

## HEALTH EDUCATION AND PREVENTION. INCREASE HEALTH PROFESSIONALS AWARENESS AND PLAN ACTION RESEARCH INTERVENTIONS

S. Lingua(1), **E. Coffano**\*(1), L. Lazzari (2), G. Corni (3), A. Fossati (4), G. Muscolo (5), F. Furioso (6), P. Lemma (7), C. Fiore (8) C. Ronci (8)

1Regione Piemonte, DoRS Centro regionale di documentazione promozione salute, Grugliasco, 2USP Verbania, Ufficio scolastico provinciale, Verbania, 3USP Torino, Ufficio scolastico provinciale, Torino, 4USP Vercelli, Ufficio scolastico provinciale, Vercelli, 5Istituto Scolastico, scuola superiore II grado, Mondovì, 6Istituto Scolastico, Istituto Comprensivo, 7Igiene e Sanità pubblica, Università degli studi, Torino, 8USR Piemonte, Ufficio Scolastico Regionale, Torino, Italy

### The Project

In 2007, the Centre for disease prevention and control of the Italian Health Ministry (CCM) launched a national survey to gather data about prevention and health promotion programs/interventions targeted at adolescents. Fifteen regional documentation and research centres, coordinated by DoRS, the Documentation Centre for Health Promotion of Piedmont Region, participated in this project.

### Objectives

The main objective was to support the coordination and the integration of the projects collected, while focusing, in particular, on the quality of the interventions, so that an in-depth analysis of the material collected could identify and disseminate effective health promotion strategies (Good Practices).

### UNDERLYING VALUES AND PRINCIPLES

The work carried out by the Centres was based on consensus, intersectoral collaboration and shared programming.

### KNOWLEDGE BASE/ EVIDENCE BASE

The strategy for identifying Good Practices was based on the indications from international literature, such as the Precede Proceed Model by L. Green et al., the Cochrane Library and the Community Guide.

### CONTEXT OF INTERVENTION

According to recent studies, adolescents live in a “transitional period”, during which they must resolve some developmental tasks through coping strategies.

Therefore, it is important for the healthcare professionals to understand motivations, risk and protective factors of adolescent behaviour in order to plan and implement effective health promoting actions, relying, when possible, on programs and experiences already developed and evaluated.

### METHODS

The research strategy took into consideration the organizational features of each Centre, thus allowing them to collect the projects/interventions in an autonomous way, but using the same online form and categories to enter the material in the database.

Topics	N° projects
addiction	605
mental health	436
sexual behaviour	313
exercise/nutrition	339
unintentional injury	187
unknown	149
TOT	2029

## RESULTS AND CONCLUSIONS

By the end of the project (August 2008), 2029 projects and interventions were collected and entered in the database, now at the website [www.retepromozionesalute.it](http://www.retepromozionesalute.it)

Some projects/interventions have been identified as Good Practices on the basis of good planning criteria (methodological aspects), as described by the international scientific literature.

The researchers are currently working on “thematic criteria” (focus on content), relying on the evidence from the literature, in order to select Good Practices in the 6 areas the program “Gaining health in adolescence”: addiction prevention, mental health promotion, sexual behaviour, physical activity and nutrition promotion, unintentional injury prevention.

The collection of the projects/interventions officially finished in 2008, even though most Centres are still going on updating the database.

In 2009, the National Network of Documentation Centre was created by a general consensus of the Centres involved with the objective of disseminating health promotion knowledge and skills among healthcare professionals, again with the support of the Health Ministry.