

Strategic Initiatives

How can we create an impact with an optimized effort in today's insecure world? To be successful means to focus! Therefore, we have developed a mid-term plan ("strategy") to create clarity about a few key topics to meet our purpose and to concentrate our limited resources to generate as much impact and influence as possible.

However, we have identified the following areas of interest relevant for our priority-setting. These areas are related to each other to pursue our purpose and leverage our impact.

PREVENTIVE HEALTHCARE
ORAL HEALTHCARE
NUTRITION, HEALTHY LIFESTYLE
BEHAVIORAL SCIENCES
HEALTH POLICIES, REGULATORY
& LEGAL AFFAIRS

It is relevant that AVOLA has a clear understanding of what the organization stands for, what type of projects it wishes to support and how it leverages its actions. Based on inputs by various members of the Board of Directors (BoD), this document offers guidance and helps to avoid confusion and redundancy in what we call "AVOLA's pilot phase" (period 2025–2030). If you wish to learn more about our strategic initiatives, visit our website www.avola.network.

AVOLA Junior Committee

In 2025, it is planned that we start first activities with the AVOLA Junior Committee. The basic idea is to offer young professionals a voice within the association, and to provide a platform enabling them to implement fresh ideas and share new perspectives, in order to raise the profile of

emerging talent and ensure AVOLA represents all age groups who can help us to put our mission into reality. If you are interested to join, please write to: msc@avola.network.



**Winner of the
Jirí Sedelmayer Award 2024
Mário Rui Araújo**

At the 1st AVOLA Symposium in Lucerne, Switzerland, in October 2024, Mário Rui Araújo will be honoured with the Sedelmayer AVOLA price for his commitment and achievements to date in the field of oral prevention. Mário Rui Araújo graduated in Dental Hygiene from the University of Lisbon in 1990 and obtained a Bachelor of Science in Dental Hygiene from the University of Washington in 1993. In 2002 he completed his Master's degree in Health Psychology at ISPA (Lisbon University Institute) and is currently a PhD student at the University of Lisbon (Department of Psychology). In his dissertation, he analyses different approaches and strategies to improve oral health behaviour.

Rui Araújo lives in Caldas da Rainha, Portugal, where he works as a clinical/behavioural dental hygienist. He is also a lecturer in behaviour change and communication skills and has given numerous guest lectures in various countries around the world and published several articles on the subject. He has been working as an oral health teacher since 1990. He is currently the director and lecturer of

the Dental Hygiene Programme at the Health School of the Polytechnic Institute of Portalegre. He has worked for the Portuguese government as project manager in the nationwide oral health promotion programme. In 2013, Portugal was honoured with the prestigious Sunstar World Dental Hygiene Award for the best oral health project in Cape Town (South Africa).

Events & Education

Each semester in 2025, two board of directors' meetings will be held at different venues in Europe.

Two expert meetings are being planned for 2025. Topics may include but are not limited to:

- Microplastics
- One Health
- Periodontal Diseases and Biofilm Mgt.
- Metabolic Health
- Healthy Lifestyle
- Non-Communicable Diseases
- Pediatric Health
- Behavior and Motivational Barriers
- Health Literacy
- Health Economics
- Environmental Influences
- Genetics
- Gut Health, Microbiome
- Success for the Oral-Systemic Practice
- etc.

The 2nd Oral-Systemic Health Connection Symposium will be held in 2026.

**Details will be
communicated in
due time on
www.avola.network.**

