

CHRODIS-JA
Joint Action addressing chronic diseases
and promoting healthy ageing across the life cycle

WP 5: Good practices in the field of health promotion and chronic disease prevention across the life cycle

First work meeting WP 5 in Cologne, Germany (28th – 29th April 2014)

Outcome Minutes

Day 1: 28th April 2014

Participants:

Ronan Canavan (HSE, Ireland), Cristina Chiotan (EuroHealthNet), Dr. Olga Cleary (IPH, Ireland), Maeve Cusack (EIWH, Ireland), Dr. Barbara De Mei (ISS, Italy), Christine Dimitrakaki (YPE, Greece), Prof. Dr. Dr. Kenneth A. Eaton (The Platform for Better Oral Health in Europe), Helder Esperto (University of Coimbra/Consortium Ageing@Coimbra, Portugal), Daniela Galeone (Ministry of Health, Italy), Theodoros Katsaras (YPE, Greece), Dr. Monika Köster (BZgA, Germany), Dr. Natércia Miranda (INSA, Portugal), Katarzyna Monika Mletzko (BZgA, Germany), Helene Reemann (BZgA, Germany), Dr. Paola Ragazzoni (DoRS, Italy), Dr. Juan E. Riese (ISC III, Spain), Dr. Francisco Ruiz Dominguez (CSBSJA, Spain), Isabel Saiz (MSSSI, Spain), Carlos Segovia Perez (ISC III, Spain), Ingrid Stegeman (EuroHealthNet), Djoeke van Dale (RIVM, Netherlands)

Chair:

Theresia Rohde (BZgA, Germany), Dr. Sibylle Gerstl (BZgA, Germany)

Overview:

The first work meeting of Work Package 5 (WP 5) took place in Cologne, Germany, on 28th – 29th April 2014. WP 5 is led by BZgA in cooperation with the co-leader EuroHealthNet.

It consists of 5 tasks:

- Task 1: Review of existing work, situation and needs (Task-leader: EHNet in cooperation with BZgA) / Deadline: 08/2014
- Task 2: Defining an approach (Task-leader: BZgA in cooperation with EHNet and in cooperation with WP4 lead IACS for Delphi study) / Deadline: 01/2015 (10-12/2014 Delphi study)
- Task 3: Identification of good practices (Task-leader: YPE (GR) in collaboration with BZgA / EHNet) / Deadline: 06/2015
- Task 4: Conference seminars (Task-leader: SMLPC (LT) in collaboration with BZgA/EHNet) / Deadline: 12/2015
- Task 5: Peer Reviews/ Study visits (Task-leader: EHNet in cooperation with BZgA) / Deadline: 12/2016

Monika Köster opened the meeting and welcomed the participants on behalf of BZgA. At the beginning, BZgA provided a short overview of the general objectives of WP 5:

1. Identify and bring together a set of highly promising, cost-effective and evaluated health promotion and chronic disease prevention practices (3 per country)

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2. Promote the exchange, scaling up, and transfer of effective approaches to different regions and countries
3. Improve transparency of health promotion and chronic disease prevention approaches (among elderly) in EU member states
4. Address the expanding challenges of chronic conditions (especially among the ageing population) through the prevention and delay of the onset of chronic diseases across the life cycle

Task 1:

Afterwards, Ingrid Stegeman and Cristina Chiotan (EuroHealthNet, WP 5 co-lead) presented an overview of Task 1 “Review of existing work, situation and needs”. The objective of Task 1 is to understand what countries are doing to prevent chronic disease and to promote health. It aims to identify contextual differences between countries as well as gaps and needs. In the end, a set of country reviews will be presented that summarise the results. The country reviews will be developed with the help of a questionnaire on “Good Practice in the Field of Health Promotion and Disease Prevention” (all partners received this questionnaire before the meeting). In addition to the questionnaire, a Needs Assessment Guidance Document had been developed. This document is intended to stimulate thinking about various dimensions of health promotion and the primary prevention of chronic diseases. It could help WP 5 participants fill out the questionnaire and identify their apparent strengths, needs and gaps in these areas.

The Needs Assessment Guidance Document was presented to the participants during the meeting. After that, participants were asked to split into three small working groups to discuss the questionnaire and Needs Assessment Guidance Document and to provide feedback on the focus of WP 5 and relevant concepts/definitions. Based on the feedback provided by the working groups, all participants agreed on the following results:

1. Focus on health promotion and primary prevention
2. Chronic diseases: Focus on cardiovascular diseases, stroke and diabetes type 2 (demonstrate how risk factors influence chronic diseases). This is in line with the overall definition for chronic diseases in CHRODIS-JA.
3. Main risk factors: poor diets, physical inactivity, smoking and alcohol abuse. Other modifiable social and behavioural risk factors/determinants will not be excluded and should be taken into account as well. Possible overlaps with other Joint Actions addressing risk factors, e.g. Joint Action on Alcohol, will be checked and avoided.
4. Target group/age group: WP 5 will not only focus on elderly, but will take a life course perspective (gender related aspects will also be considered)
5. Epidemiology – prevalence of healthy life styles: It was suggested that the questionnaire/country reviews capture more information on the epidemiological situation relating to chronic diseases, and the quality and gaps in the evidence. The possibility to identify and include data on the prevalence of healthy lifestyles was discussed.

Besides, the working groups provided feedback on the questionnaire and Needs Assessment Guidance Document. It was recommended to merge the two documents as two documents might create misunderstandings while providing feedback. EuroHealthNet will take up the results from the discussion and revise the documents accordingly.

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For Task 1, the partners agreed on the following time line:

Action Assignment	Partner responsible	Due date
Revise questionnaire according to discussion	EHNet	09/05/2014
Send revised questionnaire to BZgA	EHNet	09/05/2014
Send questionnaire to all partners for final comments		16/05/2014
Feedback partners	all partners	23/05/2014
Finalise questionnaire	EHNet	29/05/2014
Send questionnaire to all partners in CHRODIS	EHNet	30/05/2014
Feedback/response to questionnaire	all partners	27/07/2014
Draft report on completed reports sent to partners	EHNet	7/09/2014

Some partners indicated that they would have difficulties completing their questionnaires by the 27 July 2014. The Task 1 leaders suggested that these partners contact them bilaterally to discuss how they could proceed to complete essential information needed for the Task 2 by this date, while also ensuring their Country Review was as comprehensive as possible.

Day 2: 29th April 1014

Participants:

Ronan Canavan (HSE, Ireland), Cristina Chiotan (EuroHealthNet), Dr. Olga Cleary (IPH, Ireland), Maeve Cusack (EIWH, Ireland), Dr. Barbara De Mei (ISS, Italy), Christine Dimitrakaki (YPE, Greece), Prof. Dr. Dr. Kenneth A. Eaton (The Platform for Better Oral Health in Europe), Helder Esperto (University of Coimbra/Consortium Ageing@Coimbra, Portugal), Daniela Galeone (Ministry of Health, Italy), Elva Gisladottir (DOHI, Iceland), Theodoros Katsaras (YPE, Greece), Ignas Keras (SMLPC, Lithuania), Dr. Natércia Miranda (INSA, Portugal), Katarzyna Monika Mletzko (BZgA, Germany), Dr. Paola Ragazzoni (DoRS, Italy), Dr. Juan E. Riese (ISC III, Spain), Dr. Francisco Ruiz Dominguez (CSBSJA, Spain), Isabel Saiz (MSSSI, Spain), Carlos Segovia Perez (ISC III, Spain), Anneli Sammel (NIHD, Estonia), Ingrid Stegeman (EuroHealthNet), Djoeke van Dale (RIVM, Netherlands), Matthijs van den Berg (RIVM, Netherlands), Jamie Wilkinson (PGEU Belgium)

Chair:

Theresia Rohde (BZgA, Germany), Dr. Sibylle Gerstl (BZgA, Germany)

Overview: Executive Board meeting and person-days

On the second day, the coordinator of CHRODIS-JA, Juan E. Riese, briefly reported from the Executive Board meeting in Brussels on 2nd April 2014 and presented an overview of person days in WP 5. As some partners are missing in this list and the division of person days has to be adapted, the coordination team (ISC III, Spain) will revise the list and send it to all partners for feedback. In this context, Ingrid Stegeman asked all WP 5 partners to reconsider whether they could participate in Task 1, as this task will establish the basic overview for all further tasks.

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Moreover, also partners who are not participating in WP 5 will be invited to contribute to the country reviews.

Dr. Sibylle Gerstl (BZgA) presented on the outcomes of the EU Chronic Disease Summit that took place in Brussels on 2-3 April. Partners agreed to keep the conclusions of the Summit in mind and to try to build on and support these conclusions.

Task 2:

Afterwards, partners discussed the objective and work schedule of Task 2 “Defining an Approach” (see presentation on Task 2 by task leader BZgA). In the context of this task, WP 5 will cooperate with WP 4. WP 4 will organise a Delphi study to support the agreement on criteria for the assessment of good practices. For the purpose of the Delphi study, **expert panels** will be established.

Expert selection process:

WP 5 partners can designate panellists for the expert panel on health promotion and prevention. Participants agreed that each country should have the chance to nominate an expert (max. two experts per country). BZgA will contact all partners and ask them to propose two experts per country and to provide a short explanation why the expert was chosen. Partners should contact their experts before to see whether they would be willing to participate in the panel if they were chosen (the participation in the panel will be voluntarily and without remuneration). Partners can propose themselves if they feel that they are the most appropriate experts in their countries.

A number of WP 5 partners felt that it was important to use positive language and to speak about ‘criteria for good practice’ rather than ‘inclusion’ or ‘exclusion’ criteria. Some partners also felt that it was important not to make the criteria too rigid, but to establish a ‘baseline’ that could be met by most partners, in order to avoid getting good practices from only a few countries.

Time line:

Because of the Delphi study, which will take place between October and December 2014, the time line for Task 2 has to be adapted. The milestone “Agreement on selection criteria of good practices + template” which was originally scheduled for M10 (October 2014) will now have to be postponed to January 2015.

Task 3 - overview and timeline:

Task 3 “Identification of good practices” should be completed by June 2015 as foreseen in the grant agreement. This task will be led by YPE (Greece) in collaboration with BZgA and EHNet. Partners agreed to set a limit of three good practices per country. If there is more than one partner in a country, all partners within the country should agree on the three good practices for their country. This task should also address the issue of transferability.

Since WP 5 participants don’t represent all EU MS, partners discussed whether and how to incorporate good practices from countries not involved in WP 5/CHRODIS. One option considered was that once good practice criteria have been established, other parties within and beyond CHRODIS can submit good practices. If there is capacity to assess these good practices, and they meet the established criteria, they can be profiled on the CHRODIS website, although they will be presented separately from information/good practices submitted by ‘core’ WP 5 partners.

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Task 4 - overview and timeline:

For Task 4 “Conference seminars”, SMLPC (Lithuania) will take over the lead in collaboration with BZgA and EHNet. It was discussed whether a series of conferences should be organised for different clusters of countries or whether it might be better to organise one big conference including separate workshops. The conference seminar(s) will take place in the second half of 2015.

Some WP 5 partners felt that ‘clustering’ conferences would not be ideal, since it could keep them from learning about good practices beyond their cluster. On the other hand, holding a single conference could limit external stakeholder involvement, since the costs of attendance would become more prohibitive. With the help of the country reviews the aim, objectives, outcome, structure (one or more seminars) and -possible clusters for the conference seminar(s) will be further discussed at the next WP 5 meeting, and a decision taken.

Task 5 - overview and timeline:

Task 5 “Peer reviews/study visits” will be led by EHNet in collaboration with BZgA. For this task, 2-3 practices will be selected that could be subject to study visits. It is thus important to select good practices that are ongoing. It was decided to avoid the term “peer reviews” to avoid creating pressure for the projects that will be visited. The study visits will take place in the second half of 2016. Aim, objectives and realisation of task 5 and the nature of the study visits will be further discussed at the next WP 5 and a decision taken. Partners suggested that the study visits could be linked with the conference(s), as conference participants could e.g. identify which initiatives were of greatest interest and should be given visibility in the form of e.g. a study visit.

Partners also discussed that study visits shouldn’t be an end in themselves, and that reports about the study visits shouldn’t focus on the visits themselves. The focus of these activities should be on how partners aimed to transfer elements of the host intervention and the learning gained, to achieve sustainability and continuity. It was acknowledged the process of transferring initiatives, including getting the necessary ‘buy-in’ from relevant authorities, is not easy.

Next WP5 work meeting:

The second WP 5 work meeting is expected to take place in early 2015. It might be combined with the next CHRODIS General Assembly meeting in order to avoid travel costs.

We thank all participants for their participation, their fruitful discussion and motivation!