

# Good practices in HEPA

## NAME OF THE ACTIVITY

Together for Better Health programme

## LEADING ORGANISATION

National Institute for Public Health

## COUNTRY

 Slovenia

## HEPA-RELATED TOPIC

HEPA for active ageing, HEPA for NCD prevention, HEPA for mental health and wellbeing

## TYPE OF ACTIVITY

Health/HEPA promotion and education on healthier and active lifestyles; capacity building and networking among stakeholders and relevant partners (national, regional, local)

## TARGET GROUP

Adults and elderly at risk of developing NCDs, NCD patients, long Covid-19 sufferers

## OBJECTIVES

The main aims of the programme are to reduce the premature death, morbidity and disability associated with some of the most common chronic diseases (cardiovascular disease, cancer, type 2 diabetes, chronic obstructive pulmonary disease, hypertension, obesity, depression, osteoporosis, etc.). It also aims to detect and overcome the behavioural, biological and psychosocial factors that increase the risk of developing a chronic disease. In addition, it strives to improve mental health, empower people to look after their own health and improve the quality of life of these patients.

Trained health and sports professionals from health education centres and health promotion centres provide behaviour change workshops for adults and the elderly (clients/patients with chronic diseases or those at risk of developing a chronic disease, including inactive long COVID-19 sufferers).

## ACTIVITIES

The programme consists of 3 groups of activities: preventive examinations at general practices aimed at the early detection of risk factors for

the development of a chronic disease; group workshops and one-to-one consultations providing help and support to anyone looking to change their lifestyle and strengthen their mental health, and carried out by specialists at health promotion or health education centres; and a wide range of health promotion activities carried out in collaboration with health professionals in local communities.

## RESULTS / EVALUATION

This programme is unique and has been recently declared by WHO as a best practice prevention programme based on its implementation. In 2022 it celebrates its 20th anniversary. An interdisciplinary group of experts at the National Institute of Public Health is responsible for the development, implementation and quality assurance and evaluation of the Together for Health programme.

## TIPS & TRICKS

The workshops focus on empowerment to change unhealthy lifestyle habits and improve the mental health and wellbeing of the participants. A large part of this work is oriented towards creating a support network with the help of other partners/stakeholders in the local community (including sports organisations such as the Sports Union of Slovenia and its Healthy Clubs programme). A community-based approach to healthy lifestyle promotion is therefore recommended.

### WEBSITE

[www.skupajzdravje.si/en/](http://www.skupajzdravje.si/en/)

### CONTACT

[andrea.backovic-jurican@nijz.si](mailto:andrea.backovic-jurican@nijz.si)