

Le cure termali verso le linee  
guida.

Identificare le buone pratiche

## *La sanità pubblica*

Silvio Tafuri, MD, PhD

Università degli Studi di Bari Aldo Moro

# Conflitto di interesse

Silvio Tafuri è professore ordinario di Igiene generale e applicata presso l'Università degli Studi di Bari Aldo Moro e responsabile della Unità di Programma Control Room presso l'Azienda Ospedaliero-Universitaria Policlinico Bari.

È responsabile di studi clinici di fase III e IV sponsorizzati da GSK, Sequirus e MSD ed è stato componente di Advisory Board promossi da GSK.

È stato componente di diversi collegi medico-legali in tema di danno da vaccino.

Con riferimento alle tematiche trattate nella presente relazione, dichiara l'assenza di conflitto di interesse.

Roma, 13 giugno 2024

Silvio Tafuri

# Public Health

the art and science of  
**preventing disease,**  
**prolonging life and**  
**promoting health** through  
the organized efforts of  
society

## SCIENCE

FRIDAY, JANUARY 9, 1920

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### THE UNTILLED FIELDS OF PUBLIC HEALTH<sup>1</sup>

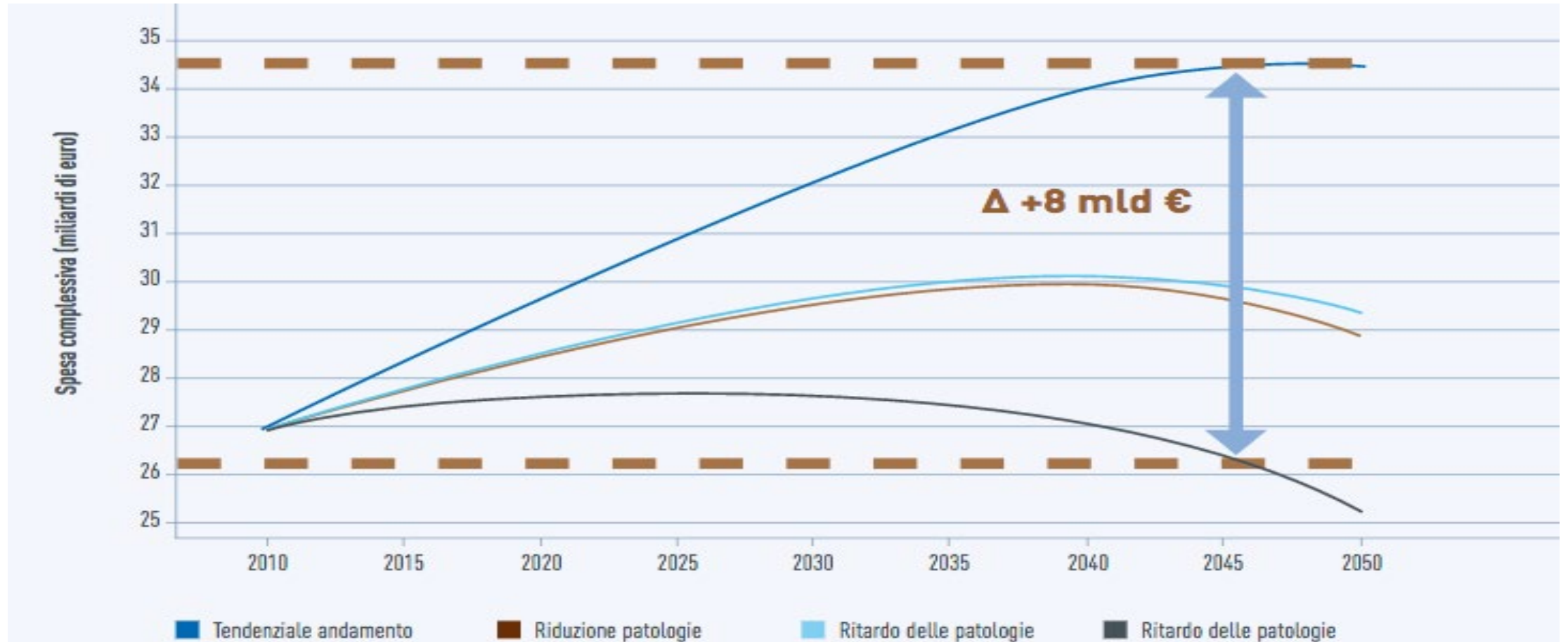
A SHORT time ago two Yale undergraduates came to my laboratory to consult me in regard to the choice of a career. One of them was a son of a public health administrator of the highest eminence; and they particularly wanted to know something about the field of public health, what it included, what was the nature of the work involved, what were the qualifications required, and what the financial rewards and the more intangible emoluments to be expected by those who might enter upon this career. I told them what I could of the current tendencies which to me seem to make public health one of the most stimulating and attractive openings lying before the college student of the present day; but I found that the answer to their question was by no means a simple one to formulate. The public health movement has been expanding so rapidly that what was "the New Public Health" fifteen years ago includes only the more conventional interests of the present day.

It seemed to me as I talked with these young men that we needed a formulation of current tendencies in the protean field of public health and an outline of the lines of future development so far as they can safely be forecast. It is essential that the worker in this domain of applied science should see clearly the goal toward which he is aiming, however far ahead of the immediate possibilities of the moment it may appear to be. Above all, it is desirable that we should have a definite and inspiring program to lay before the young men and women of the country who hesitate in the choice of a career. On every hand we hear the question, put by an eager young

MSS. intended for publication and books, etc., intended for review should be sent to The Editor of Science, Garrison-on-Hudson, N. Y.

<sup>1</sup> Address of the vice-president and chairman of Section K—Physiology and Experimental Medicine—St. Louis, January 2, 1920.

# Perché non possiamo non promuovere la salute



# Noncommunicable diseases

16 September 2023

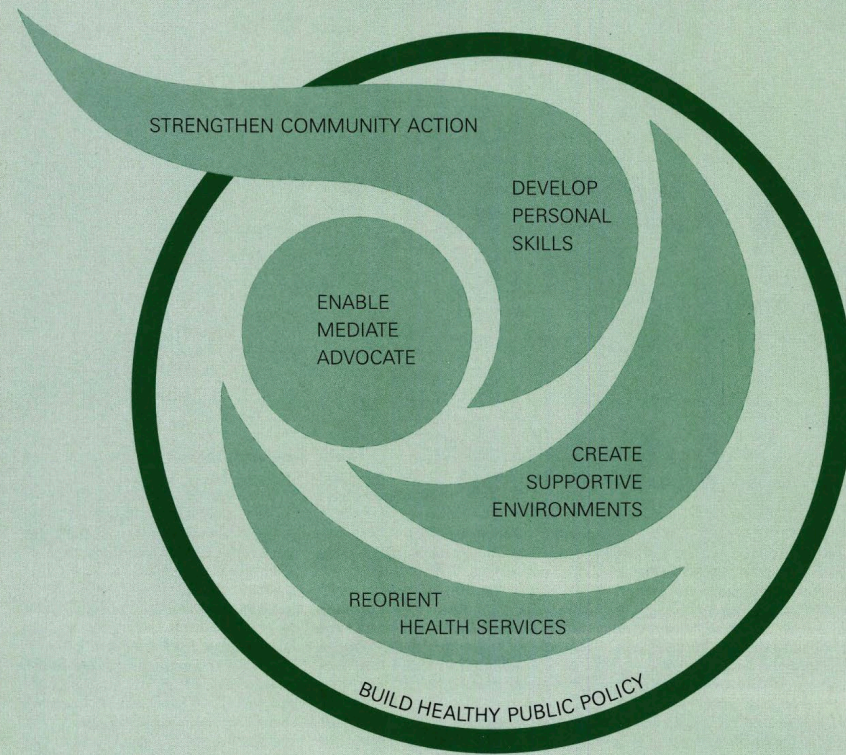
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## Key facts

- **Noncommunicable diseases (NCDs) kill 41 million people each year, equivalent to 74% of all deaths globally.**
  - **Each year, 17 million people die from a NCD before age 70; 86% of these premature deaths occur in low- and middle-income countries.**
  - **Of all NCD deaths, 77% are in low- and middle-income countries.**
  - **Cardiovascular diseases account for most NCD deaths, or 17.9 million people annually, followed by cancers (9.3 million), chronic respiratory diseases (4.1 million), and diabetes (2.0 million including kidney disease deaths caused by diabetes).**
  - **These four groups of diseases account for over 80% of all premature NCD deaths.**
  - **Tobacco use, physical inactivity, the harmful use of alcohol, unhealthy diets and air pollution all increase the risk of dying from an NCD.**
  - **Detection, screening and treatment of NCDs, as well as palliative care, are key components of the response to NCDs.**
-

# OTTAWA CHARTER FOR

An international conference, jointly organized by WHO, Health and Welfare Canada and the Canadian Public Health Association, drew up this Charter for action to achieve Health for all by the year 2000 and beyond



A COMMITMENT TO INTERNATIONAL HEALTH ACTION

# Il popolo degli utenti delle terme

Il sistema termale italiano accoglie e assiste **2 milioni e 790 mila clienti**, di cui il 12% composto da stranieri.



> [Phlebology](#). 2022 Mar;37(2):134-142. doi: 10.1177/02683555211051962. Epub 2021 Oct 11.

## Physical fitness changes induced by thermal aquatic standardized exercise in chronic venous disease patients

Erica Menegatti <sup>1</sup>, Simona Mandini <sup>2</sup>, Yung-Wei Chi <sup>3</sup>, Gianni Mazzone <sup>2</sup>, Anselmo Pagani <sup>4</sup>, Anna Maria Malagoni <sup>4</sup>, Mirko Tessari <sup>4</sup>, Alfio Luca Costa <sup>5</sup>, Giampiero Avruscio <sup>6</sup>, Paolo Zamboni <sup>1 4</sup>, Sergio Gianesini <sup>1 4 7</sup>

Affiliations + expand

PMID: 34633888 DOI: [10.1177/02683555211051962](#)

### Abstract

**Background:** Lack of physical activity represents a risk factor for both cardiovascular and chronic venous diseases (CVD), nevertheless a specific exercise protocol for CVD patient is still missing. This investigation was aimed to assess the impact of a standardized exercise protocol in a thermal water environment on physical fitness and quality-of-life (QoL) in CVD patients.

**Methods:** Sixteen (16) CVD patients performed 5 standardized exercise sessions in a thermal water pool. Before starting the exercise protocol, the cohort filled International Physical Activity Questionnaire (IPAQ) to determine their physical activity level. At baseline and at the end of the exercise program, leg volume, QoL, musculoskeletal and cardiovascular physical fitness were assessed by means of water plethysmography, validated questionnaire and functional test, blood pressure and heart rate at rest were also reported.

**Results:** All the patients were categorized as physically inactive: average activity time 235.6 (155.2) MET-minutes per week. At the end of the study, a significant leg volume reduction was found (-16%;  $p < .002$ ). Significant improvement in lower limb strength ( $p < .0001$ ), endurance ( $p < .006$ ), rapidity and balance ( $p < .05$ ) together with decrease in resting heart rate (-1.8%,  $p < .0001$ ) and systolic blood pressure (-1.1%,  $p < .04$ ) were reported, significant improvement in bodily pain ( $p < .0005$ ) and social function ( $p < .002$ ) QoL items were observed.

**Conclusions:** The proposed exercise protocol in thermal aquatic environment demonstrated to be an effective treatment modality improving both cardiovascular and musculoskeletal outcomes and QoL in sedentary CVD patients. Aquatic environment investigations require proper analysis of the various factors involved, in a standardized and reproducible way. The herein report can be a reference for further studies on different health related conditions.

**Keywords:** Chronic venous disease; aquatic exercise; exercise therapy; oedema; physical activity; thermal water; water training.

> [Obes Res Clin Pract](#). 2019 Sep-Oct;13(5):492-498. doi: 10.1016/j.orcp.2019.06.005. Epub 2019 Aug 2.

## Long term effect of spa therapy combined with patient education program on subjects with overweight and obesity – A controlled study

Coralie Schnebelen-Berthier <sup>1</sup>, Nathalie Negro <sup>2</sup>, Arnaud Jaruga <sup>3</sup>, Christian-François Roques <sup>4</sup>, Jean-Michel Lecerf <sup>3</sup>

Affiliations + expand

PMID: 31383564 DOI: [10.1016/j.orcp.2019.06.005](#)

### Abstract

The aim of this single center prospective controlled study in volunteers with obesity and overweight was to evaluate the effect of a patient therapeutic education program (PTE group) combined with spa therapy on weight, physical activity, eating habits and quality of life versus spa therapy alone (control group). The main endpoint was weight change at 5 months after the end of the program. The PTE group of 151 subjects with obesity or overweight followed a 3-week program combining patient education with spa therapy and 189 attended a course of spa therapy alone. At 5 months significant loss was observed in the PTE group compared to controls (-2.69kg vs -1.24kg,  $p=0.008$ ), a relative weight loss of -2.8% vs -1.3%. At 11 months after spa therapy, only the PTE group maintained a weight loss in addition to the weight loss obtained during spa therapy. The control group returned to the weight they had at the end of spa therapy. In both groups, a significant increase in physical activity was observed at 5 ( $p<0.001$ ) and 11 months ( $p<0.001$ ) with a significant better improvement in the PTE group. In addition, while in both groups some quality of life parameters and dietary choices were improved, the improvement (more fruit, vegetables, fish and water) was significantly higher in the PTE group, at both 5 and 11 months after spa therapy. In conclusion, while spa therapy alone initiated positive changes in weight loss, physical activity and some quality of life parameters, the PTE program enhanced this effect.

**Keywords:** Obesity; Overweight; Patient therapeutic education; Thermal care.



# Pilot survey nello stabilimento Terme di Margherita di Savoia

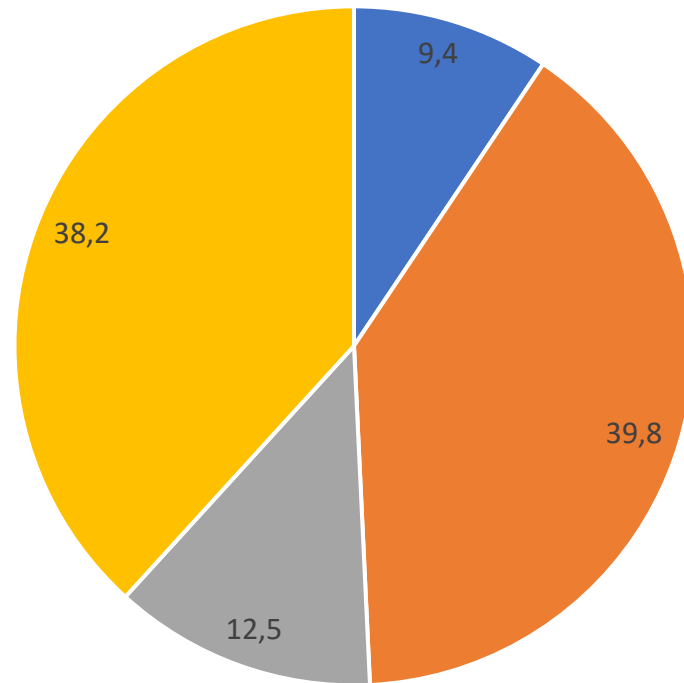
## Obiettivo

- Caratterizzare l'attitudine all'attività fisica e alla vaccinazione degli utenti della struttura termale

## Metodi

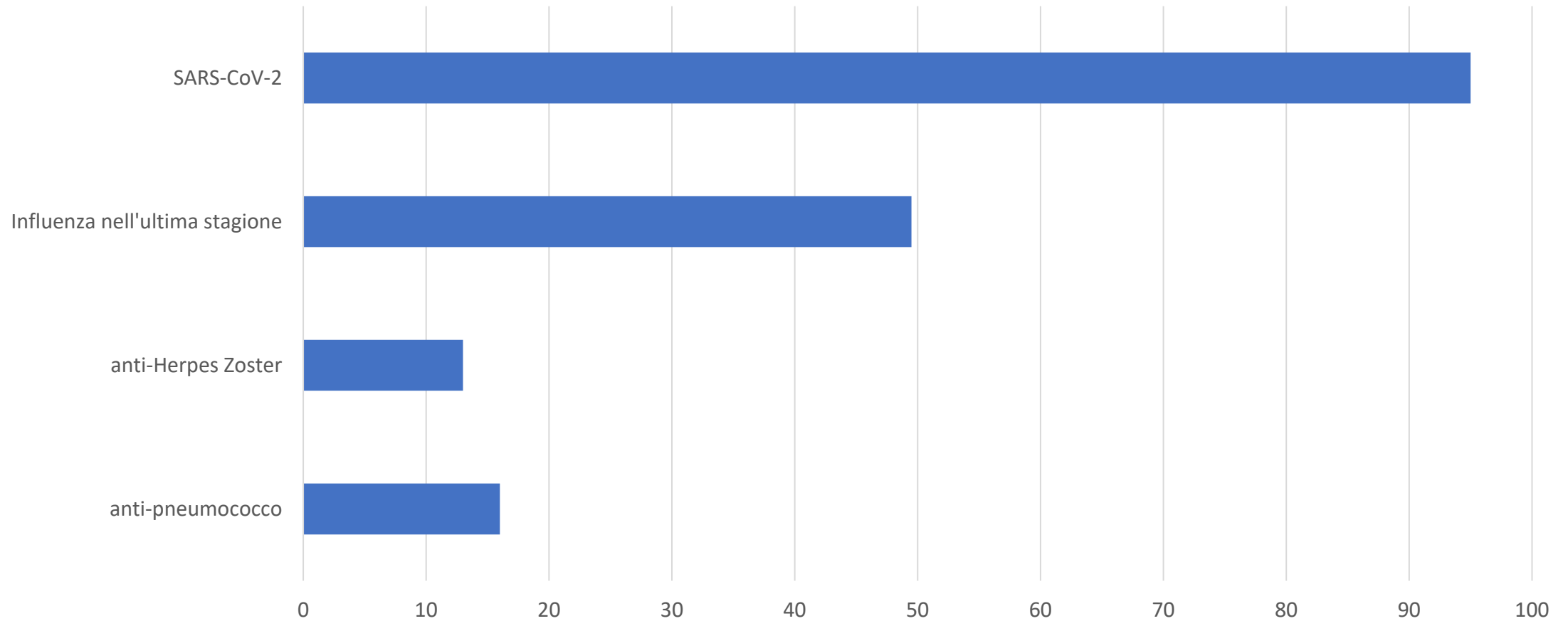
- Studio cross-sectional su 319 utenti, estate 2023
- Questionario anonimo autosomministrato
- Età media degli intervistati 64,2 (SD=14,1) anni

# Distribuzione del campione per livello di attività fisica



■ Più che sufficiente ■ Sufficiente ■ Insufficiente ■ Scarsa

# Coperture vaccinali



# Analisi dei determinanti

## Vaccinazione

Il consiglio del medico rappresenta il principale determinante dell'accettazione delle vaccinazioni

## Attività fisica

Il livello di attività fisica si riduce con l'aumento dell'età

Review > [Cochrane Database Syst Rev](#). 2018 Feb 24;2(2):CD004148.

doi: [10.1002/14651858.CD004148.pub4](https://doi.org/10.1002/14651858.CD004148.pub4).

## Effectiveness of brief alcohol interventions in primary care populations

Eileen Fs Kaner <sup>1</sup>, Fiona R Beyer, Colin Muirhead, Fiona Campbell, Elizabeth D Pienaar, Nicolas Bertholet, Jean B Daeppen, John B Saunders, Bernard Burnand

Affiliations + expand

PMID: 29476653 PMCID: [PMC6491186](#) DOI: [10.1002/14651858.CD004148.pub4](https://doi.org/10.1002/14651858.CD004148.pub4)

### Abstract

**Background:** Excessive drinking is a significant cause of mortality, morbidity and social problems in many countries. Brief interventions aim to reduce alcohol consumption and related harm in hazardous and harmful drinkers who are not actively seeking help for alcohol problems. Interventions usually take the form of a conversation with a primary care provider and may include feedback on the person's alcohol use, information about potential harms and benefits of reducing intake, and advice on how to reduce consumption. Discussion informs the development of a personal plan to help reduce consumption. Brief interventions can also include behaviour change or motivationally-focused counselling. This is an update of a Cochrane Review published in 2007.

**Objectives:** To assess the effectiveness of screening and brief alcohol intervention to reduce excessive alcohol consumption in hazardous or harmful drinkers in general practice or emergency care settings.

**Search methods:** We searched the Cochrane Central Register of Controlled Trials (CENTRAL), MEDLINE, and 12 other bibliographic databases to September 2017. We searched Alcohol and Alcohol Problems Science Database (to December 2003, after which the database was discontinued), trials registries, and websites. We carried out handsearching and checked reference lists of included studies and relevant reviews.

Meta-Analysis > [Health Educ Res](#). 2023 Sep 20;38(5):490-512. doi: [10.1093/her/cyad028](https://doi.org/10.1093/her/cyad028).

## Is lifestyle modification with individual face-to-face education and counseling more effective than usual care for controlling hypertension? A systematic review and meta-analysis of randomized controlled trials

Danesh Soltani <sup>1</sup>, Bayan Azizi <sup>1</sup>, Amir Hossein Behnoush <sup>2</sup>, Alipasha Meysamie <sup>1 3</sup>, Afsaneh Aein <sup>1</sup>, Sepehr Nayebirad <sup>1</sup>, Ali Vasheghani-Farahani <sup>1</sup>, Ali Akbari Sari <sup>4 5</sup>

Affiliations + expand

PMID: 37450326 DOI: [10.1093/her/cyad028](https://doi.org/10.1093/her/cyad028)

### Abstract

Hypertension (HTN) management continues to be a concern due to challenges with behavioral risk factors. Patient education to modify unhealthy behaviors appears to be effective in managing HTN. Therefore, this meta-analysis aimed to determine whether individualized face-to-face education and counseling have a beneficial effect on systolic and diastolic blood pressure (SBP and DBP) in hypertensive patients. Studies were extracted from PubMed, Scopus, Cochrane Library, and Web of Science databases. Nine studies, comprising 2627 participants, were included. Random effects models were used to pool estimates of mean differences (MDs) with 95% confidence intervals (CIs) in SBP and DBP between the intervention and usual care groups. SBP and DBP were significantly reduced at the 6-month (MD = -4.38 mmHg, 95% CI: -6.95 to -1.81; MD = -2.09 mmHg, 95% CI: -3.69 to -0.50, respectively) and 12-month time points (MD = -2.48 mmHg, 95% CI: -3.96 to -1.01; MD = -1.71 mmHg, 95% CI: -2.88 to -0.55, respectively) with intervention. At the 24-month time point, there was a significant change in SBP (MD = -2.13 mmHg, 95% CI: -3.94 to -0.32) with intervention compared with the usual care group. This study showed that individualized face-to-face education and counseling add significant benefits to usual care for lowering blood pressure in hypertensive patients. Graphical Abstract.

# Il futuro

- Allineare gli obiettivi degli attori del sistema della prevenzione e delle cure
- Fare alleanze
- Sviluppare approcci multidimensionali
- In questo futuro le Terme possono essere protagonisti

GRAZIE PER  
L'ATTENZIONE