

H4EUK WP6 Smart Family

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Health4EUKids

Joint Action for the implementation of best practices on Healthy Lifestyle for the health promotion and prevention of non-communicable diseases and risk factor



Evaluation and assessment of Smart family implementation in all MSs

- Core components of Smart family method = **Professionals attitudes and working skills in lifestyle counselling**
 - Family-centered and resource focused
 - Understanding the change-process of healthy lifestyles and the maintenance of behavior change
 - Motivational interview
 - Solution focused
 - Smart family tools

What have been the challenges in piloting

11 responses



A word cloud of challenges in piloting. The words are arranged in a roughly circular pattern. The largest word is 'motivation' in blue. Other words include 'adaptation', 'families motivation', 'understanding roles', 'ethic', 'adapting materials', 'participation', 'online discussions', 'time', and 'integration'. The words are in various colors: blue, purple, red, green, and pink.

adaptation
families motivation
understanding roles
ethic
motivation
adapting materials
participation
online discussions
time
integration



Identified challenges organisational level

- Varying practices and different ways of working across different entities
- Current working culture (more top-down approach) is different from the method
- Lack of managerial support and understanding
- Risk of insufficient funding to support a comprehensive implementation
- The implementation needing a lot of time
- Insufficient funds for further implementation
- Lack of clear implementation methodology



Identified challenges professionals

- The professionals are difficult to involve due to lack of resources and time
- Insufficient reach of the educations
- The professionals have several methods to manage and remember
- Difficult to assess all professionals
- Constant material and information need – the materials not ideal for different cultural settings
- The professionals are not accepting and applying the method
- The professionals feeling insecure and interfered by the method Difficult to evaluate the professionals work and attitude

Identified challenges families



- Difficulty to engage parents
- Lacking motivation among families
- Families have different starting points and possibilities - understanding the underlying social determinant of health

Facilitators

- Enthusiastic implementation- teams in all MSs
- Pre and post SWOT analysis supporting the transferability and sustainability
- Jointly agreed evaluation of the impact of the piloting
- Stakeholder roundtable discussions based on the experiences and SWOT analysis
- Structured framework developed during the H4EUK together with all MSs implementing Smart Family



The goal of the assessment framework is to assist the country in successful implementation and integration of the Smart family method



The intended user group

- The assessment framework is **primarily intended for the independent use of country to evaluate the implementation of the Smart Family method**. It also enables the assessment of potential for adoption after the pilot phase
- The framework is primarily designed for the coordinators responsible for implementation



The goal

- The goal of the assessment framework is **to assist the country in successfully implementing and integrating it into operations within the target country**



The added value

- Through the assessment framework, **the country understands:**
 - 1) What is required to **successfully complete** the implementation process?
 - 2) What **is required at different phases** of the implementation process?
 - 3) How does **the implementation process** of the country **progress**?
 - 4) Which **areas require development to ensure the planned progression** of the Smart Family method implementation?
 - 5) Who **is responsible for the tasks** during the implementation process?