Meeting on identifying, assessing quality and presenting good practice interventions and policies within the framework of Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle (CHRODIS-JA)/ Work Package 5: “Good practices in the field of health promotion and chronic disease prevention across the life cycle”

Wednesday 20 April, National Institute for Public Health and the Environment (RIVM), Bilthoven, The Netherlands

Good practice portal “Praxisdatenbank”, Germany
Good Practice Database
http://www.gesundheitliche-chancengleichheit.de/praxisdatenbank/

Set up on behalf of the BZgA (Federal Centre for Health Education) by the Association for Health Promotion Berlin

Nationwide overview of projects and measures to promote the health of socially disadvantaged groups.
Aims

- To disseminate (Good) Practice in Germany: ideas for the further development of social status-based health promotion
- To create transparency and make the diversity of practice more visible
- To promote regional networking and the exchange of experience
2.798 Health Promotion Projects (1.237 without those in the past)

<table>
<thead>
<tr>
<th>Nr.</th>
<th>Titel</th>
<th>Anbieter</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>GOOD PRACTICE</strong> „S - XXL - Gut drauf durch den Tag“ (39106 Magdeburg)</td>
<td>AOK Sachsen-Anhalt &quot;Die Gesundheitskasse&quot;</td>
</tr>
<tr>
<td>2</td>
<td><strong>GOOD PRACTICE</strong> „Unser Platz“ in Berlin-Marzahn (12681 Berlin)</td>
<td>Dissens - Institut für Bildung und Forschung e. V.</td>
</tr>
<tr>
<td>3</td>
<td><strong>GOOD PRACTICE</strong> 'Du weißt, wo's lang geht!' (24939 Flensburg)</td>
<td>Stadt Flensburg</td>
</tr>
<tr>
<td>4</td>
<td><strong>GOOD PRACTICE</strong> 'Endlich fragt mich mal einer' (71332 Waiblingen)</td>
<td>Landratsamt Rems-Murr-Kreis</td>
</tr>
</tbody>
</table>
## 119 Good Practice Projects

### Suchergebnis (119 Treffer)

<table>
<thead>
<tr>
<th>Nr.</th>
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<th>Jahr</th>
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<tbody>
<tr>
<td>1</td>
<td>Altersfreundliche Kommune - Stadtteilanalyse Weinheim-West (69115 Heidelberg)</td>
<td>Gesundheitsamt Rhein-Neckar-Kreis und Heidelberg</td>
<td>2015</td>
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<td>2</td>
<td>Generationennetz Gelsenkirchen e. V. (45079 Gelsenkirchen)</td>
<td>Generationennetz Gelsenkirchen e. V.</td>
<td>2015</td>
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<tr>
<td>3</td>
<td>Netzwerk für Familien (NeFF), Dormagen (41530 Dormagen)</td>
<td>Stadt Dormagen</td>
<td>2014</td>
</tr>
<tr>
<td>4</td>
<td>'Du weiß, wo's lang geht' (24939 Flensburg)</td>
<td>Stadt Flensburg, Gesundheitsdienste</td>
<td>2014</td>
</tr>
<tr>
<td>5</td>
<td>Gesund und fit 50+ (79114 Freiburg)</td>
<td>Quartiersarbeit Weingarten-West des Forum Weingarten e.V.</td>
<td>2014</td>
</tr>
<tr>
<td>6</td>
<td>open.med (80797 München)</td>
<td>Ärzte der Welt e.V.</td>
<td>2014</td>
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<tr>
<td>7</td>
<td>arbeit &amp; gesundheit (89081 Ulm)</td>
<td>Klinik für Psychosomatische Medizin und Psychotherapie,</td>
<td>2013</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Universitätsklinikum Ulm</td>
<td></td>
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<tr>
<td>8</td>
<td></td>
<td>Humboldt-Universität zu Berlin, Phil.</td>
<td>2012</td>
</tr>
</tbody>
</table>
Why a health promotion database (objective of our portal)?

1) **Projects for socially disadvantaged people**

2) Universal character: GP-Projects part of universal database

3) Good-Practice Assessment: Criteria as a result of existing projects/
   Further Development

4) Assessment Process and cooperation in federal structure

5) Functionality (example search function)

6) Lively Database – Embedded in multifunctional structure (example Self-
   Reflection tool on Good Practice criteria)
WHY/ ORIGINS: HEALTH PROMOTION FOR SOCIALLY DISADVANTAGED PEOPLE

Socio-economic differences in the population are visibly becoming larger.

People with low socio-economic status usually have a particularly poor level of health.

Not only do poor people have a special need for support when it comes to health: the discrepancy between their health situation and their health potential is high.

The more a measure is focused on members of the lower status groups, the more likely it is to contribute to a reduction in health inequalities.

Praxisdatenbank: comprehensive overview, of the initiatives aimed at health promotion for socially disadvantaged people
1) Projects for socially disadvantaged people

2) **Universal character: GP-Projects part of universal database (high visibility)**

3) Good-Practice Assessment: Criteria as a result of existing projects/ Further Development

4) Assessment Process and cooperation in federal structure

5) Functionality (example search function)

6) Lively Database – Embedded in multifunctional structure (example Self-Reflection tool on Good Practice criteria)
Research/ Entry options:

Self-entry:
- Every project has the possibility to generate a self-entry (counterchecked by GBB/Association of Health Promotion Berlin). Main condition: target-group: (at least partly) socially disadvantaged people.
- Very popular database with high visibility

Good Practice
- No self-entry but external assessment
- But listing as good practice in the project-databank is an asset which guarantees high visibility (GP-projects are highlighted in the database)

2,798 Health Promotion Projects (1,237 without those in the past)
1) Limitation: health promotion projects for socially disadvantaged people (Why)
2) Universal character: GP-Projects part of universal database/ Good/ Best Practice

3) **Good-Practice Assessment:** Criteria as a result of existing projects/ Further Development

4) Assessment Process and cooperation in federal structure
5) Functionality (example search function)
6) Lively Database – Embedded in multifunctional structure (example Self-Reflection tool on Good Practice criteria)
DEVELOPMENT OF GOOD PRACTICE CRITERIA (I)

Project Presentation in database

- High legitimacy of GP-Assessment-Criteria
- Combined Empirical and theory-based creation of GP-criteria
- Expert members of advisory board of cooperation network

Further Development Criteria (Steckbriefe) ↔ Initial Development Criteria
Good Practice-Criteria (12)

1) **Concept**: health promotion anchored in the concept

2) **Target Group**: Concept reaches people in difficult social situations

3) **Settings approach**: Designed to the settings of the target group

4) **Multiplier Concept**: Systematic involvement and qualification of multipliers

5) **Sustainability**: Long term impact

6) **Low-Threshold-Method**

7) **Participation for the target group**

8) **Empowerment**: Enabling, qualification and strengthening of resources

...
Levels of Participation

1) Information
2) Consultation
3) Inclusion
4) Shared decision-making
5) (Partial) Delegation of Decision-Making Authority
6) Community-owned Initiatives
Levels of Participation

Concrete criteria-based form of operationalisation

Dynamic character: no dualism between implemented/not implemented, but **step-by-step development** (shared decision-making)
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4) **Assessment Process and cooperation in federal structure**

5) Functionality (example search function)

6) Lively Database – Embedded in multifunctional structure (example Self-Reflection tool on Good Practice criteria)
ASSESSMENT PROCESS AND COOPERATION IN FEDERAL STRUCTURE
- DIFFERENT ACTORS INVOLVED LEADING TO HIGH LEGITIMACY

- Identification: Proposals by Centres for Equity in health (regional centers)
  - Database incorporated in a nationwide Cooperation Network “equity in health“.
  - „centres for equity in health“ have right for proposal for potential projects

- Interview by federal office of cooperation network

- Long interview(s) with proposed project
  - Provision of description

- Final review by advisory board
  - Final description is reviewed by two experts (normally from advisory board)
1) Limitation: health promotion projects for socially disadvantaged people (Why)
2) Universal character: GP-Projects part of universal database/ Good/ Best Practice
3) Good-Practice Assessment: Criteria as a result of existing projects/ Further Development
4) Assessment Process and cooperation in federal structure

5) **Functionality/ features (example search function)**

6) Lively Database – Embedded in multifunctional structure (example Self-Reflection tool on Good Practice criteria)
### Search function: targeted searches for services according to the following criteria leading to high popularity

<table>
<thead>
<tr>
<th>Setting / Living Environment</th>
<th>Example</th>
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<tbody>
<tr>
<td>School</td>
<td></td>
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<tr>
<td>Family</td>
<td></td>
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<tr>
<td>Recreational facility</td>
<td></td>
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<tr>
<td>Nursing home</td>
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</tbody>
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### Topics
- Nutrition
- Multimorbidity
- Addiction

### Target Groups
- Long-term unemployed
- Homeless people

### Age Groups
- Under 1 year: 30 to 49
- 1 to 3 years: 50 to 65
- 4 to 5 years: 66 to 79
- 6 to 10 years: over 80
- 11 to 14 years:         
- 15 to 17 years:         
- 18 to 29 years:         
- 30 to 49:               
- 50 to 65:               
- 66 to 79:               
- over 80:                
- 30 to 49:               
- 50 to 65:               
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- over 80:                

Some highlights

- Datenbank accessible not only to those actively involved in the field but to anyone with an interest in the subject matter.

- Good Practice embedded in general database with over 2500 projects and federal cooperation network (guaranteeing high legitimacy and visibility).

- For those active in the field it became easier to exchange practical experiences and network with others (Praxisdatenbank well established database).