

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

Session 3.1 - Smart Family: General Overview

Unit 3.1.2 - "How Smart Family has been transferred in Health4EUKids"

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Slide 1 & 2

Dear all, this is a Health4EUKids Lesson n1 - Smart Family: General overview. This is Heli Kuusipalo speaking and our content today is how Smart Family has been transferred into Health4EUKids.

Slide 3 - Participating countries

First, you can take a brief look at the map where we present all the participating countries. Before this I just want to introduce that in the Smart Family work package lead, we are four persons from THL: me (Heli Kuusipalo), Päivi Mäki, Nella Savolainen and Emma Koivurinta and the practice owner for Smart Family is the Finnish Heart Association which is presented by Kati Kuisma and Taina Sainio.

Slide 4 - Smart family scopes in six Member State

Here, in detail, what kind of scopes have the Member States selected into the introduction and implementation of the best practices? It depends a lot what each Member State has decided to take into focus. Croatia's focus is in Kindergarten's children 4- to 7-years old. Greece has in focus pregnant women who are in the third trimester and also training of health professionals. Kaunas City in Lithuania has decided to take the focus to 7- to 11-year-old children. In Poland, there are many primary school students who are in the focus from 6- to 12-year-old. Slovenia has chosen families with children aged 0 to 12 years, with a special focus on the first 1000 days. In Spain, the Balearic Island is participating into our best practice with the children who are overweight or mothers with overweight and the children who are in these families have the age of 12 to 14 years.

Slide 5 - Timeline & milestones

This is just a brief timeline of our milestones and, as you can see, we were starting the best practice piloting in 2022 and we will have the final conference on 2025 in November. And now I let my colleague Nella Savolainen to continue.

Slide 6 - Implementation strategy of Smart Family

Hello, my name is Nella Savolainen and I work as a senior specialist in Finnish Institute for Health and Welfare. I'm here to talk to you about the implementation strategy of Smart Family.

So, the CHRODIS+ Joint Action worked through 2017 to 2020. It worked with transferring and implementing good practices in Europe. In CHRODIS+ a common implementation strategy was developed and used.

In CHRODIS, they transferred good practices around health promotion and disease prevention and succeeded in transferring and partly implementing to practices using the implementation strategy and organising the continuous support from the good practice owners to the implementers.

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

Slide 7 - Lessons learned from Chrodis

The lessons learned from CHRODIS were that it was important to create environments and communities that support health. It was important to build on existing motivation and resources, and to apply a clear implementation framework. And to invest in strong links between project “owners” and “implementers” in all phases of the intervention. And make the process of transferring and implementing good practice fun and invest in creating “communities of good practice and change”. So, these lessons in mind, we started the work!

Slide 8 - Implementation strategy with 3 phases

So, we also started to plan the implementation strategy with three phases. We developed the implementation strategy, each with designated tasks for the implementers and the leaders of the work package.

We also planned the support for the implementers along the way. The support was continuous support from the Smart Family practice owners from Finland, from the Finnish Heart Association to the implementers; for example, monthly meetings with scientific background and country visit in Finland.

Slide 9 - Implementation Strategy of Smart Family- best practice

And in this slide, you can see the implementation strategy of Smart Family best practice.

So, during the pre-implementations phase, the piloting countries analyse the country’s specific baseline situations with strengths, weaknesses, opportunities and threats and scopes. And formulated Pilot Action Plans.

The work package leaders offered information on the Smart Family practise and experience in Finland; the scientific background of effective lifestyle counselling; templates for implementation plans; training and also, they trained the trainers of Smart Family method and offered an e-learning platform for training.

During the implementation phase, the pilot actions with the support of the local implementation groups were taken. And also piloting countries collected data.

The work package leaders offered support for the choosing and using the methods and materials of Smart Family, and organised regular mentoring meetings. And supported the local trainings for chosen settings and co-developed the assessment framework.

During the post-implementation phase, the piloting countries are documenting the results of the pilot actions. And evaluating the successes and failures. And organising policy dialogues to ensure sustainability. And the work package leaders are leading the documenting, offering templates and supporting and attending the policy dialogue meetings.

Slide 10 - 1. Pre-implementation phase: pilot action plans

In this slide, you can see the pilot action plan template for pre-implementation phase. It was important think in each country what are they trying to accomplish? What are the goals of the work? What changes are they going to make? And how will they know that the change is an improvement? So, in this template there are specific actions and also measures that they’re going to take during the pre-implementation phase.

Slide 11 - We provided an example of an implementation plan and commented action plans of the countries

In this slide you can see the example of an implementation plan that we offered to the countries to help them to formulate their own implementation plans. And also, we commented on the action plans of the countries when they were finished.

Slide 12 - 2. Implementation phase

And during the implementation phase, all six participating countries started the work. They started to implement their plans with different professionals, and continuous support was offered.

Slide 13 - 3. Post-implementation phase ongoing

The post implementation phase is ongoing, currently in the spring of 2025. The reporting is under way. The scientific articles, one is under work, and one is planned with the results. And the policy dialogues are currently being organised in the piloting countries. And we are supporting countries to define clearly the objective for the dialogues and think about who to invite, for example.

Slide 14 - Tools for an effective Transferability and Sustainability of Best Practices: Policy Dialogue

And this policy dialogue methodology is also from the CHRODIS+ Joint Action. They, in CHRODIS+ published the Guide for national policy dialogues and learnings from the CHRODIS policy dialogues as well.

So, policy dialogues are more than just discussions on a specific policy issue. Policy dialogue can be the start for the longer policy process or be embedded into an ongoing one.

So, the single dialogue, of course we understood will not trigger change instantly, but it can be a start of something. And it's a nice wrap up of all the work that it's been done in the countries, as well.

Slide 15 - Smart Family Policy Dialogue: an example

We offered an excellent example of the schedule. How could it go in each country? And offered of course, our speech from Finland, an experience from Smart Family implementation journey in Finland.

Slide 16 - Policy Dialogue Action Plan

In this slide, you can see the policy dialogue action plan that is then made after the policy dialogue, or doing the policy dialogue, depends on each country, how they want to fill in the policy dialogue action plan.

Slide 17 - Thank you all for your participations!

So, this was all from my side. Thank you all for your participations.