

CRISTINA AGUZZOLI

Cristina Aguzzoli è dirigente medico, psiconeuroimmunologa, specialista in igiene e medicina preventiva, esperta in strategie di promozione della salute e della resilienza.

Responsabile Promozione della Salute (rete HPH)

Coordinatore Reti HPH Italiane

Componente Governance Board HPH Internazionale

Presidente Comitato Unico di Garanzia CUG

I'm an expert on organizational and individual stress management in healthcare settings, Mind Body medicine, medically unexplained symptoms, psycho-neuro-endocrine-immunology PNEI, life styles, resilience programs (people, organizations, patients), empowerment for employees about psycho-emotional well being at the workplace; Life skills for teen agers programs in different settings (school, sport, shows). Since 2003 I have been working as coordinator of Health Promoting Hospitals & Health Services (HPH) Network of the Friuli Venezia Giulia Region, appointed in 2022 as coordinator and spokesperson for the italian networks. Since 2023 I'm a member of the International HPH Governance Board and in 2024 I coordinate the new Task Force Wellbeing of Healthcare workers together with HPH coordinator of Hungary and South Korea.

Expertise gained in designing and applying health promotion principles and experiences in empowerment strategies and multiprofessional alliances with community and organizations. Strong interest in the field of activation of self-assessment paths aimed at activating improvement plans on the topic of individual, group and community salutogenesis, with particular attention to healthcare setting and to the innovation tools to reduce allostatic load and make health promotion measurable even in the short term.