



HEALTH4EUkids

Your Kids' Health, Our Priority

Best Practices in action: how to transfer, implement, and sustain effective health promotion interventions for children (0-12)

Module 3

Smart Family: a Best Practice to support and empower families in promoting well-being and healthy lifestyle



Best Practices in action: how to transfer, implement, and sustain effective health promotion interventions for children (0-12)

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Unit 3.1.2

Smart Family: General Overview

“How Smart Family has been transferred in Health4EUKids”

Heli Kuusipalo and Nella Savolainen

Finnish Institute for Health and Welfare



Participating countries

Smart family in Europe



Poland

primary school
students (6-12 years
old)

Spain, Ibiza Balearic Islands

- Families with a child up to 12 years old with overweight or obesity.
- Families expecting a baby or with children up to 12 years old whose parents have obesity.

Lithuania

- families with 1-4 grade children (7-11 year old)

Slovenia

professionals working
in gynecology teams,
professionals
providing classes for
expecting parents and
community nurses.

Croatia

5-7 years old in
educational setting, i.e.
in a few public
kindergartens in the
City of Zagreb

Greece

Nurseries (0-2), Day
Care Nurseries (2-5),
Kindergartens (4-6),
Primary schools (6-12)

Greece Patras

- Pregnant women in 3rd trimester
- Public & private nurseries

WP6 Smart family lead:

- THL: Heli Kuusipalo, Päivi Mäki, Nella Savolainen & Emma Koivurinta
- Finnish Heart association: Kati Kuisma & Taina Saino



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Smart family scopes in six Member State

Croatia: kindergarten's children (5-7 years)

Greece: Pregnant women in 3rd trimester and training of health professionals

Lithuania (Kaunas city): 1-4 grade children (7-11 years)

Poland: primary school students (6-12 years)

Slovenia: Families with children aged 0–12 years, with a special focus on the first 1000 days

Spain (Balearic island): Children with overweight or mother with overweight (2-14 years)



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Timeline & milestones

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Scope and Swot analysis ready, local implementation working groups identified (LIWGs) May 2023

Helsinki meeting (WP6) 9/2023

Pilot action plans (reports of selected actions) ready WP6 Report December 2023

H4EUK Mid term report July 2024

Implementation pilots going on, implementation phase reports ready(situation analysis) December 2024

Final reporting, evaluation and sustainability analysis done (framework for harmonised actions) 2025

Approaches to ensure transferability and sustainability (WP4)

2022	2023												2024												2025											
M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	M11	M12	M13	M14	M15	M16	M17	M18	M19	M20	M21	M22	M23	M24	M25	M26	M27	M28	M29	M30	M31	M32	M33	M34	M35	M36	
D	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	

MS's work:
Scope, Swot,
LIWG:s

MS working
on the action
plan

MS piloting and implementing selected modules of Smart
Family in their countries

GA
Budapest
06/2024

WP5&6
Workshop
Menorca
09/2024

MS implementing and evaluating in their country, policy dialogues organized

WP4 Rome 03/2024

GA&
EUPHA
Lisbon
11/2024

Final conference & EUPHA Helsinki 11/2025



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Implementation strategy of Smart Family

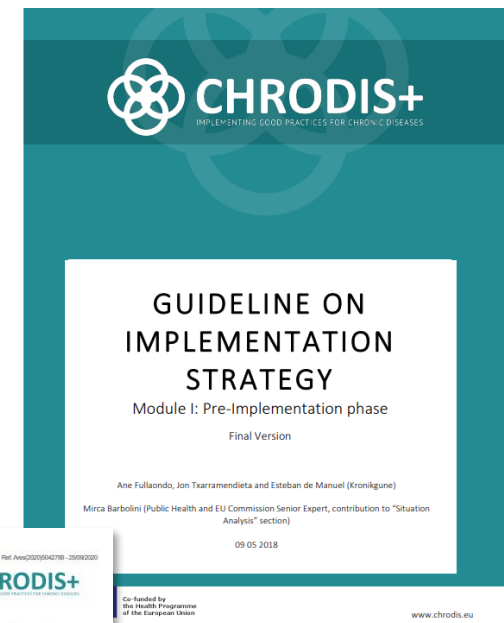
Chrodis Plus Joint Action (2017-2020) worked with transferring and implementing good practices in Europe.

➤ A common implementation strategy was developed and used

WP 5 worked with good practices around health promotion and disease prevention, and succeeded in transferring and partly implementing the practices using the implementation strategy and organising the continuous support from the good practice owners to the implementers.

➤ Building on what works: transferring and implementing good practice to strengthen health promotion and disease prevention in Europe

In the beginning of 2023, we decided in Health4EUKids to use the experiences from this previous Joint Action in transferring best practices among countries in Europe





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Lessons learned from Chrodis

- Create environments and communities that support health
- Build on existing motivation and resources
- Apply a clear implementation framework
- Invest in strong links between project 'owners' and 'implementers' in all phases of the intervention
- Make the process of transferring and implementing the good practice fun, and invest in creating 'communities of good practice and change'

These lessons in mind – we started the work!

Implementation strategy with 3 phases

The implementation strategy was developed, with 3 phases:

1. pre-implementation phase,
2. implementation phase and
3. post-implementation phase

each with designated tasks for the implementors and the leaders of the work package

We also planned the support for the impelementors along the way:

- Continuous support from the Smart Family –practice owners from Finland (Finnish Heart Association) to implementors
- Monthly meetings with scientific background
- Country visit in Finland

Implementation Strategy of Smart Family- best practice

Pre-implementation

- Analysing the country-specific baseline situation (strengths, weaknesses, opportunities and threats and scope)
- Pilot Action Plans

Piloting Countries perform:

- Information on the Smart Family practice and experience in Finland
- Scientific background of effective lifestyle counseling
- Templates for implementation plans
- Training the trainers of Smart Family method
- E- learning platform for training

Work Package leaders offer:

Implementation

- Pilot actions with the support of the local implementation groups
- Data collection

- Supporting the choosing and using the methods and materials of Smart Family
- Organizing regular mentoring meetings
- Supporting local trainings for chosen settings
- Co-developing the assesment framework

Post-implementation

- Documenting the results of the pilot actions
- Evaluating the success/failure
- Policy Dialogues to ensure sustainability

- Leading the documenting
- Templates for documenting
- Supporting and attending the policy dialogue meetings

2023

2024

2025



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1. Pre-implementation phase: pilot action plans

Introduction: Why will you do this?	
1. Problem Description	Describe briefly, the nature and the significance of the local problem you want to solve (You can use the scope analysis you have already made)
2. Available knowledge in your country about the situation	Describe here the situation in your country regarding the problem (You can use the scope analysis you have already made)
3. Rationale	Describe here, why do you want to solve the problem and why do you want to use parts of Smart Family -good practice in solving the problem, why do you <u>assumpt</u> that this will help you to solve the problem
4. Specific aims	Describe the objectives, what do you want to achieve
5. Target population	Describe the target population here
6. Local Implementation group	Describe the local working group, that is working with the implementation
Methods: What will you do?	
7. Context	Describe here the contextual elements considered important at the outset of introducing the intervention(s). Main output of the Situation Analysis. SWOT analysis.
8. Intervention	Improvement area I: Describe the first area you want to change Change package: Describe the actual measures/actions that are going to be taken, using the Smart Family methodology <ul style="list-style-type: none">• Measure 1• Measure 2• Measure 3.... and so forth
	Improvement area II: <u>xxxx</u> Change package: <ul style="list-style-type: none">• xxx• xxx• xxx
	Improvement area III: <u>xxxx</u> Change package: <ul style="list-style-type: none">• xxx• xxx• xxx
9. Evaluation of the Intervention(s)	Describe here how the intervention is going to be evaluated
10. Measures	Key performance indicators: Describe how you plan to measure the success of the actions/measures <ul style="list-style-type: none">• xxx

	<ul style="list-style-type: none">• xxx• xxx• xxx
11. Chronogram	Pre-implementation phase (M1-M13): Pilot action plan ready by the end of November 2023. Implementation phase (M14-M30) Implementation and data collection for Change package, Improvement area I-III. Post-implementation (M31-M36) Finalise evaluation and reporting.

Reference: http://chrodis.eu/wp-content/uploads/2021/05/guidelines-chrodis-implementation-strategy-module_i.pdf

- What are we trying to accomplish? What are the goals of our work?
- What changes can we make that will result in improvement?
- How will we know that a change is an improvement?



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We provided an example of an implementation plan and commented action plans of the countries

Goals and sub-goals. <i>What change are we aiming for? A good goal is specific, scheduled, measurable, realistic and achievable during the projects timeframe and with the projects resources. (SMART)</i>	Activities. <i>What different activities are organized and when?</i>	The expected results of the activities. <i>Describe, what will happen as a result of the activities. For example, which structure/process emerged, how much activity has been done and how many members of the target groups will attend?</i>	Effects. <i>Describe, how will the behavior, thoughts or actions of the target group or state of the target structure/process changed?</i>	Indicators and the level of the desired change. <i>What indicators are used to evaluate impacts and what is the desired change? An indicator is a qualitative or numerical graph by which can be monitored before and after the activities</i>
<p>We will change the way how professionals in school healthcare units of city of XX in area of XX</p> <p>a) feel about lifestyle counseling</p> <p>b) give lifestyle counseling to families in a more strength -based and motivating -way</p>	<p>*Recruitment of participating professionals</p> <p>*Agreement on how professionals can use their working time for trainings</p> <p>*A plan for conducting the trainings</p> <p>*Online trainings of Smart Family - based lifestyle counseling method for professionals in month x and month x 2023</p> <p>*Small groups trainings to professionals in month x</p> <p>*Smart Family- materials are given to professionals in month xx and they agree to use them in xx counseling situations during the year 2024</p>	<p>xx professionals are recruited and an agreement has been reached</p> <p>xx professionals will attend to the trainings</p> <p>xx professionals use the materials in xx counseling situations with xx families</p>	<p>Professionals use more strength based working methods when giving lifestyle counseling than they did before the intervention</p> <p>Lifestyle counseling is given more frequently than before in school health care settings</p> <p>Professionals feel that they can help their clients more than before in lifestyle counseling</p> <p>The families that get the lifestyle counseling feel that it helps.</p>	<p>Encouraging professional -form in the beginning and after the implementation period</p> <p>Health-Care Self-Determination Theory Questionnaire (HCSDTQ) in the beginning and after the implementation period</p> <p>Professionals' free-form descriptions of lifestyle guidance, for example, they are asked to keep a diary or open-ended questions are asked before and after)</p>



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2. Implementation phase

- ☐ All six participating countries started to implement their plans with different professionals
- ☐ Continuous support was offered



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3. Post-implementation phase ongoing

- The reporting is under way
- 1 scientific article under work
- 1 scientific article with results planned
- Policy Dialogues being organized in the piloting countries
- Supporting countries to plan and organize policy dialogues
 - Clearly defined and realistic objectives
 - Relevant stakeholders and policymakers invited



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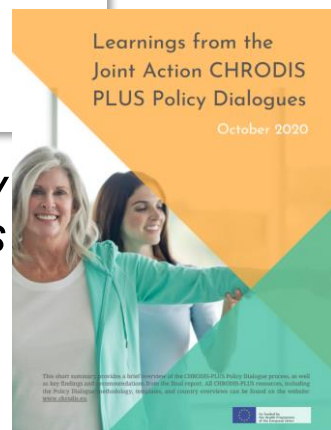
Tools for an effective Transferability and Sustainability of Best Practices : Policy Dialogue

“The main goal should not be to disseminate information about the results but rather to engage a small group of ‘influencers’ and senior change-agents in a practical and solution-oriented policy discussion.”

*Chrodis Plus
Guide for national policy dialogues*



Learnings from JA Chrodis Policy Dialogues




- Policy dialogues are more than just a discussion on a specific policy issue or on project's outcomes
- A Policy Dialogue can be the start of a longer policy process or be embedded into a ongoing one
- A single dialogue will not trigger change instantly
- Policy Dialogues gather relevant policymakers and decisionmakers from relevant domains, also other than health if necessary (e.g. finance, environment, infrastructure, etc)



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Smart Family Policy Dialogue : an example

	Schedule
15 min	Welcome – Policy Dialogue introduction, rules, introduction of moderator and rapporteur
45 min	Smart Family – a best practice from Finland
45 min	Experiences on implementing elements of Smart Family in xxx
45 min	A guided discussion on what possibilities there is to implement or scale up Smart Family –implementation in country xx
	Filling in the Policy Dialogue Action Plan



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Policy Dialogue Action Plan

Action	Who	When	What Resources	Identified Barriers	Success /Outcome



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Thank you all for your participation!



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Funded by the European Union. This project has received funding from the European Union's **EU4HEALTH** Programme under Grant Agreement no. **101082462**. This publication reflects only the author's view. It does not represent the view of the European Commission and the European Commission is not responsible for any use that may be made of the information it contains