

# 41 GOOD PRACTICES IN HEALTH PROMOTION AND PRIMARY PREVENTION

An outline of effective and evaluated interventions



## ? What is it about?

There are policies and interventions across Europe that have shown to be effective in promoting health and preventing chronic diseases and that they contribute to reducing the burden of chronic diseases.



Good practices are an inspiring tool for health practitioners and decision makers to adapt or scale up existing ones as well as to create new ones.

This report is a collection of 41 evaluated good practices in health promotion and disease prevention. They have been selected based on consensus criteria and all have the potential to be scaled up and transferred to other contexts across European countries and regions. The good practices are aimed at a broad range of target groups (such as the young, older people, vulnerable groups and workers) in a variety of settings (such as schools, communities and workplaces). They include examples of policies, strategies and concrete interventions.

## 👥 Using in practice

### How can the report be used?

- The report gives a good idea of the broad range of good practices that exist across Europe and that address health promotion and disease prevention.
- More specifically, it can be a source of inspiration to adapt an existing or design a new practice and implement it.



Strategies that address chronic diseases can be very complex as they have to target different age groups, different settings, and cover most different circumstances. The report essentially contains examples of **good practices for each and every situation**.

Exchanging, transferring, and adapting existing practices or their major elements helps to spread successful examples as well as to foster the learning process. All parties can benefit from the wealth of experience provided by a good practice: either from the overall idea or from the details that contributed to the success of a practice. Even examples that for identified reasons did not show the success expected can contribute to the learning.

## Who needs to be involved?

- The report can be used by anyone interested in health promotion and primary prevention, e. g. **policy makers, practitioners, healthcare personnel, social workers, etc.**
- What type of stakeholders needs to be involved to scale up or transfer a good practice heavily depends on the kind of practice chosen and on the context.

## What is required?

- The resources required to scale up or transfer a good practice also heavily depend on the kind of practice chosen and on the context.

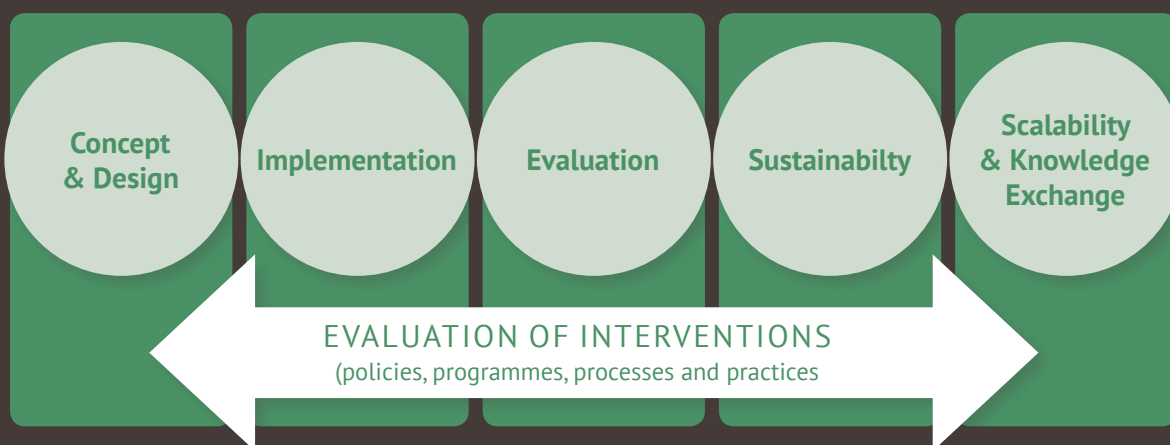


Facilitating the exchange between practice owner and the party, who wants to adapt the good practice, eases the adaptation and implementation process in a cost-effective way. In addition, the exchange can foster the reflection process and yield improvements on the side of the practice owner.



## 41 Good practices from 13 European countries

41 Good practices from 13 European countries were selected according to a set of 10 agreed evaluation criteria (DELPHI criteria), which are part of the following scheme.



The DELPHI criteria can help balance or emphasise specific aspects of a good practice during the planning process. In addition, they help identify which good practices score high on specific criteria and they can help select existing practices for an adaptation, scale-up or a transfer to other regions.

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

