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# **Health promotion and prevention of risk – actions for seniors**

## **Pro-health 65+**

**Progress of the work - research part of the project**

Krakow Workshop  
8-9 May 2015  
Stanislawa Golinowska  
WP 4 WP 5 WP 6



# Research issues

- Research steps
- Subjects of the research in the project – reminder
- Topics (WPs) in cooperation with Italian Partners
- WP 6
- WP 5
- WP 4
- Deliverables
- Conference in Krakow: papers and presentations
- Publication plan
- Conference participation plan

# Steps of research

Health status  
and its  
determinants  
within older  
group of  
people:

60- 67  
67- 80/85  
80/85 and  
more

Krakow Rome

Evidence-  
based  
evaluation of  
health  
promotion  
programmes  
focused on  
selected  
groups of  
older people

Krakow Rome

Recognitions  
of health  
promoters;  
institutions  
and  
organization  
in European  
countries  
and its  
programmes

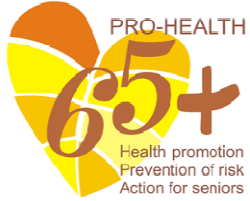
Rome Krakow

Analysing  
of financing  
health  
promotion  
and  
evaluating  
health  
promotion  
programmes  
from  
economic  
point of  
view

Maastricht  
Bremen

Health  
policy and  
health  
promotion  
programmes  
targeted at  
older people  
at the  
European  
and  
countries  
level

Krakow  
Maastricht



# Health promotion and prevention as public health activities

**Health education**

**Health information**

**Health advocacy**

**Prevention:** screening, disease prevention, .....

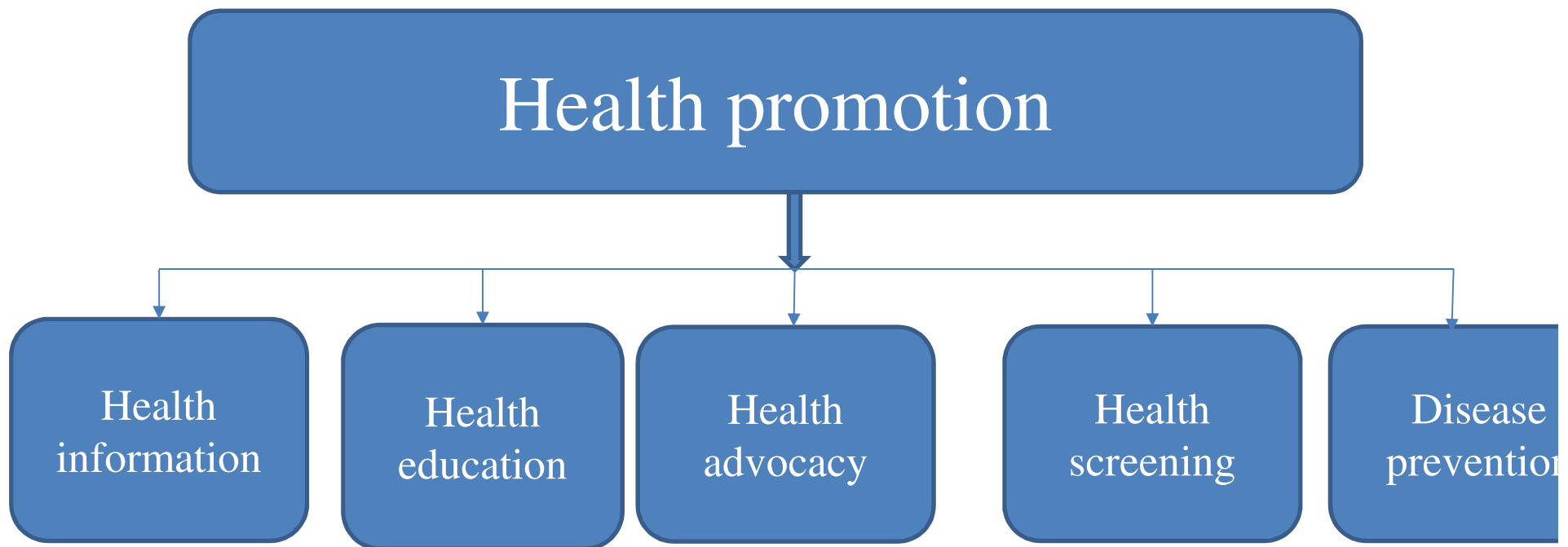
Combination of those health activities and related organizational, political and economic programmes designed to support changes in behaviour and in the environment that will improve health



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## Health promotion (scope of activities)





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## Operating definition of health promotion approach

Each of the research team will adopt their own operating definition

Reasons:

- different definitions in different disciplines: sociology of medicine, epidemiology, health policy, health economics
- extracting practical elements > oriented on programmes and activities
-



# Health promoters

Institutions and organisations creating, organising and providing health promotion and disease preventive programmes, actions and interventions

# Health promotion target groups generally

Target groups - life cycle perspective:

- Children and young parents (in particularly mothers)
- Youth at work
- People after 45+
- Older employees (with higher working age)
- Old-age pensioners
- Ill and disabled people in older age
- Long-term takers





# Older people as target groups;

## **Population of professionally active persons, aged 60-67**

In the phase of professional activity work conditions strongly influence individual health. An additional aspect of the currently proposed research is the analysis oriented on examining the hypothesis that work is a form of active ageing.

## **Population aged 67-80/85**

Studying of this group of the elderly should allow for verification of the hypothesis on the influence of such factors like the level of education, the previously performed professional occupation, the familial situation, the place of residence, the access to information on public health.

## **Population aged 80/85 and more**

In this group we face significant increase of special health care needs. Health promotion for the oldest persons should focus more on immediate effects and take into account their caregivers and families.



# Scope of the research – comparative perspective

- WP 4 – EU members
- WP 5 – selection based on evaluated programmes
- WP 6 – Partners (main and collaborating)
- based on Esping – Andersen classification:
  - Continental Europe: Netherlands and Germany
  - Southern Europe (Mediterranean): Italy, Portugal, Greece
  - Eastern Europe: Poland, Hungary, Czech Republic, Bulgaria and Lithuania

# Subjects of institutional analysis

Sectors	Institutions with health promotion function	Street level health promoters	Place of settings	Target groups
Health	GPs organisation Insurers	GPs Public health professionals	Health centres	Older patients
Educational/ sports	Education offices Sports organisation	Teachers Sport trainers	Schools Sport clubs Sport centres	Population by age
Social	Social services	Social workers Environmental nurses		Vulnerable older people
Governmental	National public health agencies	Public health professionals Epidemiologists		Population
Regional/local	Regional/local public health departments	Public health professionals		Population by age

# Subjects of institutional analysis continuation

Sectors	Institutions with health promotion function	Street level health promoters	Place of settings	Target groups
Enterprise sector	Health and safety at workplace services (inspektorats) Trade unions Employers organisations	Occupational medicine specialists	Companies	Older employees
Voluntary	Social and civic organisations – NGOs	NGO activists Public health professionals		Groups of older population
Media	Media organisations	Journalists	TV Internet Portals Press	Population generally and seniors particularly



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# Institutional analysis of health promotion addressed at older people

## Tasks of WP 6 (Italian and Polish team)

	Tasks	Approach	Analysed countries	Dissemination
1.	Literature overview; institutional analysis of health promotion addressed at older people	Systematic analysis	Europe generally	Paper for discussion V 2015 Conference paper IX 2015
2.	Identification of sectors and main institutions with health promotion functions Country profiles	Empirical based on Questionnaire response	3 group of countries: - Southern: Italy, Portugal and Greece - Continental: Netherlands, Germany - Eastern: Poland, Czech, Hungary, Bulgaria and Lithuania	Papers on initial recognition V 2015 for discussion



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## Tasks of WP 6 (Italian and Polish team) – continuation

	Tasks	Approach	Analysed countries	Dissemination
3.	Recognising and analysing of selected (main) health promotion institutions and their programmes focused on older people	Qualitative analysis based on specially designed template	<ul style="list-style-type: none"><li>• Main partners: Netherlands, Germany, Poland Italy</li><li>• Collaborating Partners: Portugal, Greece, Hungary, Lithuania, Bulgaria,</li></ul>	Paper on the methodology of research V/VI 2015 for discussion



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# Health status of older people and its determinants

## WP 4 (Polish and Italian authors)

	Tasks	Key issues	Dissemination
1.	Literature overview on health disorders of older people in the European countries	Chronic diseases Multimorbidity Mental disorders Disability	
2.	Health status of the analysed group of older people in the European countries – descriptive analysis		Paper ZNOZ ZPiZ VI 2015
3.	Health determinants of analysed group of older people – analysis based on SHARE data	Determinants: demographic, human capital, socio-economic, activities, family situation/obligation, ethnic groups	Conference paper IX 2015 An article
4.	Conclusions and recommendations		Stakeholders

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# Evidence- based evaluation of health promotion programmes focused on selected groups of older people

## WP 5 (Polish and Italian team)

	Tasks	Key issues	Dissemination
1.	Health promotion and prevention – definition and scope of the analysis	Health education, social actions, primary prevention, screening	Project participants
2.	Classifications of health promotion interventions	Based on Issey and modified after McKenzie et al.	Project participants
3.	Search strategy		I-II 2015
4.	Overview - primary sources according to systematic review methodology		Paper for discussion - VI 2015 Conference paper IX 2015





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# Publication possibilities

International journals

Polish journals – we can offer special issues of  
our University Public Health Scientific Journal

Italian journals

Dutch journals



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# Conference participations

Each of the main partners has their own conference budget and can follow their own participation programmes.

However it would be effective to agree and to accept certain rules.