

INFECTIOUS DISEASES

The Infectious Disease Prevention and Control Unit is the national centre responsible for the surveillance, prevention and control of infectious diseases. Data is collected from various sources, including medical doctors, hospitals, laboratories, patients and death certificates. The Unit is also responsible for providing advice to health professionals and the general public, for preparedness and response plans against biological threats and for screening of infectious diseases in all third country nationals and asylum seekers.

SURVEILLANCE

There are currently 73 statutory notifiable infectious diseases under Article 27(a)(i) of the Public Health Act (Chapter 465 of the Laws of Malta). Notification is mandatory by law from all registered doctors working in Malta. Details of patients and disease can be sent via a secure email, online infectious disease notification form for those working in public sector and also available through Myhealth or by phone. For urgent notifications, a 24-hour on-call service operates either via Mater Dei Hospital switchboard or helpline number. Every case is verified by Unit staff according to EU case definitions. Contact tracing is carried out and all the necessary preventive measures are taken to limit the spread of disease.

MANAGEMENT OF OUTBREAKS

When an outbreak is reported, an outbreak control team is immediately set up to investigate. The team consists of IDCU staff together with officers from Environmental Health Directorate, Evans and Mater Dei Hospital Laboratories and other entities depending on the specific scenario in order to ensure early diagnosis of the infectious disease causing the outbreak, and to take timely control measures.

Further information on infectious diseases is available on IDCU website: <https://deputyprimeminister.gov.mt/en/health-promotion/idpcu/Pages/introduction.aspx>

Contact numbers during Office Hours are 23266109 /122 /119 /117

Out of Office Hours helpline: 21324086

Email: disease.surveillance@gov.mt

Infectious Disease Notification Form if working within the public sector <https://notifyinfectiousdisease.gov.mt>

Through Myhealth - Go to Tab Forms, then green button Forms, then choose Infectious Disease Report

SEXUAL HEALTH

Public health aims to promote and create an environment where individuals and communities in general can experience healthy sexuality, and have their sexual and reproductive health needs and rights met. Sexual health is an integral part of health affecting the physical, social, mental, emotional and spiritual well-being of every human being.

The sexual health promotion service offers:

- Delivery of sexuality education in schools, colleges and other alternative education settings;
- Organises events, initiatives and campaigns that encourage healthy decision-making around safer sex and testing for sexually transmitted infections;
- Supports organisations and stakeholders in developing and updating policies and strategies around sexual health and sexuality;
- Offers individual advice and support.

Comprehensive information about all aspects of sexual health and well-being can be found on the sexual health website www.sexualhealth.gov.mt

For more information and individual advice, people can call on 2326 6107 / 2326 6000.

T: 2326 6000, **E:** health.pro@gov.mt

[f](#) [t](#) [@](#) HPDPMalta

 **Health Promotion & Disease Prevention Directorate**
Tel: 2326 6000, www.healthpromotion.gov.mt


OFFICE OF THE DEPUTY PRIME MINISTER
MINISTRY FOR HEALTH

 **Health Promotion & Disease Prevention Directorate**
Tel: 2326 6000, www.healthpromotion.gov.mt

Health Promotion & Disease
Prevention Directorate

THIS IS US

“**PROTECT
PROMOTE
SUPPORT**”



MISSION STATEMENT

The aim of the Health Promotion and Disease Prevention Directorate is to protect, promote and support the health and wellbeing of the population residing in the Maltese Islands by:

- Supporting and empowering individuals to adopt a healthy lifestyle;
- Advocating for the creation of environments conducive to health;
- Preventing and controlling communicable and chronic non-communicable diseases;
- Carrying out effective surveillance and control of communicable diseases.
- The directorate offers four (4) main programmes related to non-communicable diseases, as well as offers services related to communicable diseases and sexual health.

Various publications are available in the Maltese and English languages:

- Application forms for our services
- Nutrition
- Physical Activity

- Tobacco
- Dental Health
- Cancer
- Sexual Health
- Infectious Diseases
- Food Safety
- Influenza
- National Policies / Strategies

CONTACT US

You can contact us in the following ways:

By post: The Director, Health Promotion and Disease Prevention Directorate, 5B, Triq C. DeBrockdorff, Msida MSD1421.

By email: health.pro@gov.mt

By phone: 23266000

Quitline: 80073333

SERVICES

HEALTHY WEIGHT FOR LIFE PROGRAMME - PIŻ TAJJEB TUL HAJJTEK

The aim of the weight management programme is to give participants, who wish to lose weight, the knowledge and skills to achieve and maintain a healthy weight.

This Programme consists of a 2 hour informative session on nutrition and healthy weight and another 1 hour session of physical activity. Both sessions are held on a weekly basis over 12 weeks and in different localities.

Applicants must be over 18 years of age, with a Body Mass Index (BMI) over 25. Each class will consist of 15 participants and priority is given to first time applicants. Medical advice should be sought before applying.

People can be referred or can self refer to this programme. Programmes are offered free of charge and are held in the Maltese language.

TOBACCO CESSATION SUPPORT SERVICES

Tobacco use is one of the main risk factors for several chronic non-communicable diseases. It harms nearly every organ of the body, causing diseases, such as cancer, heart disease, stroke and chronic respiratory diseases. These diseases lead to early death and ill-health. Quitting smoking lowers the risk for smoking-related diseases and can add years to life and life to years. It is never too late to stop, as a positive effect results from quitting at any age.

INDIVIDUAL SUPPORT

Intensive individual support can help to make the quit attempt successful. This service is offered free of charge and is available every Wednesday at Floriana and Mosta Health Centres from 5pm to 7pm and every Tuesday at Paola Health Centre. Sessions are also held in Gozo. Smoking cessation advisors are specially trained to provide support through the quitting process. Smoking cessation clinics for one-to-one sessions are tailored to meet an individual's needs.

Patients can be referred or can self refer to this service. The Tobacco Quitline number is 800 73333

SELF MANAGEMENT PROGRAMME - HU KONTROLL

Having a long-term health condition can be overwhelming for patients as most of the time they will be facing challenges, such as pain, fatigue, and difficulties in communicating effectively with family and health professionals. However, by learning self management skills, such as relaxation skills, pacing and action planning, the patient is more likely to manage such difficulties and feel in control over his / her life. 'Hu Kontroll' is a six week (one session per week) interactive programme which provides the patient with the skills and tools required to help manage the impact a health condition can bring.

People can be referred or can self refer to this programme. Programmes are offered free of charge and are held in different localities. The programme is delivered in the Maltese language.

DIABETES WEIGHT MANAGEMENT PROGRAMME

The aim of this programme is to increase the participants' knowledge on diabetes, and its management as well as to guide him / her to lose weight and become more physically active.

The programme consists of 9 group sessions delivered on Saturday mornings by a multidisciplinary team at Mater Dei Hospital. The team consists of a diabetes practice nurse, a dietitian, a nutritionist, a diabetologist, an oral hygienist, a podiatrist and a fitness instructor. Clients are also offered a one to one session with a counsellor/ psychotherapist (to facilitate behaviour change).

Sessions typically include an educational/discussion part and a short physical activity part.

Patients should be referred to the programme by their diabetologist or family doctor. The programme is offered free of charge. The programme is delivered in the Maltese language.