicine and research, Dr. Valentín Fuster de Carulla, who currently combines his duties as General Director of the CNIC of Madrid, Medical Director and Director of the Cardiovascular Institute of Mount Sinai Hospital in New York and President of the SHE Private Foundation - “La Caixa” (Science for Health and Education), is convinced that a change in the lifestyle of the population is the only way to avoid the spread of cardiovascular diseases, a true epidemic and the leading cause of death in the world.

02 THE YEAR IN FIGURES

1M€
BUDGET

25
TEAM

258
SI! PROGRAMME
EDUCATION
CENTRES

32.000
CHILDREN
SI! PROGRAMME

760
ADULTS
50/50 PROGRAMME
AND HC

251
TRAINED
TEACHERS

7.500
TEACHER
TRAINING
HOURS

11
OUTREACH
ACTIVITIES
AND CITIZEN
PARTICIPATION

3
COMMUNITIES
(CATALONIA, MADRID
AND GALICIA)

Data referring to the period August 2017 - December 2018

03 RESEARCH PROJECTS

- SI! PROGRAMME

Started in 2010, the SI! Programme is a school intervention programme aimed at children from 3 to 16 years old with one clear objective: to demonstrate that the acquisition of healthy habits from childhood reduces the risk of suffering cardiovascular diseases, while improving the quality of life in adulthood.

Research into public health indicates that health promotion initiatives should begin in the childhood stage. Only in this way is a change in behaviour sustained over time, long term and effective.

The **SI! Programme** is taught in the classroom by teachers, after training by the **SHE Foundation - "La Caixa"**, which either can be face-to-face or semi-face-to-face. The programme also has ISO 9001 certification.

Since its launch in 2010, the SI! Programme has trained a total of 1,723 teachers throughout Spain, and 6 meetings of programme coordinators have been organised.

SI! PROGRAMME

IT CAME ABOUT WITH THE WILL TO PROMOTE CARDIOVASCULAR HEALTH WITH THE VERY YOUNGEST, IN A SIMPLE AND PRACTICAL WAY, AND WITH THE OBJECTIVE OF TEACHING HOW TO MAINTAIN HEALTHY HABITS DURING LIFE.



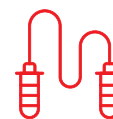
FOR ITS IMPLEMENTATION, 4 KEY AREAS OF ACTION HAVE BEEN ESTABLISHED:



ACQUISITION OF HEALTHY EATING HABITS



KNOWLEDGE OF THE BODY AND OF THE HEART



DOING PHYSICAL ACTIVITY

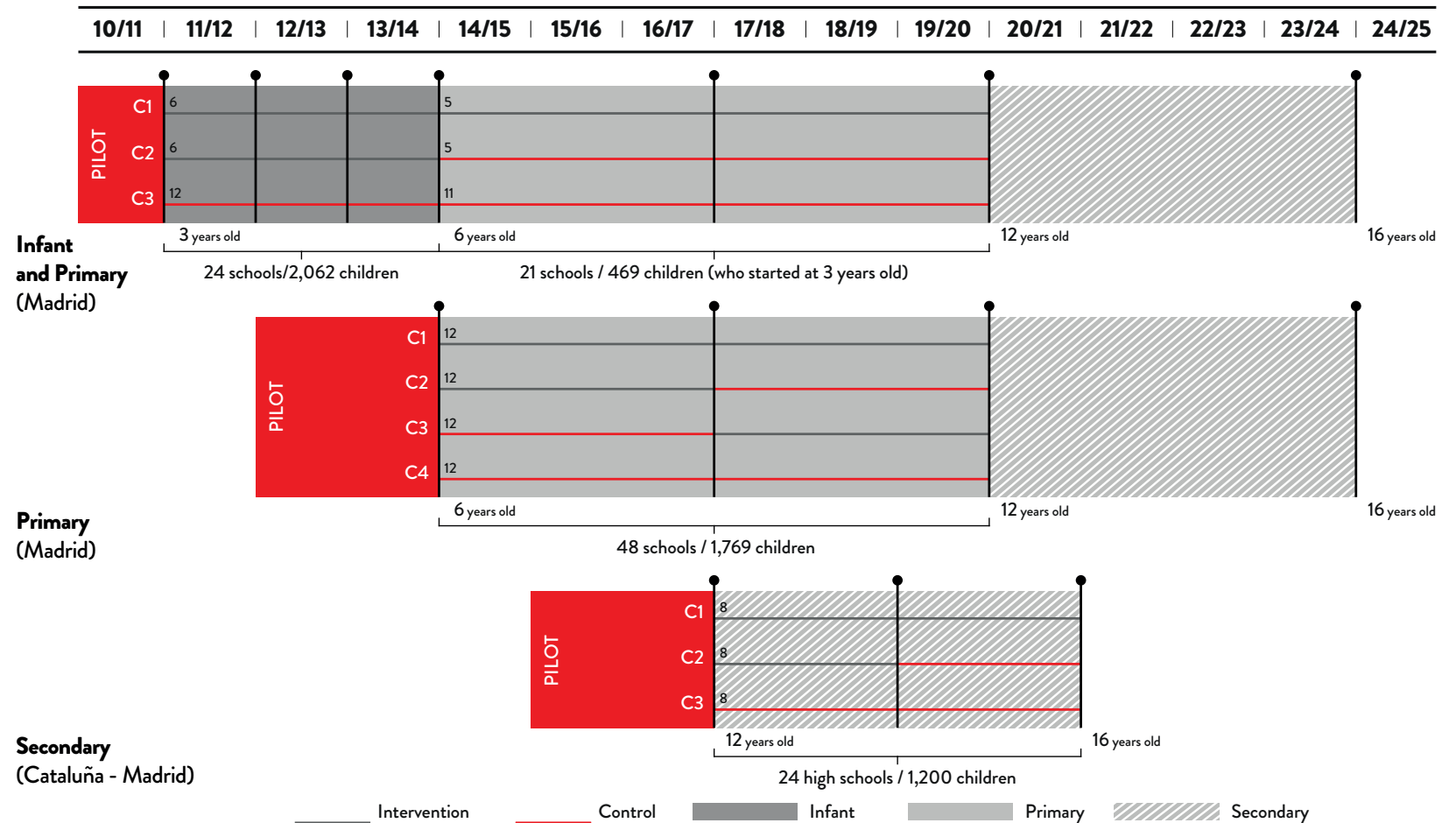


EMOTION MANAGEMENT

03 RESEARCH PROJECTS

- SI! PROGRAMME

INTERVENTION IN INFANT, PRIMARY AND SECONDARY EDUCATION IN SPAIN



03 RESEARCH PROJECTS

- SI! PROGRAMME

PRIMARY EDUCATION

- The scientific study of Primary Education continues.
- In September 2018, the PC3s applied the programme for the first time after the second randomisation, to the 4th year of Primary.
- The PC1 continue with the intervention until the 4th year of Primary.
- The PC1 stop applying the programme and PC3 remain as the control.

SECONDARY EDUCATION

- The winning project of a grant on La Marató from TV3 together with the CNIC and the University of Barcelona.
- During the months from October to March 2017, scientific measurements were made in the participating high schools.
- The intervention centres started the pedagogical intervention in the first year of Primary between the months of January and May 2018.

BENEFICIARIES OF THE SI! PROGRAMME

218
CENTRES

16.609
CHILDREN IN INFANT

14.169
CHILDREN IN PRIMARY

1.878
CHILDREN IN SECONDARY

32.656
TOTAL CHILDREN

03 RESEARCH PROJECTS

- 50/50 PROGRAMME

Through plans for training workshops and motivation for the change, support and monitoring, the 50/50 Programme helps to modify life habits and

control the main risk factors for cardiovascular disease: overweight, obesity, sedentarism, smoking and high blood pressure, through peer education.

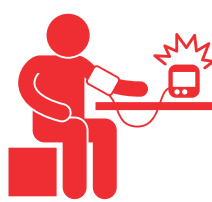
CARDIOVASCULAR RISK FACTORS



SEDENTARISM



UNHEALTHY EATING



BLOOD PRESSURE



OBESITY



SMOKING

50/50 PROGRAMME

BACKED BY A RIGOROUS SCIENTIFIC EVALUATION OF ITS RESULTS AND IMPLEMENTATION PROCESSES, THE 50/50 PROGRAMME IS A COMMUNITY HEALTH PROGRAMME WITH THE AIM OF DEFINING A MODEL OF GOOD PRACTICES THAT ALLOWS FOR THE IMPROVEMENT OF INTEGRAL HEALTH IN ADULTS AGED 25 TO 50 YEARS OLD.



Foundation for Science, Health and Education
50/50 Fifty Fifty



Obra Social "la Caixa"

50/50 MUNICIPALITIES

In April 2018, a new assessment was made of all participants on the Fifty-Fifty Programme in the 7 municipalities. This assessment was carried out 40 months after the end of the intervention (in December 2016).

To encourage attendance at this 6th assessment (April 2018), a new and important communication campaign was launched under the name Global Fifty.

Out of a total of 543 participants who were randomized to Fifty-Fifty, 237 participants attended the assessment (44%). This is considered to be a great success since this study began in 2013.

03 RESEARCH PROJECTS

- 50/50 PROGRAMME

50/50 COMPANIES

The SHE Foundation - “La Caixa” has designed and developed all the workshops and sessions that make up the 50/50 Programme so it can provide full training services to companies.

The project is aimed at employees at risk of cardiovascular disease to give them tools that allow them to improve the cardiovascular health of their workers.



Intervention PortAventura:

The 2nd Edition of the Fifty-Fifty Programme for Park employees at risk of cardiovascular disease has been carried out. The duration was 15 months from May 2016 through to August 2017.

El The total number of participants in this 2nd edition (2016-2017) was 51 divided into two groups:

Population 1) 39 employees from PortAventura did the Programme for the first time.

Population 2) 12 employees from PortAventura who had already done the Programme in the 1st Edition and who wanted to continue with the intervention with group dynamics.

AS A CONSEQUENCE OF THE INTERVENTION OF THE FIFTY-FIFTY PROGRAMME, A BENEFICIAL EFFECT HAS BEEN OBSERVED IN THE ACQUISITION OF HEALTHY HABITS RELATED TO CARDIOVASCULAR HEALTH, SHOWING A CLEAR IMPROVEMENT IN THE OVERALL RESULT AND SPECIFICALLY IN EACH ONE OF THE FIVE COMPONENTS: BLOOD PRESSURE, PHYSICAL ACTIVITY, WEIGHT, FOOD AND TOBACCO.



Idilia: In June 2017, 9 workshops were held with professionals from the SHE Foundation - “La Caixa”, in July 2 workshops took place and the last one was held in February **2018**.



Adam Foods-Cuétara: They held 8 workshops between November 2017 and November 2018



AMPO: 45 participants who have attended training and motivational workshops.

Participants in the Fifty-Fifty Programme were assessed by the medical and prevention service of AMPO, at the beginning of the study (in October 2016) and after receiving the intervention (January 2018).

03 RESEARCH PROJECTS

- HEALTHY COMMUNITIES PROJECT ICI



Within the framework of the Healthy City Intervention programme, the ICI, the Intercultural Community Intervention Project that is promoted by the Obra Social “la Caixa”, is developed in collaboration with the City of Cardona and the SHE Foundation - “La Caixa”.

The model is based on two social intervention strategies that have already proven effective; Community intervention and intercultural mediation.

Activities:

- Working group promoting no tobacco consumption.
- Promotion of the “Smokeless Environments” project. Project promoted by the Public Health Agency.
- Meetings of the Technical Relationship Space with social services, education and health technicians to share community intervention strategies to promote coexistence (quarterly).
- Meetings of the Citizen Relationship Space to share community intervention strategies to promote coexistence (quarterly).
- Creation and update of the Facebook page of the ICI Project.
- Community day with Lama Wangchen, the Jesuit Javier Melloni and Xavier Torradeflot from the Unesco Association for interfaith dialogue. Reflection on the relationship between spirituality, coexistence and health.
- Meetings with the institutions for the setting up of the Institutional Relationship Space.

04 PUBLICATIONS

“Rationale and Design of the SI! Programme for Health Promotion in Elementary Students Aged 6 to 11 years: A Cluster Randomized Trial”

Santos-Beneit G, Bodega P, de Miguel M, Rodríguez C, Carral V, Orrit X, Haro D, Carvajal I, de Cos A, Peñalvo JL, Gómez-Pardo E, Oliva, B, Ibáñez B, Fernández-Alvira JM, Fernández-Jiménez R, Fuster V. *Am. Heart J.* Accepted

“The SI! Programme for promoting heart-healthy habits in children aged 3 to 5 years: pedagogical strategies”

Carral V, Rodríguez C, Orrit X, Haro D, Sánchez Y, Santos-Beneit G, Bodega P, Carvajal I, Álvarez-Benavides A, Peñalvo JL, Fernández-Alvira JM, Fernández-Jiménez R, Ibáñez B, Fuster V. *Int. J. Health Promot. Educ.* -Under review

“El componente de alimentación en el Programa SI! de Salud Integral”

Bodega P, Santos-Beneit G, Rodríguez R, Òrrit X, Carral V, Haro D, Carvajal I, De Cos-Gandoy A, de Miguel M, Fernández-Jiménez R, Fuster V. *Rev Esp Nutr Comunitaria* 2018, 24(Supl.2): 173-174.

“El Programa SI! de Educación Primaria para promocionar hábitos cardiosaludables en niños de 6 a 11 años: estudio aleatorizado”

Santos-Beneit G, Bodega P, de Miguel M, De Cos-Gandoy A, Òrrit X, Carral V, Rodríguez R, Haro D, Carvajal I, Fuster V. *Revista del Colegio Oficial de Doctores y Licenciados en Filosofía y Letras y en Ciencias de la Comunidad de Madrid.* Noviembre-diciembre 2018

05 CONFERENCES AND CONGRESSES

- CONGRESSES 2018

- XII International Mediterranean Diet Conference. April 2018, Barcelona.

- V International Conference of Teachers of Science and Technology. April 2018, Madrid.

- XVII Congress of the Spanish Society of Nutrition. June 2018, Barcelona.

2018/04 Poster “Relationship between polyphenols and cardiovascular risk factors in adolescents, pilot study”

Laveriano-Santos EP, Ramírez-Garza S, Storniolo CE, Tresserra-Rimbau A, Doménech M, Estruch R, Ruiz A, Bodega P, de Miguel M, Santos-Beneit G, Fernández-Alvira JM, Fernández-Jiménez R, Fuster V, Lamuela-Raventós RM. XII International Mediterranean Diet Conference, Barcelona, Spain.

**Best poster award.

2018/04 Poster “Dietary polyphenol intake and major food sources in a Spanish teenager’s population: the SI! Programme”

Castro-Barquero S, Ruiz-León AM, Tresserra-Rimbau A, Storniolo C, Casas R, Doménech M, Lamuela-Raventós RM, Bodega P, de Miguel M, Santos-Beneit G, Fernández-Alvira JM, Fernández-Jiménez R, Fuster V, Estruch R. XII

International Mediterranean Diet Conference, Barcelona, Spain.

2018/04 Comunicación “El Programa SI! de Educación Primaria para promocionar hábitos cardiosaludables en niños de 6 a 11 años: fundamentos y estrategias pedagógicas.”

Orrit X, Carral V, Rodríguez C, Haro D, Carvajal I, de Cos A, de Miguel M, Bodega P, Santos-Beneit G, Fuster V. V International Conference of Teachers of Science and Technology, Madrid, Spain.

2018/04 Comunicación “El Programa SI! de Educación Primaria para promocionar hábitos cardiosaludables en niños de 6 a 11 años: estudio aleatorizado.” Santos-Beneit G, Bodega P, de Miguel M, de Cos A, Orrit X, Carral V, Rodríguez C, Haro D, Carvajal I, Fuster

V. V International Conference of Teachers of Science and Technology, Madrid, Spain.

2018/06 Poster “Relationship between polyphenols and body weight in adolescents, a pilot study”

Laveriano-Santos EP, Tresserra-Rimbau A, Doménech M, Estruch R, Santos-Beneit G, Fernández-Alvira JM, Fuster V, Lamuela-Raventós RM. XVII Congress of the Spanish Society of Nutrition, Barcelona, Spain.

2018/06 Poster “Estimation of dietary phenol compound intake and major foods sources in a Spanish teenage population: study of the SI! Programme”

Castro-Baquero S, Tresserra-Rimbau A, Doménech M, Lamuela-Raventós RM, Santos-Beneit G, Fernández-Alvira JM, Fuster V, Estruch R. XVII Congress of the Spanish Society of Nutrition, Barcelona, Spain.

06 OUTREACH ACTIONS

FESTIVAL OF THE HEART PORTAVENTURA

On April 14, 2018, the 5th Heart Day was celebrated in PortAventura, in collaboration with the AACIC CorAvant Foundation, with the aim of raising funds for the SI! Programme.

This edition was attended by around 800 people among whom were children and their families.



SHE DAY

9th SHE Day. Circuit of active and healthy leisure activities in which the almost 500 children from the Cardona summer centres participated. The theme of this year's day was the balance in three aspects: motor function, nutrition and emotion. Event closed by Mayor Ferran Estruch and Dr. Valentín Fuster.



INICIATIVA VIVE

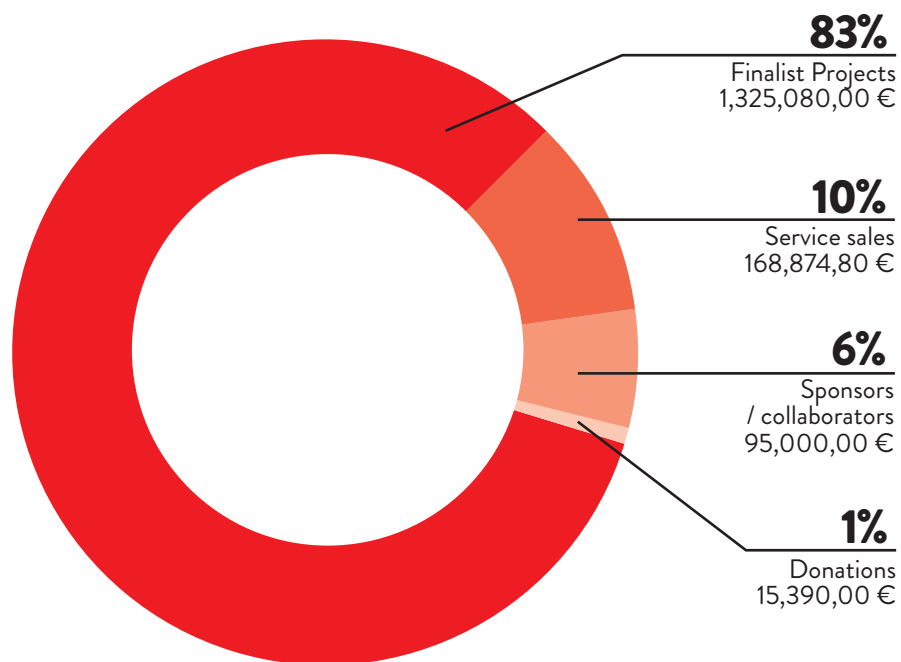
The Iniciativa Vive is a joint project from the ProCNIC Foundation and the SHE Foundation - “La Caixa” to improve and promote cardiovascular health. The Iniciativa Vive came about to unite, under the same management, the two main ways to stop cardiovascular diseases in our country: research and prevention, led by Dr. Valentín Fuster.

In 2018, the 7th Vive Day was held. It is an activity aimed at children between three and six years old and their parents. During the Day, with the over 300 children attending, the youngest children could do exercise in a fun way, learn how to eat breakfast, learn how to manage and control their emotions.



07 SOURCE AND DESTINATION OF RESOURCES

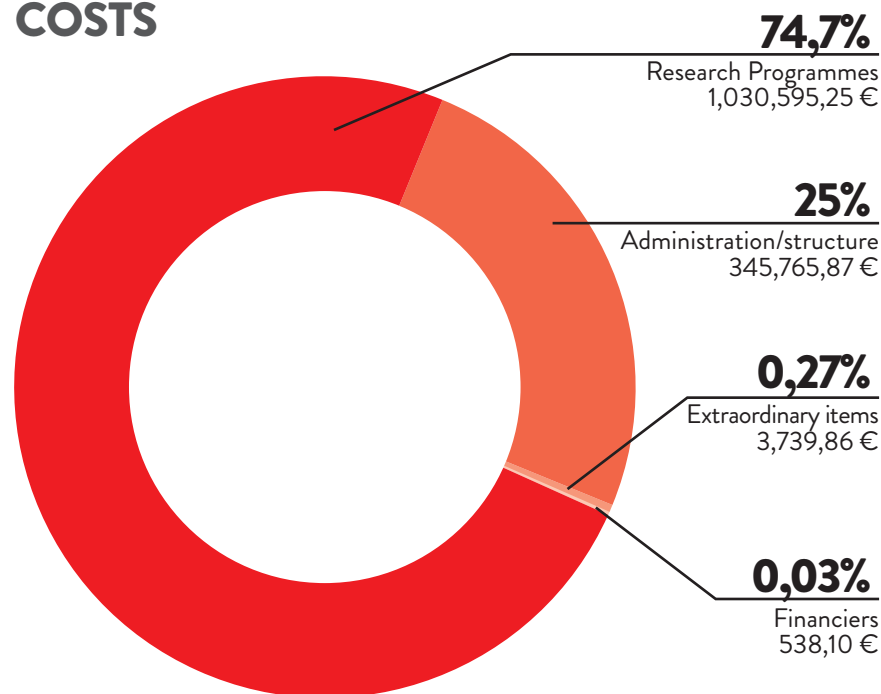
INCOME



SOURCE OF TOTAL INCOME **1,604.344,80 €**

Service sales	168,874,80 €
Donations	15,390,00 €
Finalist Projects	1,325,080,00 €
Sponsors / collaborators	95,000,00 €

COSTS



DESTINATION OF TOTAL COSTS **1,378,639,80 €**

Research Programmes	1,030,595,25 €
Administration/ structure	345,765,87 €
Financiers	538,10 €
Extraordinary items	3,739,86 €

Budget corresponding to the months of August 2017 – December 2018

08 TRUSTEES AND TEAM

TRUSTEES

Dr. Valentín Fuster

Founding Trustee - Chairman

Mr. Carles Vilarrubí

Founding Trustee -
Deputy Chairman

Mr. Isidre Fainé

Trustee, "la Caixa"
Foundation

Ms. Isabel Carvajal

Trustee

Mr. Àngel Font

Trustee, "la Caixa"
Foundation

Mr. Jaume Giró

Trustee, "la Caixa"
Foundation

The Most Excellent Sr.

Javier Solana

Founding Trustee

Mr. Lluís Torres

Founding Trustee

Mr. Joan Font

Secretary Trustee

Mr. Antoni Guillén

Deputy Secretary

TEAM

PEDAGOGICAL AREA

Isabel Carvajal

Pedagogical management

**Domingo Haro, Carla Rodríguez,
Xavier Òrrit, Vanesa Carral,
Anna Badia**

Pedagogical Team

SCIENTIFIC AREA

Rodrigo Fernández

Scientific management

**Gloria Santos, Patricia Bodega,
Amaya de Cos y Mercedes de
Miguel**

Scientific team

MANAGEMENT

Carles Peyra

General Management

Rafael Badia, Ester Pla

Administration and finance

COLLABORATORS

Pilar Altarriba

Quality

Patricia Anguera

Communication

