

Editorial

Dear reader,

This is the last Newsletter before the upcoming international HPH conference in Bologna, Italy, June 6-8, 2018. We hope to meet many of you there enjoying an interesting program with high level contributions.

We are happy that several networks share updates on recent developments in this newsletter. The German HPH network established a new administration, which gathers long time experience and aims to increase the political visibility of the network and offer its big potential to many health services. The Austrian HPH network reflected its strategic directions and defined priorities for the next years. The Hong Kong Adventist Hospital Lifestyle Management Center informs about activities on healthy lifestyle education for China medical students during their experiential learning in Hong Kong. Also, we hear news from the Friuli Venezia Giulia and the Estonian HPH Network.

We also want to draw your attention to the recently signed memorandum of understanding between WHO and the International Foundation for Integrated Care (IFIC) which intends to support implementation and promotion of integrated care.

In the publications and events section, you'll find a summary of an article about the New Haven Recommendations on partnering with patients, families and citizens to enhance performance and quality in health promoting hospitals and health services.

Should you wish to contribute to the next news-letter issue, please see instructions on page 6.

Many greetings from Vienna,

Jürgen M. Pelikan, Rainer Christ

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International HPH Network



The 26th International HPH Conference with a focus on "Health promotion strategies to achieve reorientation of health services: evidence-based policies and practices" is approaching fast!

This year's conference is hosted by the HPH Network Emilia-Romagna and will take place in Bologna, Italy, one of the most beautiful and best preserved old towns in Europe.



A rich program awaits you there: In addition to renowned international plenary speakers such as Alex BERLAND (In-Source Research Group, Vancouver, CAN), Marco GRECO (European Patients Forum, Brussels), or Anna CICHOWSKA MYRUP (WHO Regional Office for Europe), parallel oral, mini oral and poster sessions with almost 800 presentations from numerous countries world-wide are also on the agenda. The program is organized around five overarching themes:

- Good governance for health promoting health services
- The role of HPH in developing people-centered health care systems by coordinated and integrated care services
- Incorporating health promotion into disease management programs for NCDs
- Co-producing better health gain through user participation and community involvement
- Strengthening health promotion and disease prevention in primary health services

In addition to the parallel sessions, there will be a wealth of workshops on HPH topics, including patient engagement standards for HPH, equity standards, person-centered healthcare, health literate health care organizations, mental health, HPH and primary health care, age-friendly health services, HPH and environment, and addressing lifestyle risk factors.

The program is completed by pre-events organized by the WHO Collaborating Centre for Evidence-based Health Promotion in Hospitals & Health Services and by the Global Network for Tobacco Free Health Care Services and side events like a cooking course or a city tour.

For detailed information on the program, please visit <https://www.hphconferences.org/bologna2018/program/>

To access conference registration, please go to <https://hph.ausl.re.it/>

See you soon in Bologna!

News from HPH Networks, Task Forces and Members

HPH Network Germany

The German HPH-Network is handing over its administration

The German HPH-Network is handing over its administration to the OptiMedis AG a German health management company with the core competence of developing and managing integrated health care networks. "We want the network to be prepared for future challenges, increase its political visibility and offer its big potential to as many Health Services of the inpatient sector as well as outpatient care services and physicians as possible. This is why OptiMedis, as an experienced and well connected company, is the ideal partner for the network", says Chairman of the Board and Co-founder of the German HPH-Network Prof. Dr. med. Klaus-Diethart Huellemann. The alignment of OptiMedis and the HPH is well rooted in the past. Members of the Opti-Medis senior leadership have been directly involved in the inception and development of the international network. The Chairman of the Board Dr. rer. medic. h. c. Helmut Hildebrandt was strongly involved in the foundation of the German HPH-Network. At that time he was a consultant to the WHO pilot hospital in Hamburg, Germany. OptiMedis Vice Chairman of the Board, Dr. Oliver Groene has provided vital support to the coordination and sustainable development of the international HPH network while he worked for the WHO. He led the development of the standards for health promotion in hospitals and health services as well as the

associated assessment tool, which is still valid and in use today. The correlation between the German HPH-Network and its new administration is further strengthened through the appointment of the Ottawa Charter initiator Prof. Dr. Iona Kickbusch to the OptiMedis supervisory Board. According to Dr. Groene "the aims of the HPH network and the underlying evidence are more relevant than ever. We need to find a way, however, to improve synergies between these aims and the current challenges faced by hospital and health care management. This is the role that OptiMedis will spearhead for the German HPH network."



HPH Network Austria

Main activities of the Austrian HPH Network in the next five years

"Working together to promote health in hospitals and health services", this is the motto of the Austrian HPH network. For over 20 years, the network and the health facilities involved have been working to promote health promotion in health care. The health system must evolve from a system of care and disease management to a health system that is oriented towards health benefits and people's needs and abilities.

This demand is more than a vision. Many examples from Austria, but also from many other parts of the world, show that changes are possible and bring broad benefits. The potentials for health promotion in health services are manifold. Guiding and supporting patients to behave healthily is only one of many approaches. The surrounding conditions for patients during their stay in hospitals also play an important role, e.g. nutrition, personal communication, involvement of relatives and cooperation of the hospital with other health care and social services institutions. The working conditions in hospitals and health services also have an influence on staff's health and motivation and thus on the success of treatment and care.

The Austrian HPH network is committed to ensuring that these achievements are disseminated broadly. Another important goal is that sufficient resources

are made available for the further development of health promotion in health care. Thus, the strategy of the Austrian HPH network also sees a primary objective in the legal and financial insurance of health promotion for hospitals and health facilities. The Austrian HPH network's strategy aims to sustain and promote staff health and ensure a good management culture. Health promotion in health facilities must also become more visible. Some aspects are already visible to interested patients, for example, there are certifications for smoke-free hospitals and baby-friendly hospitals. These activities should lead to the further development of common quality standards.

The strategy was adopted in September 2017 by the governance board of the Austrian HPH network; the first steps towards implementation have already been defined and realized.

More information on the strategy, the implementation steps and the further development of these measures can be found at www.ongkg.at.

HPH Network Friuli Venezia Giulia **Governance and Policy management: the new Friuli Venezia Giulia HPH Network** *(Giuseppe Tonutti, Cristina Aguzzoli)*

The Friuli Venezia Giulia HPH Network was set up in November 2003. In June 2017, the General Management of AAS2, as Regional Coordination Center, signed the renewal of the Agreement for 2017-2021 with the International Secretariat HPH. Following the changed conditions on the organizational set-up of hospitals and health services, the HPH network, after 4 agreements, is undergoing restructuring. With the commitment put in place by the Regional Director of the Hospital Assistance Services Area, which included these objectives in the regional worklines, in February 2018 the membership proposal was forwarded towards public and private health services and potentially affiliated members. On March 16th, we held a meeting with the Medical Directors of the regional health Services to deepen the need to reconstitute the Regional HPH Committee. The topic is included in the Regional Management Lines 2018 [Paragraph 3.6.8: Health promotion in hospitals and health services]. On April 18th, the new Regional HPH Committee was established at the Central Health Department. In the meeting the Coordinating Centre did an overview about the principles and values of the HPH network, the mission and the tools. The new team consists of medical hygienists, paediatricians, surgeons, anesthesiologists, internists, health assistants and nurses. We have focused also on the scientific contributions that will be presented at the Bologna

International Conference. The Action Plan for 2018: elaboration of the rules for HPH Committee (Regional and Local); elaboration of worklines for the 2019 action plan; constitution of the New HPH Local Committees. The next meeting will be held in June to validate the regulation of the Group's activities. At the moment 12 members have joined, including 3 Healthcare Services, 2 University Hospitals/Health Services, 2 Scientific Research Institutes, 4 accredited private companies and 1 affiliated member.



The North Estonia Medical Centre contributes more to employees' health promotion *(Kristel Oha)*

The North Estonia Medical Centre is one of the top health care providers in Estonia. We are also one of the biggest employers (more than 4000 employees) and we value health and healthy lifestyles of our employees. We planned the following activities to increase the employees' knowledge about health promotion and to make healthy choices easily accessible.

- We are funding the participation of our employees in the four biggest public health sports events in Estonia.
- We celebrated healthy food month. During February we paid attention to employees' food choices and offered healthy vegetables in weekly info day. April was the month of physical activity. We organized different group trainings (running, cycling and Nordic walking) and steps counting contest. In the end on the month we celebrated National Occupational Safety and Health Day when we offered physical fitness measurements, massage, and interesting lectures. To reduce the tobacco consumption of our employees we celebrated World No Tobacco Day on the 31st of May. In October we are planning on focusing our attention to the mental health of our employees.
- We have indoors sports track for a healthy break. The length of the sports track is 888 meters, it takes about 1500 steps to pass the whole

track. The track runs along hospital corridors and stairs and there are 3 fitness stations where employees can perform different exercises for different body regions.

- Our gym is opened 24/7 and we will open a fitness studio in the autumn for a wide possibility for physical fitness.
- In cooperation with our psychologists we can offer a chance to get help and psychological counselling for our employees. If necessary, our psychiatrists will also be included. We also fund counselling for our employees from outside our hospital.

HPH Network China

Health Team Training & Development for China Medical Students

(Peter Chuk, Albert Tsai, Alan Siu)

To motivate the health works/programs to combat chronic diseases with healthy lifestyle is challenging and rewarding when perceived by trainees with interest, whether secondary and tertiary care, or primary targeting healthy aging. Healthy lifestyle education for different age range should be strategic in action to achieve desired health gain. Medical students with mental stress due to their study nature and workload need to be addressed as an important part of their basic learning experience besides health benefits as well as preparing their future career of complex medical problems. A structured training and development of HPH program has been designed to achieve this purpose for China medical students during their experiential learning in Hong Kong. The course demonstrated effectiveness of medical students' learning outcome. It comprises an 8-hour training workshops for a group of 48 medical students during their visit at Hong Kong Adventist Hospital - Stubbs Road in August 2017. Structured health training contents with a clinical scenario, discussion, demonstration and practice in action were transferred by our training team comprising a doctor, dietitian, and nurse/health educator/practicum site professor. Health indicators were measured including body composition, blood pressure, and stress level and health habits. Also, twelve questions were posed to elicit their learning experience in the end of the course. The medical students, based on a perception scale (strongly agreed, very agreed, agreed vs disagreed, very disagreed, strongly disagreed) that the teaching method was beneficial for:

- facilitating health learning [8.3%(4/48),27.1%(13/48),64.6%(31/48) vs 0%];

- enhancement of interest [4.2%(2/48),27.1%(13/48),68.7%(33/48) vs 0%]; and
- changing lifestyle habits [6.3%(3/48), 20.8%(10/48),64. 72.9%(35/48) vs 0%].



The education method using experiential learning and reflective practice serve as an effective means of healthy team training for the medical students. It is recommended to integrate this structured training program into healthcare professionals teaching curriculum for benefits of individual health gain in practice of lifestyle medicine and primary health care.

News from HPH Partners

M-POHL

European WHO-Network on Measuring Population and Organizational Health Literacy successfully launched in Vienna.

Vienna, February 2018: The international kick-off meeting of the „Action Network on Measuring Population and Organizational Health Literacy“ took place. The network, placed under the umbrella of the European Health Information Initiative (EHII) of the WHO Europe, aims to prepare the next European Health Literacy Survey (planned for 2019) and to prepare the measurement of health literacy of organizations / settings / systems.

During the meeting, 19 countries including 37 experts of policy and research were represented in addition to representatives of WHO Europe, OECD and of the international study on Health Behaviour in School-Aged Children (HBSC). Dr. Claudia Stein (WHO-Euro, EHII) emphasised the importance of the Action Network for the WHO-Euro region, especially in respect of its connection to other WHO-strategies.

Besides two working groups, one processing research-related questions, the other processing health policy-related questions in preparation of the health

literacy survey 2019, several presentations were held during the two-day meeting:

- Joanna Inchley (University of St. Andrews, Scotland) on the structure of the HBSC study,
- Liliane Moreira (OECD, Paris) on preliminary results on health literacy activities in OECD countries,
- Gillian Rowlands (University of Newcastle, England) on preliminary results of an evidence synthesis on effective health literacy policies and strategies of the Health Evidence Networks (HEN), WHO-Euro,
- Jürgen Pelikan (Gesundheit Österreich GmbH, Wien) on the first European Health Literacy Survey EU (HLS-EU),
- Christina Dietscher (BMASGK, Wien) on objectives and principles of the Action Network.

The meeting was closed by passing the „Vienna Statement on the Measurement of Health Literacy in Europe“. A follow-up meeting will take place in Bern at the end of August 2018, during which already concrete questions related to the study design should be solved.

WHO and IFIC sign Memorandum of Understanding

World Health Organization (WHO) and the International Foundation for Integrated Care (IFIC) signed a formal memorandum of understanding.

Since the formation of the International Foundation for Integrated Care in October 2011, IFIC worked in association with WHO Headquarters and the WHO Regional Office for Europe in supporting strategies to promote integrated care. The Memorandum of Understanding with the WHO is the next step in this ongoing relationship, and one that sees the focus move from making the compelling case for change to understanding and supporting implementation.

Dr Hernan Montenegro, Coordinator, Services Organization and Clinical Interventions at the WHO stresses the importance of the topic: “Health services from around the world are at a breaking point and doing business as usual is no longer an option. The Framework calls for a fundamental shift in the way health services are funded, managed and delivered to ensure equitable access to quality health services centred on the comprehensive needs of people and communities and provided in an integrated fashion. It also calls for engaging and empowering people and communities at large to have a more active role in their own health. Partnering with prestigious and re-

sourceful institutions such as the International Foundation for Integrated Care will help us make this much needed transformation a reality for all people and countries from around the world.”



Leading the global movement for change

Where possible and appropriate, WHO and IFIC will collaborate on the following activities:

- Collaboration in the development and nurturing of the “Integratedcare4people” web platform that supports the implementation of the Framework. This web platform is conceived as a global network that promotes information exchange and interaction among policy makers, programme managers, implementing organizations and practitioners to foster the dissemination of practices, lessons learnt and tools. It aims at contributing to health systems’ transformation towards the provision of integrated and people-centred care by promoting the translation of knowledge into action.
- Drawing from its experience in the realm of integrated care, IFIC will contribute with content (practices and resources) to the web platform according to the criteria established by the web’s Editorial Committee constituted by WHO and the School of Public Health of Andalucía (EASP).
- As part of the collaboration, IFIC will contribute to facilitate the exchange and generation of knowledge through the moderation of “communities” or discussion among key stakeholders in areas of special interest related to the Framework according to WHO guidance.

Dr Nick Goodwin, CEO of IFIC speaking about the agreement said “The adoption by the WHO’s General Assembly in May 2016 of the Global Framework on Integrated People-Centred Health Services was a landmark moment for the integrated care movement. It provided a compelling vision for a future in which putting people more in control of their health, supported by better care co-ordination around their holistic needs, is necessary for enabling safe and sustainable services across all care systems, whether high or low income, mature or fragile. Through our signed memorandum of understanding, the International Foundation for Integrated Care looks forward to continuing its efforts in supporting the WHO in advocating for, and supporting the adoption of, the Global Framework”

For more information on the Framework visit <http://www.who.int/servicedeliverysafety/areas/people-centred-care/en/> and www.integratedcare4people.org

Events, publications, links

Conferences

HPH and HPH partners

HPH events

26th International Conference on Health Promoting Hospitals and Health Services (HPH)

Health promotion strategies to achieve reorientation of health services: evidence-based policies and practices

June 6-8, 2018, Bologna, Italy

www.hphconferences.org/Bologna2018

Pre-Conference of the Global Network for Tobacco Free Healthcare Services (GNTH) - in conjunction with the 26th International Conference of Health Promoting Hospitals and Health Services

Tobacco free standards achieving change in healthcare services: Sharing evidence-based policies and practices

June 6, 2018, Bologna, Italy

<http://www.tobaccofreehealthcare.org/>

Events of HPH partners and other organizations

HOPE Agora 2018

Improving the quality of healthcare using the experiences and competencies of patients: Are we ready?

June 3-5, 2018, Stockholm, Sweden

<http://www.hope.be/programme-2018>

7th World Congress of Clinical Safety (7WCCS)

Sustainable health care and management

September 7-8, 2018, Bern, Switzerland

<http://www.iarmm.org/7WCCS/>

10th IUHPE European Conference and International Forum for Health Promotion Research

Implementing Health Promotion in the Life Course – User Involvement in Practice and Research

September 24-26, 2018, Trondheim, Norway

<https://www.ntnu.edu/healthforum/>

27th EAHM Congress

Redefining the Role of Hospitals - Innovating in Population Health

September 26-28, 2018, Cascais, Portugal

<http://www.eahm-cascais2018.com/>

42nd IHF World Hospital Congress

INNOVATE | INTEGRATE | INSPIRE – How can healthcare evolve to meet 21st century demands?

October 12-12, 2018, Brisbane, Australia

<https://worldhospitalcongress.org/>

Books, articles & reports

Strengthening patient and family engagement in healthcare – The New Haven Recommendations

Christina C. Wiecek, Peter Nowak, Susan B. Frampton, Jürgen M. Pelikan

Objective: Present and discuss the development and basic structure of a multilevel approach to strengthen patient and family engaged care, "The New Haven Recommendations on partnering with patients, families and citizens to enhance performance and quality in health promoting hospitals and health services".

Methods: A generic literature review was conducted followed by a Delphi procedure to prepare the New Haven Recommendations. From systems theory perspective, three conceptual levels are used to map action areas to enhance patient and family engaged care.

Results: The recommendations propose a multilevel approach to enable patient, family, (and citizen representatives') involvement (a) within direct service provision; (b) among hospitals and health services; (c) in planning healthcare delivery systems and policy.

Conclusion: The New Haven Recommendations provide a strategic tool and practical recommendations, which can be used for reflection on current practices or generating new ways of thinking about patient and family engaged care. They support the development of patient and family engaged care as core aspect of high quality healthcare, and can contribute to achieving the Ottawa Charter's claim of reorienting health services.

Practice implications: The potential benefit of the multilevel approach is to reorient the basic culture of healthcare towards patient- and health-centered care.

<https://www.sciencedirect.com/science/article/pii/S0738399118301605>



Links & Web-tools

International HPH Secretariat

at WHO Collaborating Centre for Evidence-Based Health Promotion in Hospitals

Director: Hanne TØNNESEN (DNK)

HPH Conference Secretariat

at Competence Centre for Health Promotion in Hospitals and Health Care

Director: Jürgen M. PELIKAN (AUT)

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Task Force "Migration, Equity & Diversity"

Chair: Antonio CHIARENZA (ITA)

Task Force "HPH & Environment"

Chair: Chin-Lon LIN (TWN)

Mental Health Task Force

Chair: Lise-Lotte Risö Bergerlind (SWE)

Task Force "Age-friendly Health Care"

Chair: Shu-Ti CHIOU (TWN)

Task Force on Implementation and Monitoring of Standards

Chair: Manel SANTINA (ESP)

Working Group on HPH and Patient and Family Engaged Care

Leader: Susan FRAMPTON (USA)

Working Group on HPH and Health Literate Health Care Organizations

Leader: Jürgen M. PELIKAN (AUT)

List of national / regional HPH networks

Call for papers for #91

We heartily welcome your news about HPH projects, past or upcoming events & conferences, publications, health promotion strategies or health promotion research from regional / national HPH networks, HPH task forces, single health promoting health care organizations, or HPH partner organizations (WHO, etc.), for publication in the international HPH Newsletter!

Instructions for authors

Please send contributions of **max. 200 words**, outlining your message, and, if possible, a web link to extended information, to Astrid Loidolt, Competence Centre for Health Promotion in Hospitals and Health Care via e-mail to congress-secretariat@hphconferences.org.

Deadline for contributions to #91 will be **August 1st, 2018**.

Editors

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Layout

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Imprint

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