

# Good Practices in the Field of Health Promotion and Chronic Disease Prevention Across the Life Cycle The WP5 of the JA CHRODIS

Conference “*In search of Good Practices in Health Promotion for Older People*”, ProHealth 65+

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# JA-CHRODIS: a three-year initiative (2014-2017) funded by the European Commission and the participating parties and led by the Institute of Health Carlos III - Spain

## Background

- NCDs affect 8 out of 10 people aged over 65 in Europe and approximately 70% to 80% of health care budgets across the EU are spent for their treatment
- Reducing the burden of chronic diseases is a priority for the EU and its MS and a specific objective under the third EU Health Programme 2014-2020
- Addressing Chronic Disease in Europe requires concerted actions



**With 71 Associated or Collaborating partners of 26 MS, from national and regional departments of health and research institutions ,  
CHRODIS is the largest Joint Action to date.**

# CHRODIS: the WP 5 focus on health promotion

## BACKGROUND

- ❑ Many chronic diseases are preventable, or their onset can be delayed, through policies and interventions that address modifiable individual and social risk factors
- ❑ There is a wealth of knowledge within EU MS on effective and efficient ways to prevent and manage NCDs and a large number of good practices regarding health promotion exists across the EU
- ❑ Good Practice approach within the Joint Action CHRODIS (WP5) is complementary to the national activities against chronic diseases

EU Reflection Process on Chronic Diseases - Final Report October 8<sup>th</sup> 2013

[http://ec.europa.eu/health/major\\_chronic\\_diseases/docs/reflection\\_process\\_cd\\_final\\_report\\_en.pdf](http://ec.europa.eu/health/major_chronic_diseases/docs/reflection_process_cd_final_report_en.pdf)

# Approach and Concept

## OBJECTIVE

- ❑ Map and validate good practices across the EU in relation to health promotion and primary prevention, taking into account lifestyles and health-related behaviour as well as the socioeconomic determinants that influence them

## MAIN STEPS

1. Documentation of status quo in health promotion
  - Analysis of gaps and needs
  - Documentation of existing good practice approaches
2. Definition of Good Practice criteria
3. Identification of Good Practice examples
4. Analysis of Transferability

# Step 1: Country Reviews

Purpose: Documentation and Analysis of current state of health promotion landscape in partner countries

1. Bulgaria
2. Cyprus
3. Estonia
4. Germany
5. Greece
6. Iceland
7. Ireland

8. Italy
9. Lithuania
10. Norway
11. Portugal
12. Spain
13. The Netherlands
14. United Kingdom

# Step 2: Definition of Good Practice criteria

- Information on Good Practice approaches and criteria from partner countries
- Literature research on other good practice approaches
- Delphi panel on health promotion

# Selected Criteria

**10 criteria** (*comprised of 28 categories allow for comparison - weighted overall score - & identification of strengths & shortcomings of practices in Health Promotion and Primary Prevention Interventions*)

*(ranked by priority)*

1. Equity
2. Comprehensiveness of the intervention
3. Description of the practice
4. Ethical Considerations
5. Evaluation

6. Empowerment and Participation
7. Target population
8. Sustainability
9. Governance and project management
10. Potential of scalability and transferability

# Step 3: Identification of Good Practice Examples

They reflecting a broad thematic range of interventions across the life cycle and for various settings as well as examples of policies and strategies

## 41 Good Practice Examples across the life cycle from 13 partner countries

Pre-natal environment, early childhood, childhood and adolescence:

10 Good Practices

Adulthood/healthy ageing:

16 Good Practices

Whole life cycle:

15 Good Practices

# Examples for Good practices focusing on healthy ageing I

- **“A Sustainable, Active, Primary Prevention Strategy for Cardiovascular Diseases in Italy for Adults 50+ ‘Projects Cuore and Cardio 50’”, Italy**  
regional strategy  
target group: adults 50+  
aim: prevention of CHDs
- **Sörmland’s Health Program for 40, 50 and 60 Year Olds, Sweden**  
regional project based in municipalities & healthcare  
target group: all citizens turning 40, 50 or 60 years  
aim: prevention of common NCDs (CHDs, diabetes II etc.)

# Examples for Good practices focusing on healthy ageing II

- **Multimodal Training Intervention: An Approach to Successful Ageing, Iceland**  
Municipality based approach, individual intervention  
target group: old aged (70+)  
aim: improving physical wellbeing
- **“Ageing in Balance”, Germany**  
setting based (municipality & nursing home)  
target groups: young aged (55+); old aged (80+)  
aim: higher physical activity, greater mobility of limbs & joints, improved social activities
- **“The Lombardy Workplace Network”, Italy**  
setting: workplaces  
target group: working-aged adults  
aim: Implement informational and organizational activities to promote healthy lifestyles, through public-private network of enterprises, trade unions and the health system

# Examples for Good practices focusing on healthy ageing III

- **Healthy Life Centres, Norway**

regional approach

target group: individuals with increased risk for chronic diseases and need for support

aim: creating different awareness for chronic diseases, impart coping-strategies, increase health literacy, induce behavioural change

- **Groningen Active Ageing, the Netherlands**

municipality based approach

target group: physically inactive, frail, older adults (in deprived neighbourhoods)

aim: increase of physical activity, increased resilience, improved coping-strategies, improved social skills

# Example of policy/strategy

## “Gaining Health: Making Healthy Choices Easier”. Italy

- National strategy for the prevention of non-communicable diseases according to the principles of the “Health in All Policies”
- employing a “life-cycle” approach to ensure a longer life expectancy in good health

Aim: develop intersectoral actions to facilitate healthy behaviors and promote healthy living environments

# Step 4: Transferability

## Six study visit to selected good practices:

1. “Young People at a Healthy Weight”, The Netherlands
2. Database approaches in health promotion, The Netherlands
3. “Portuguese National Programme on Healthier Eating (PNPAS)”, Portugal
4. *“National Curriculum Guides on Health and Well-being”* and “The Welfare Watch“, Iceland
5. **“Lombardy Workplace Health Promotion Network”**, Italy
6. “Well London“, UK

# Transferability – Preliminary Results

**Preliminary results indicate that common key factors for success are:**

- Intersectoral, multi-level approach with commitment also at highest level
- Bottom-up approach with inclusion of target population
- Importance of evaluation but especially monitoring
- Long-term programs with stable funding

# Outputs

- Country Reports, incl. Executive Summary

<http://www.chrodis.eu/our-work/05-health-promotion/wp05-activities/country-reports/>

- Delphi Panel Full Report by WP 4

[http://www.chrodis.eu/wp-content/uploads/2015/08/INTERIM-REPORT-1\\_Delphi-on-Health-promotion-and-prevention-1.pdf](http://www.chrodis.eu/wp-content/uploads/2015/08/INTERIM-REPORT-1_Delphi-on-Health-promotion-and-prevention-1.pdf)

- Collection of Good Practices in Health Promotion and Primary Prevention of Chronic Diseases incl. executive summary

<http://www.chrodis.eu/our-work/05-health-promotion/wp05-activities/selection/>

- Conference Documentation

<http://www.chrodis.eu/event/joining-forces-in-health-promotion-to-tackle-the-burden-of-chronic-diseases-in-europe/>

- “CHRODIS WP5 Results at a glance”

<http://www.chrodis.eu/wp-content/uploads/2015/11/JA-CHRODIS-Promotion-Material-WP5-1112-FINAL.pdf>

- Documentation of study visits

<http://www.chrodis.eu/wp-content/uploads/2015/11/JA-CHRODIS-Promotion-Material-WP5-1112-FINAL.pdf>

# Outputs

## BY END 2016

- A recommendations report:
  - describing effective health promotion and primary prevention practices across the EU
  - including a description of success factors/ barriers for transferring or scaling up a promising practice into a new context



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## The Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle (JA-CHRODIS)\*

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# Thank you for the attention!

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