

June 2018

Internal Newsletter No.1

We are pleased to present to you the first Internal Newsletter for CHRODIS PLUS.

This Internal Newsletter is distributed to all of the Joint Action's partners (beneficiaries and collaborating partners), as well as to its pilot project implementers. The Newsletter provides updates on what has happened in the Joint Action's Work Packages since January 2018, and what is expected to transpire by the end of summer this year.

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The latest news on the CHRODIS PLUS Work Packages

DG Santé Best Practices Portal

Ministerial participation at the CHRODIS PLUS site visit event in Dublin

The event was opened by Catherine Byrne, the Minister of State for Health Promotion in Ireland, on 6 June 2018



Left to right in the photograph above: **Cate Hartigan**, Assistant National Director for Health Promotion & Improvement, Health Service Executive. **Teresa Bennett**, Project Manager, Health Promotion & Improvement, Health Service Executive. **Catherine Byrne T.D.**, Minister of State for Health Promotion and the National Drugs Strategy in Ireland. **Helen McAvoy**, Director of Policy, Institute of Public Health in Ireland. **David Bergin**, Project Officer in Health Promotion, Institute of Public Health in Ireland. The Health Service Executive and the Institute of Public Health in Ireland represent the Department of Health in Ireland as partner organisations of CHRODIS PLUS.

CHRODIS PLUS implementation projects based on the Irish Active School Flag Programme

Our Joint Action supports the transfer of good practice health promotion initiatives from one country to another, and the Active School Flag Programme is an example of this. Planning is underway to implement this in the Piedmont area of Italy, as well as in Lithuania. The aim of this good practice is to improve children's health and wellbeing through a whole-school approach making more schools, more active, more often. To learn more about the Active School Flag Programme, please click [here](#). The Irish Minister for Health Promotion, Catherine Byrne, welcomed the delegations arriving from all across Europe, who arrived for the site visit to learn more about Ireland's Active School Flag Programme. Around 800 schools in Ireland currently hold an Active School Flag status and around 160,000 children in these schools benefit from enhanced delivery of the physical education curriculum. Learn more about this initiative in the [press release](#) launched during the event that was held on 6 June 2018 in Dublin.



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Webinar on policy dialogues

Teleconference, 11 June 2018

Work Package 4, in its role as the supervisor of National Policy Dialogues, organised a training webinar for the 17 CHRODIS PLUS organisations that are currently preparing their policy dialogues. The training webinar aimed to clarify the process of policy dialogue preparation, fostered action plans and individual stages of development. The webinar addressed the individual questions posed by those who needed clarification in regards to the policy dialogue in a manner that would achieve the pre-determined objectives. The teleconference was held on 11 June 2018. To read the Guide for National Policy Dialogues, please click [here](#).

Webinar on common methodology for all implementers

To further support standardised methodology across all core work packages, KRONIKGUNE organised a central presentation for all implementing Work Packages via a webinar on 18 May 2018. The idea was to present the pre-implementation phase document to all implementers at the same time, and to clarify any questions raised by the partners. The webinar also included a detailed description of the action plan's development. Following this, the Work Packages will organise their own local implementation working group meetings.

Employment and chronic diseases event

Brussels, 20-21 March 2018



Work Package 8 carried out the "Employment and Chronic Diseases" Expert Meeting on 20-21 March 2018 in Brussels, together with project partners and collaborating stakeholders.

Over these two days the group discussed in detail the developments in Work Package 8 tasks, and also gained new insight on good practices that have been implemented by several organisations in the area of employment and non-communicable chronic diseases.

The full programme for the event, along with the presentations, are available on our website [here](#).

WP7 Pre-implementation workshop

Ljubljana, 4-5 June 2018

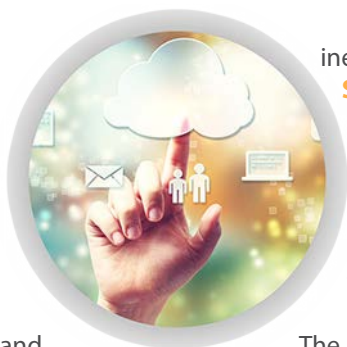
The workshop was held on 4-5 June in order to provide partners with operational support for developing the Pilot Action Plan based on the Guideline for the Pre-Implementation phase, as well as instructions on how to use the Quality Criteria Recommendations Tool. Representatives from the pilot sites (located in Slovenia, Croatia, Serbia, Greece, and Finland) who focus on Task 2: Piloting the Quality Criteria and Recommendations Tool through pilot actions across different countries, were present. The pilot action in Slovenia was used as a case study to verify all of the necessary steps needed to define the Pilot Plan. The two-day workshop mostly focused on group work in the preparatory stages. At the same time, the experience served as field training for sharing the knowledge, skills and tools necessary for carrying out the SWOT analysis, and the design of the Pilot plan within a local context.



Integration into National Policies and Sustainability - Work Package 4

In addition to organising the Policy Dialogue Webinar, Work Package 4 has been focusing on supporting the policy dialogue that was held on 12 June in Ireland. The aim of the dialogue was to discuss the unequal impact of the **Tobacco Free Ireland** (TFI) strategy to date, and to explore directions for future policy, programmes and research. TFI is a flagship policy being implemented as a part of **Healthy Ireland** - A Framework for Health and Wellbeing 2013-2025. TFI was identified as a model good practice in the first CHRODIS joint action and features on the **Platform for Knowledge Exchange**.

The dialogue addressed the theme of 'tobacco control and inequalities'. The dialogue built on the outcomes of an inequality workshop held at Ireland's 2018 World No Tobacco Day conference, as well as on evidence regarding

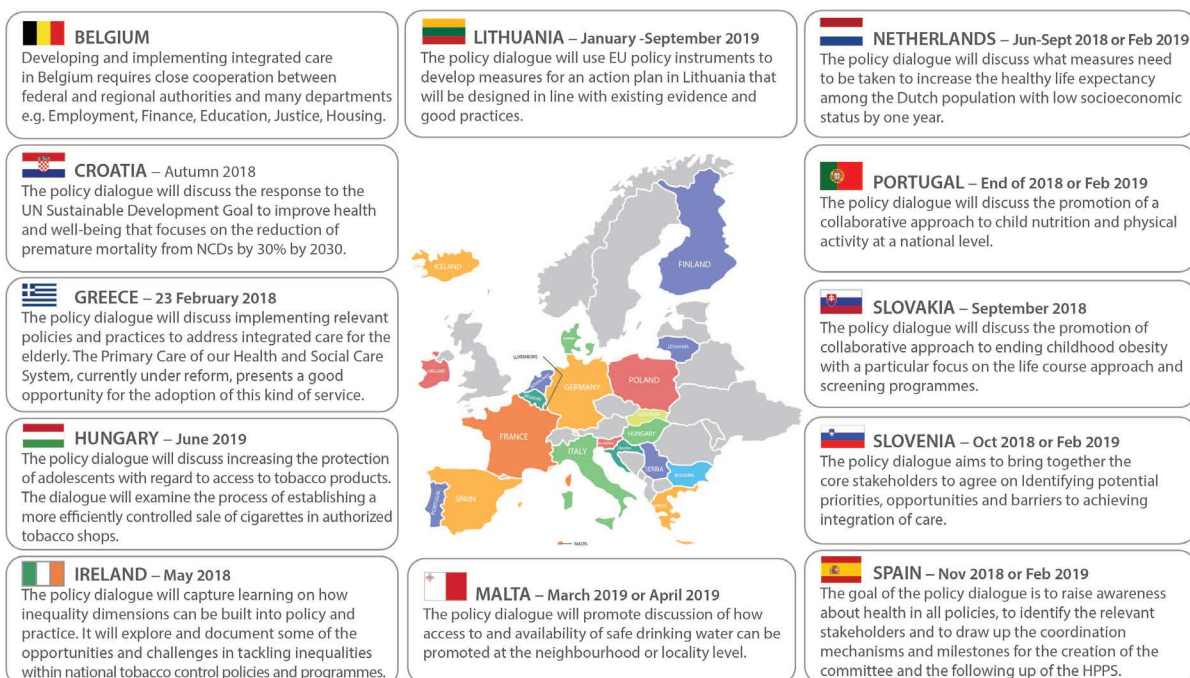


inequalities highlighted in the new report – **State of Tobacco Control in Ireland**.

The first policy dialogue was held on 23 February 2018 in Greece. This policy dialogue discussed implementing relevant policies and practices to address integrated care for the elderly.

The Primary Care of the Greek Health and Social Care System, currently undergoing reform, presents a good opportunity for adopting this type of service supported by the CHRODIS PLUS Joint Action. Other Policy Dialogues are also being arranged, but the process is delicate. At this time WP4 has received 12 questionnaires from the 15 national-level dialogues. A further step involves critiquing several drafts and plans.

NATIONAL POLICY DIALOGUES



This map presents 12 national policy dialogues. There will be 3 more national and 2 EU-level policy dialogues developed by CHRODIS PLUS partner organisations.



The greatest moment for me has been the WP4 policy dialogue in Greece. It was the first policy dialogue that was organised as part of CHRODIS PLUS. It was very interesting to participate in the event as the high-level partners worked through problems and fixes of how to establish a model of integrated care for non-communicable diseases and elderly patients.

Andrew Barnfield



Health Promotion and Disease Prevention - Work Package 5



Work Package 5 currently focuses on implementation projects and on the guidance of the upcoming policy dialogues along with Work Package 4.

The most advanced implementation project so far is an Irish initiative, the Active School Flag, which aims to enhance the levels of physical activity for children through developing a physically active and physically educated school community. The ASF, as it was presented earlier on the first page of this Internal Newsletter, mirrors well-evaluated 'active school' models operating in other countries. ASF is open to all primary, post-primary, special-needs education schools and YouthReach centres.

The Active School Flag in Ireland is an ongoing project that is part of a concerted effort to increase the health and well-being of pupils in schools. The two implementing countries will start their own versions of the active school flag this autumn. This project will be implemented by the Piedmont region in Italy and in two regions in Lithuania.

To read more about the Active School Flag initiative, please click [here](#).



Multimorbidity Care Model - Work Package 6

Work Package 6 is currently in the preparation phase prior to launching the implementation projects of the multimorbidity care model, which aims to treat multiple chronic diseases in a single patient.

These implementation projects play an important role for patients with multimorbidities. They have complex health needs, but due to the current traditional disease-oriented approach, they face a highly fragmented form of care. The design of care models for people with multimorbidities is becoming a priority for most healthcare systems, which are still primarily oriented toward acute and not chronic diseases. In Lithuania, primary care and more specifically family physicians have to navigate patients through the healthcare system, however, patients with chronic diseases are often sent from one specialist to another, leading to the possible and likely fragmentation of care. This pilot project

will assess the MCM's (Multimorbidity Care Model) applicability in the primary healthcare setting by testing the components of the care model, including the case manager and other stakeholders.



The JA-CHRODIS integrated care model will be implemented in participating practices by partners from Spain (the Regional Ministry of Health in Andalusia and IACS), Lithuania (Vilnius University Hospital and Kauno Klinikos), and Italy (UCSC). This implementation task will be organised based on a six-month trial period, followed by a 12-month implementation period. All implementation projects should start in September 2019.



Graziano Onder



Elena Jurevičienė

"The partnership with the participants has the potential to manage successfully the design and implementation of good practices. The best example of a scaling up process from the national to European level is a recent case, when Lithuanian implementing site expressed their interest in translating and adapting the Spanish pilot site's tool and using it as part of their implementation process."

Fostering the Quality of Care - Work Package 7



Like the other core work packages, Work Package 7 is in the pre-implementation stage. All of the partners working on the pilot project implementation are currently collecting their first experiences with the methods, which contributes to the development of the pilot action's design, and thereby adapts them to the particular context and setting.

The use of the **Quality Criteria and Recommendations** (QCR Tool) to improve prevention and care for people with

chronic diseases, as developed during Joint Action CHRODIS, seems to be very beneficial in this phase of preparing the pilot action.

To be of further assistance to the pre-implementation period, two workshops were held in June 2018, in Ljubljana and Ulm, to support our partners during the development phase of the pilot actions. The aim of the workshops is to increase the capacity of Work Package 7 partners with respect to performing and reporting the steps involved in the development of the pilot actions, as well as in regards to the use of the QCR Tool, and all of it in a uniform way.

The greatest moment was preparing the materials that synthesise the up-to-date experiences and knowledge. It was an interesting journey. Likewise, it was so nice to see how different the perspectives of the various institutions and fields of science are. The first feedback we received from our partners, who will support the implementation of the pilot actions, was very clear and uniform and their questions and problems have already made a positive impact on the work of this Joint Action. They are the most important guarantee, that the final results of the JA will be truly meaningful.



Marina Maggini



Jelka Zekatel

Employment and Chronic Diseases - Work Package 8

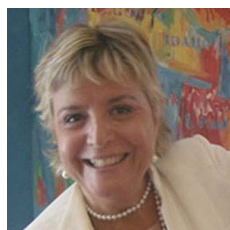


Work Package 8 is currently fulfilling Task 8.1: the development of a training tool for the employers of people with NCDs. The collection of grey literature has started and a systematic review is ongoing. All of this is to lay the foundation for the training tool. With regards to Task 8.2, Work Package 8 will create a Toolkit to

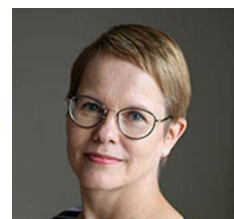
adapt the workplace for the prevention and maintenance of chronic diseases. Presently, the evidence for the Toolkit is being collected by performing a systematic literature review. After assembling the Toolkit, it will be further developed in collaboration with stakeholders. At the final stage, the Toolkit will be implemented in selected workplaces.

Work Package 8 is very active in disseminating information and raising awareness on the subject of tackling chronic diseases at the workplace.

Over the past 3 months, the best moment of WP8 has been the "Employment and Chronic Diseases" Meeting held from 20-21 March in Brussels. During this meeting, WP8 partners and hosts presented the training tools implemented in their countries and at the EU level, providing important input for the development of the CHRODIS PLUS Training tool. Furthermore, for the first time, WP8 partners and collaborating stakeholders met and discussed the technical phases and development of tasks 8.1 and 8.2.



Matilde Leonardi



Jaana Lindstrom

Coordination - Work Package 1

Our coordinator has presented the Joint Action at the EU and local levels on several occasions. The purpose of participating in these events was to raise awareness of our shared work and to engage with relevant stakeholders in order to widen our expert network.



Antonio Sarria Santamera

And what are the project's highlights according to our Joint Action coordinator Dr. Antonio Sarria Santamera?

I would highlight the following steps as crucial in the development of CHRODIS PLUS:

1. The development and updating of the website and the intranet: a key part of the Project's dissemination and communication strategy.
2. The development of the implementation strategy: it will create a common language to facilitate pilot implementations by local implementers in different settings across Europe.
3. The compiling of the first Country Policy Dialogues: to stimulate engagement with local decision-makers.
4. The organisation of a face-to-face expert meeting to explore chronic diseases and employment: a crucial component of CHRODIS PLUS given the impact of NCDs on the European economy. (For details, click [here](#))



The last two months have been very busy for the CHRODIS PLUS community. After meeting in Treviso, partners have been working on the development and approval of the Implementation Strategy. This is an essential part of the Project, which will show the way for the successful local implementations of the different practices that were identified. Last week we held a Governing Board meeting to bring together the representatives of European ministries of health, to whom we presented the project.

Communication - Work Package 2

Work Package 2 has finalised the Communication Strategy document as the major plan for conducting all of the dissemination activities that will be carried out. The intranet was placed into operation and is now available for all project partners as a secure platform for sharing documents, photos and meeting minutes. The Joint Action's website is a major achievement, since it was reconstructed from scratch and enriched with general project information, as well as current developments.



Zoltan Aszalos

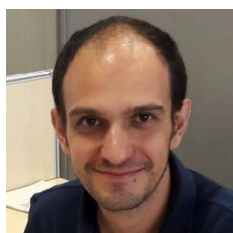


Zuzana Matlonova



The moment when the Communications Team realised that the website is complete. It was a cheerful moment. The distribution of the Newsletter following a lot of content generation and editing was also a great moment. Look at the picture below to see our happy faces after sending out the First CHRODIS PLUS Newsletter.





Emmanuel Gimenez

Evaluation - Work Package 3

Work Package 3 has ambitious expectations for the Policy Mapping analysis that they are currently working on, which will be shared by November 2018. Like other work packages, Work Package 3 was involved in preparing the Pre-implementation Strategy for the upcoming pilot projects. They have also drafted an Evaluation Plan for improving the evaluation conducted during Joint Action Chrodis.



Mireia Espallargues Carreras



Over the last three months Work Package 3 has been working on a draft of the JA-CHRODIS short-term impact report, preparing templates to assess study visits and policy dialogues, building a guide for interviewing Governing Board members and meeting their expectations, and a draft of the Evaluation Plan.



Elisa Poses-Ferrer

DG Santé Best Practices Portal



We encourage you to take a minute and enter the DG Santé Best Practices Portal that is available [here](#). This portal brings together good practices collected in previous Health Programme actions in various fields: nutrition, physical activity, mental health, health inequalities, reducing alcohol related harm, and integrated care.

Keep promoting and communicating our work

A growing number of partners have dedicated an English or a national language page to CHRODIS PLUS on their institutional websites, usually with details on how their institution is taking part in this Joint Action. We are especially grateful to these organisations, and will keep supporting other organisations in taking the same steps. Some English language examples:

- The public health authority of Ireland posted a full page summary of CHRODIS PLUS, including the actions planned for 2018. (<https://www.publichealth.ie/chrodis-plus-implementing-good-practices-chronic-disease>)
- CHRODIS PLUS on the European Patients' Forum (EPF) website: <http://www.eu-patient.eu/whatwedo/Projects/ongoing-projects/chrodis2/>

Stay connected

If you've yet to connect to one of our social media channels, you can join us on Facebook ([@EUCHRODISplus](#)) and Twitter ([@EU_CHRODISplus](#))

We are happy to share a comprehensive CHRODIS PLUS PDF presentation with you available at: <http://chrodis.eu/wp-content/uploads/2018/05/general-presentation-of-chrodis-plus-30-may-2018.pdf>

So create and communicate with us :-)



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Greetings from the Chrodis Plus site visit in Ulm - 18 June 2018
More news on this site visit and the Governing Board meeting will be sent to you in the upcoming newsletters.