



## FUNDACJA NA RZECZ KOBIEC

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Dear Sirs,/Madam

With reference to the initiative of Commissioner Byrne, the Polish organization: "I am Woman, the Foundation for Women's Issues" would like to present its stance and some suggestions. One of the Foundation's mission, among others, is to "promote health and active style of life".

**Here is our stance.**

A society's mind starts to be shaped at the very early age together with its people's maturity. Habbits, customs, prejudices are assimilated in very young minds (parental influence). This is why any new processes, any new approaches (state intervention) should be introduced at the very early stage of mind shaping. Anything which is done later is just solving of results and not preventing them. Whenever we make calculations they clearly show out that results are more costconsuming than prevention. This is just a mere simple calculation: why spend more if we could spend less and save more?

**The priority task** should be the education of young children of age 4-5 (first, introductory stage), or maybe earlier depending on the country, and continued till the age of 14-15 (second stage, reinforcement). A new multisectoral program should be created in order to elaborate and implement a „good practice models“, such as: 1) good, healthy food habits; 2) attitude towards sport and fitness; 3) stress and relaxation methods; 4) environment. The ministries of economy, finance, health, education, environment and equal status should be in charge of that program.

**Conclusion.**

Even a poor society could be healthier if properly educated. Education is the most important factor of all. Very young children should be taught „good models“. These young children will be conscientious adults with good habits. Grown up women and men will educate their children with new approaches and attitudes. This is the only way to exclude generations' bad habits.

Yours faithfully,

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I am Woman, the Foundation for Women's Issues



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