

**Together
we can.
Together
for Health.**



**MATERIAL FOR
HEALTHCARE
WORKERS**



National programme for integrated prevention
of chronic diseases in adults



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Preventive check-ups in family medicine practices

Preventive interventions and activities for adults at health promotion centres



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Together for Health programme

Chronic diseases (cardiovascular diseases, neoplasms, diabetes, chronic respiratory diseases, mental disorders and others) represent a significant burden of disease and contribute to premature mortality, both in the WHO European Region and in Slovenia. It is therefore essential to **promote population health**, reduce exposure to **risk factors** – with a focus on behavioural and psychosocial risk factors (unhealthy diet, physical inactivity, smoking, excessive alcohol consumption, stress) – and thus **prevent** and **manage** chronic diseases.

Improving health literacy, health promotion and integrated chronic disease prevention help people to

- maintain and improve their health,
- reduce the risk of developing chronic diseases,
- prevent chronic diseases or delay their onset until later in life,
- ensure early detection of chronic diseases and
- manage chronic diseases,

thereby ensuring a better quality of life and prolonging a healthy life expectancy.

The national programme for integrated prevention of chronic diseases in adults titled **Together for Health** offers the adult population of Slovenia a comprehensive programme consisting of three main components:

- **preventive check-ups** conducted by teams in family medicine practices,
- **individual counselling and preventive interventions and activities** provided by experts in health promotion centres within community health centres,
- **health promotion in local communities**, carried out by experts from health promotion centres.



Participation in preventive check-ups, individual counselling and preventive interventions, as well as in health promotion activities in local communities, is completely free of charge, as the costs are covered by the Health Insurance Institute of Slovenia under compulsory health insurance.

Together for Health aims to:

- ensure the early detection of individuals with biological, behavioural and psychosocial risk factors for developing chronic diseases,
- enable the early identification of individuals at high risk of developing chronic diseases and those with early forms of chronic diseases,
- provide appropriate interventions, including counselling to manage risk factors and encourage lifestyle changes, as well as promote mental health,
- deliver appropriate activities to prevent chronic diseases and optimise their management,
- raise awareness and offer support and assistance to individuals in changing unhealthy lifestyles and promoting mental health, based on an empowerment process to take care of their own health,
- facilitate networking and collaboration among health professionals at primary, secondary and tertiary levels of healthcare to ensure comprehensive preventive care for individuals; and
- establish a network of diverse stakeholders from the local environment – based on a community-oriented approach to health – who support individuals in maintaining a healthy lifestyle and enable them to live well with chronic disease, with minimal psychosocial burden.

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Preventive check-ups in family medicine practices



Preventive check-ups are aimed at the early detection of risk factors for chronic diseases, or the early identification of chronic diseases that may already be present.

Individuals receive preventive check-ups from their registered family medicine practice, conducted by registered nurses with specialist knowledge, in collaboration with a family medicine specialist.

All **adults from the age of 30** are eligible for preventive check-ups every five years. Individuals with diabetes, people who are overweight or struggle with obesity, or individuals with a family history of cardiovascular disease, or a family history of hypercholesterolaemia or dyslipidaemia may undergo a preventive check-up earlier.

A preventive check-up includes:

- laboratory measurements (fasting venous blood sugar, lipidogram), including an oral glucose tolerance test (OGTT) if required,
- discussion of lifestyle habits (eating habits, physical activity, smoking, alcohol consumption, stress, detected symptoms of depression, observed warning signs of cancer, participation in cancer screening programmes),
- measurement of blood pressure, height, weight and waist circumference,
- nutritional risk assessment,
- additional measurements/examinations as needed (e.g., ECG, spirometry, 24-hour blood pressure monitoring, ankle-brachial index).

After the check-up, an individual learns whether they have been identified as being at risk of developing chronic diseases or if they already have a chronic disease. Depending on the results, they:

- receive brief counselling on healthy lifestyles and mental health promotion,
- are provided with appropriate drug treatment if necessary; and
- receive a referral for preventive intervention and activities at a health promotion centre.

How is a preventive check-up at a family medicine practice different from a check-up at an occupational, transport and sports medicine practice?

Both types of check-up are designed to protect health. The range of tests conducted in the course of these check-ups is also similar. The main difference is that:

- an examination at an occupational, transport and sports medicine practice is aimed at preventing the effects of various stresses or risks on health and safety at work, while
- a check-up in a family medicine practice is focused on preventing the most common chronic diseases, detecting chronic diseases that may already be present, and taking appropriate action to improve an individual's health and well-being.

For people with existing vulnerabilities who, due to objective circumstances, are unable to attend a preventive check-up in a family medicine practice, a registered nurse in community nursing can carry out the check-up at home. This can contribute significantly to better health and quality of life for people with vulnerabilities.

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Preventive interventions and activities at health promotion centres

Health promotion centres, staffed by interdisciplinary teams of health professionals, including **registered nurses, physiotherapists, psychologists, dieticians and kinesiologists with specialist knowledge in prevention and health promotion**, are located in all community health centres across Slovenia.

As part of the Together for Health programme, adults can visit health promotion centres to participate in:

- individual counselling sessions and
- preventive interventions and activities (group workshops, individual counselling, testing and screening).



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INDIVIDUAL COUNSELLING

At the health promotion centres, adults can attend one-on-one counselling with various experts:

- to receive support for health maintenance and promotion (advice on healthy eating, physical activity, mental health, giving up smoking, risky and harmful alcohol use, managing high body weight, managing type 2 diabetes, etc.),
- if they need support or help in changing unhealthy habits and would like to work with a professional to develop a personalised, practical plan to improve their health and well-being,
- regarding elevated blood sugar, elevated blood pressure, elevated blood lipids, or type 2 diabetes,
- if they have received an invitation to join the Svit Programme and need support in participating,
- if they need information about joining the Dora or Zora programmes,
- if they have already attended preventive interventions and activities at a health promotion centre and want to check whether they are still on track with their new habits,
- if they would like more information about support resources available in their local community.

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Who can attend individual counselling?

All adults with risk factors for chronic diseases, those at high risk of developing chronic diseases, or those with a pre-existing chronic disease.

How to secure an individual counselling session?

People can register at the health promotion centre (by phone, in writing via email, or in person).

PREVENTIVE INTERVENTIONS AND ACTIVITIES

Preventive interventions and activities include 19 different types of group workshops, individual counselling sessions, testing and screening. Each of these is described in more detail later in this document (outlining the content, facilitator, duration, participants and method of joining).

The aim of preventive interventions and activities is to:

- improve health literacy and thereby empower individuals with behavioural, biological and psychosocial risk factors for chronic diseases, those at risk of developing chronic diseases, and those with already existing chronic conditions,

- educate adults about the importance of healthy lifestyles in maintaining and improving health, as well as improving quality of life with a chronic disease or preventing the onset of chronic disease,
- support the changing of unhealthy lifestyle habits,
- provide expert information, skills training, support and assistance to identify and manage risk factors for chronic diseases, enable long-term changes in lifestyle habits, and improve mental health – leading to improved well-being and health – and to encourage and guide adults to take an active role in their own health.

Three of the preventive interventions can only be accessed following a preventive check-up or referral by a specialist (Let's Get Moving, Healthy Weight, Living with Diabetes), while this is not necessary for the others.

The group workshops are held in small groups of 6 to 10 people. More information is available at the health promotion centres.

List of all preventive interventions and activities at health promotion centres



What do people need when attending interventions and activities?

A pen, a notepad, glasses (if needed for reading), and their health insurance card.

The following pages detail all interventions and activities, and provide information on how to join them. To make the interventions and activities outlined in the materials for the general public more understandable for the target groups, they are grouped into a simplified scheme across six categories:

The **Healthy Lifestyle** category comprises preventive interventions and activities in the following areas:

- healthy lifestyle: Living Healthily
- managing biological risk factors: Elevated Blood Pressure, Elevated Blood Lipids, Elevated Blood Sugar

The **Healthy Diet** category comprises a preventive nutritional intervention for adults:

- Eating Healthily

The **Physical Activity** category covers preventive physical activity interventions and activities to promote health:

- How Fit Am I 1?
- How Fit Am I 2?
- How Much Can I Do?
- Let's Get Moving

The **Mental Health** category covers preventive mental health interventions and activities – psychoeducational interventions and activities:

- Relaxation Techniques
- Healthy Relationships
- Tackling Stress
- Tackling Anxiety
- Tackling Depression

The **Risky Behaviours** category includes counselling for:

- Giving Up Smoking
- Giving Up Risky and Harmful Alcohol Consumption

The **Chronic Diseases** category covers interventions and activities for adults living with:

- obesity: Healthy Weight
- type 2 diabetes: Type 2 Diabetes and Living with Diabetes

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Living Healthily



Participants receive expert information on the importance of a healthy lifestyle for promoting health as well as preventing and managing chronic diseases. With expert support, they learn how to develop a plan to change health-related lifestyle habits that will help improve their health and well-being.

CONTENT:

- What is a healthy diet?
- What is safe and healthy physical activity?
- Experiencing stress in everyday life.
- Identifying the signs of depression and anxiety.
- Risk factors for chronic diseases.
- Giving up smoking and giving up risky and harmful alcohol consumption.
- How to and why attend a preventive check-up with a selected personal physician or a registered nurse at a family medicine practice.
- Presentation of the national Dora, Zora and Svit cancer screening programmes.
- The process of changing unhealthy lifestyle habits.
- Presentation of other group workshops and counselling sessions at the health promotion centre.

FACILITATOR:

A registered nurse with specialist knowledge.

DURATION:

The workshop consists of one group session lasting two hours.



ELIGIBLE PARTICIPANTS:

All adults who want expert information on healthy lifestyles and the process of changing unhealthy habits, as well as those who need encouragement and support on their journey to improved health and well-being.

METHOD OF JOINING:

People can register at the health promotion centre (by phone, in writing via email, or in person). They may also be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

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Elevated Blood Pressure



The workshop provides participants with key expert information on elevated blood pressure. With expert support, they learn how to develop a plan to change their health-related lifestyle habits to help maintain target blood pressure levels and improve their health and well-being.

CONTENT:

- information on target blood pressure levels and their importance for health,
- information on the link between lifestyle and blood pressure,
- information on risk factors leading to elevated blood pressure,
- skills to correctly self-measure blood pressure,
- skills and support to change health-related lifestyle habits.

FACILITATOR:

A registered nurse with specialist knowledge.

DURATION:

The workshop consists of one group session lasting 90 minutes.

ELIGIBLE PARTICIPANTS:

All adults with elevated blood pressure.

METHOD OF JOINING:

People can register at the health promotion centre (by phone, in writing via email, or in person).

They may also be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

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Elevated Blood Lipids



The workshop provides participants with key expert information on elevated blood lipid levels. With expert support, they learn how to develop a plan to change their health-related lifestyle habits to help maintain target blood lipid levels and improve their health and well-being.

CONTENT:

- information on how cholesterol is produced, target blood lipid levels, and their importance for health,
- information on risk factors for elevated blood lipids,
- information on the link between lifestyle and blood lipids,
- skills and support to change health-related lifestyle habits.

FACILITATOR:

A registered nurse with specialist knowledge.

DURATION

The workshop consists of one group session lasting 90 minutes.



ELIGIBLE PARTICIPANTS:

All adults with hyperlipidaemia or hypercholesterolaemia.

METHOD OF JOINING:

People can register at the health promotion centre (by phone, in writing via email, or in person).

They may also be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

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Elevated Blood Sugar

The workshop provides participants with essential knowledge about elevated blood sugar (borderline basal glycaemia and impaired glucose tolerance). The workshop is not suitable for people with diabetes; for those individuals, the workshops “Type 2 Diabetes” and “Living with Diabetes” are more appropriate.

CONTENT:

- Why does an individual have borderline basal glycaemia or impaired glucose tolerance?
- What happens in the body to cause blood sugar to rise above normal levels?
- Why is it better to have type 2 diabetes develop as late in life as possible?
- What can individuals do to prevent or delay the onset of type 2 diabetes?

FACILITATOR:

A registered nurse with specialist knowledge.

DURATION:

The workshop consists of one group session lasting 90 minutes.



ELIGIBLE PARTICIPANTS:

All adults with elevated blood sugar (borderline basal glycaemia or impaired glucose tolerance).

METHOD OF JOINING:

People can register at the health promotion centre (by phone, in writing via email, or in person).

They may also be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist’s report, etc.) must indicate that the person has been referred to the health promotion centre.

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Eating Healthily



Participants gain essential knowledge about healthy eating and the skills to make gradual changes to their diet. In individual sessions, they will work with a dietician to develop a personalised nutrition plan tailored to their needs, abilities and health status, in line with the principles of modern nutrition.

CONTENT:

- What is a healthy diet, and how should a dietary plan be tailored to the individual and their specific health conditions?
- How to monitor one's own eating habits and avoid common daily temptations and diet myths?
- Skills to simplify eating healthily and how to easily create healthy daily meals.
- How to choose healthy foods from a wide variety of options and how to eat well in different situations.
- How to make gradual changes and maintain them in the long term.

FACILITATOR:

A dietitian or a registered nurse with specialist knowledge.



DURATION:

The intervention consists of six sessions, three individual counselling sessions lasting one hour each, and three group sessions lasting 90 minutes each. The intervention starts with an initial individual counselling session, followed by the three group sessions and two further individual sessions.

ELIGIBLE PARTICIPANTS:

People at high risk of developing chronic diseases and with unhealthy eating habits, or people with well-managed chronic diseases and unhealthy eating habits who are at low risk of malnutrition (MUST = 0).

METHOD OF JOINING:

An individual may be referred to the intervention by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre. Individuals may also self-refer. In this case, a dietitian at the health promotion centre will carry out a nutritional screening.

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How Fit Am I?

Participants undergo a test to assess their aerobic fitness and receive personalised advice on suitable physical activity to improve their health.



CONTENT:

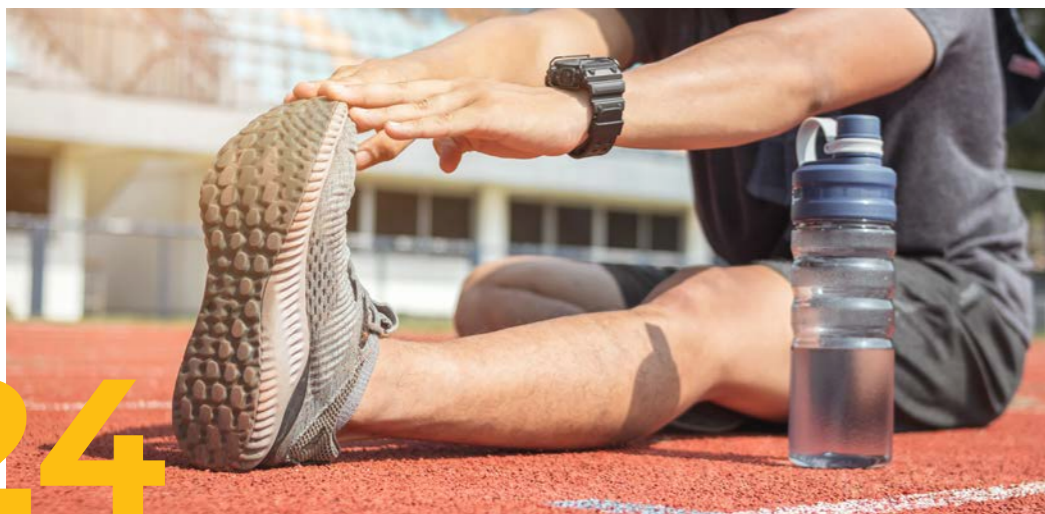
- completion of one of two physical fitness tests (6-minute walk test or 2-minute step test) and
- expert advice on suitable health-promoting physical activity based on the participants' test results and health status.

FACILITATOR:

A physiotherapist and/or kinesiologist.

DURATION:

The workshop consists of one group session lasting up to two hours.



ELIGIBLE PARTICIPANTS:

All adults interested in evaluating their physical fitness (especially cardiovascular and respiratory endurance) and receiving personalised exercise guidance based on their results.

METHOD OF JOINING:

People can register at the health promotion centre (by phone, in writing via email, or in person).

They may also be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

NOTE:

The participants should wear comfortable sports clothing and footwear. They should also bring a water bottle.

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How Fit Am I 2?



Participants receive an in-depth fitness assessment and individualised advice on appropriate, health-promoting physical activity.

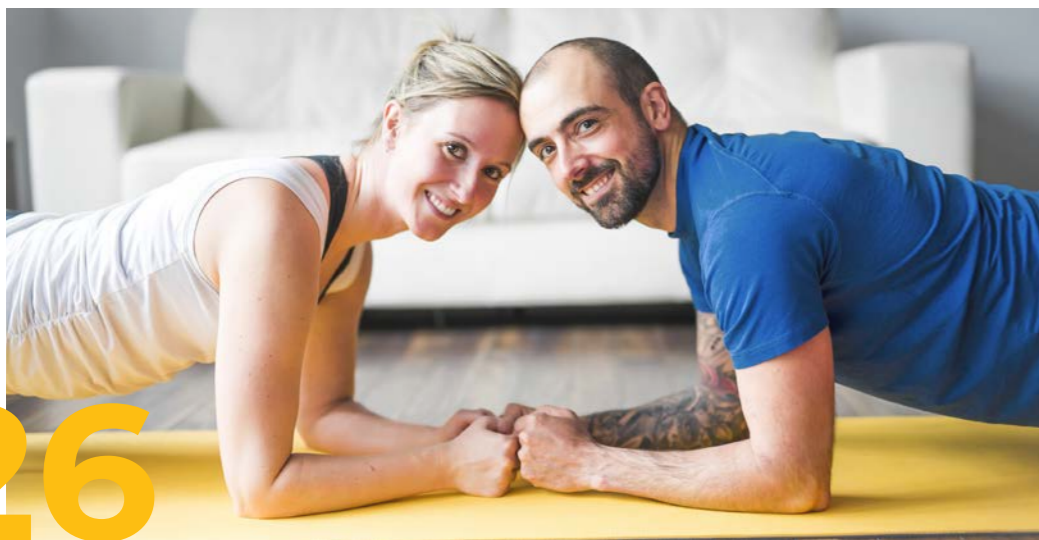


CONTENT:

- a set of fitness tests tailored to adults or older individuals,
- a detailed assessment of the participants' physical fitness and
- expert advice on suitable health-promoting physical activity based on the participants' test results and health status.

FACILITATOR:

A physiotherapist and/or kinesiologist.



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DURATION:

The workshop consists of one group session lasting up to two hours.

ELIGIBLE PARTICIPANTS:

Fitness testing for adults: adults aged up to 65. Fitness testing for older adults: adults aged 65 and over.

METHOD OF JOINING:

People can register at the health promotion centre (by phone, in writing via email, or in person).

They may also be referred by their selected personal physician, a registered nurse from the family medicine practice or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

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How Much Can I Do?



A balance of physical, emotional, mental and social health is essential for optimal everyday functioning. People with functional disabilities may experience varying degrees of difficulty in one or more of these areas. Functional disability screening helps participants assess their ability to function in everyday life.



SCREENING PROCESS:

Participants complete a short questionnaire and a simple functional test with a physiotherapist or kinesiologist. Based on the results, they receive advice on how to improve their performance and functioning, to remain healthy and independent for as long as possible in their early and later old age – contributing to long-term health and quality of life.

FACILITATOR:

A physiotherapist and/or kinesiologist.

DURATION:

Screening takes approximately 30 minutes.

ELIGIBLE PARTICIPANTS:

All adults aged 65 and over.

METHOD OF JOINING:

People can register at the health promotion centre (by phone, in writing via email, or in person).

They may also be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

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Let's Get Moving



The participants receive essential information about active lifestyles and learn how to gradually increase physical activity to improve their fitness and overall health.

CONTENT:

- comprehensive fitness testing and an in-depth assessment of physical fitness,
- information on safe, health-promoting physical activity and the risks of a sedentary lifestyle,
- strategies for managing chronic disease or specific conditions through physical activity,
- step-by-step increase in physical activity based on an individual programme to promote health and improve exercise habits,
- skills and knowledge to design and follow a personal physical activity and exercise plan, and proper and independent execution of exercises,
- understanding exercise intensity and recognising signs of over-exertion,
- advice and suggestions on local opportunities for regular physical activity and ways to look for suitable solutions to maintain an active lifestyle,
- measuring progress in physical activity, exercise habits and physical fitness.

FACILITATOR:

A physiotherapist.



DURATION:

The workshop runs over a period of four months and consists of 13 weekly group sessions and two individual counselling sessions. Sessions last between one and two hours.

ELIGIBLE PARTICIPANTS:

People at high risk of chronic disease with physical inactivity or sedentary lifestyle as a risk factor, or those with a managed chronic disease and/or already present specific conditions (e.g., musculoskeletal dysfunction, incontinence) and with physical inactivity or sedentary lifestyle as a risk factor.

METHOD OF JOINING:

An individual may be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

NOTE:

The participants should wear comfortable sports clothing and footwear. They should also bring a water bottle.

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Relaxation Techniques

Participants learn about the basic characteristics and laws of relaxation, try out three different relaxation techniques (breathing exercises, progressive muscle relaxation, visualisation of a calming place), learn about their benefits and applications, and receive recommendations for implementation in the home environment.



CONTENT:

- how to prepare for relaxation exercises,
- key points to consider when practising relaxation techniques,
- breathing exercises – how and when to practice, and their benefits,
- progressive muscle relaxation – how and when to practice, and its benefits,
- visualisation of a calming place – how and when to practice, and its benefits,
- how to select the right relaxation method for one's personal needs.

FACILITATOR:

A psychologist or a registered nurse with specialist knowledge.

DURATION:

The workshop consists of one group session lasting 90 minutes.



ELIGIBLE PARTICIPANTS:

All adults who feel that stress is negatively affecting their daily lives.

METHOD OF JOINING:

People can register at the health promotion centre (by phone, in writing via email, or in person).

They may also be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

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Healthy Relationships



The participants learn about and master skills to enhance their interpersonal relationships. They can share their experiences and views on relationships with others in the group and practise their chosen ways of acting appropriately in interpersonal relationships.

CONTENT:

- evaluating your social network: your relationships and what you want from them,
- how to maintain healthy relationships and navigate those needing improvement or closure, what to do when change isn't possible,
- the importance of self-care and what it actually means,
- how to strengthen your well-being,
- identifying your wishes and needs in relationships and how to communicate them clearly and respectfully,
- understanding the difference between concerns and problems, and how to address them effectively.

FACILITATOR:

A psychologist or a registered nurse with specialist knowledge.

DURATION:

The workshop runs for a month and consists of four weekly group sessions, each lasting two hours.



ELIGIBLE PARTICIPANTS:

All adults who recognise the influence of relationships on health and are interested in improving their interpersonal connections.

METHOD OF JOINING:

People can register at the health promotion centre (by phone, in writing via email, or in person).

They may also be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

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Tackling Stress



The participants explore the basic characteristics of experiencing stress, its causes and practical coping strategies. They develop skills to help themselves and improve their well-being, including relaxation techniques, redirecting thoughts and feelings, planning responses to stressful situations and developing emotional awareness.

CONTENT:

- understanding stress and how it affects us,
- developing emotional awareness – identifying and managing emotions, stress-related mental and physical disorders,
- ways of tackling stress – planning a response to stressful situations, managing thoughts and ensuring psychophysical resilience.

FACILITATOR:

A psychologist or a registered nurse with specialist knowledge.

DURATION:

The workshop runs for a month and consists of four weekly group sessions (90 minutes each) and one individual counselling session.



ELIGIBLE PARTICIPANTS:

All adults who feel that stress is negatively affecting their daily lives.

METHOD OF JOINING:

People can register at the health promotion centre (by phone, in writing via email, or in person).

They may also be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

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Tackling Anxiety



The participants learn about the causes, symptoms and treatment of anxiety disorders. They learn how they can help themselves and improve their well-being. They can share experiences with other participants and support each other.



CONTENT:

- causes and symptoms of anxiety,
- treating and overcoming anxiety disorders,
- the effect of thoughts on emotions, behaviour and the body,
- preventing anxiety from worsening and recurring.

FACILITATOR:

A psychologist.

DURATION:

The workshop runs for a month and consists of four weekly group sessions (90 minutes each) and one individual counselling session.



ELIGIBLE PARTICIPANTS:

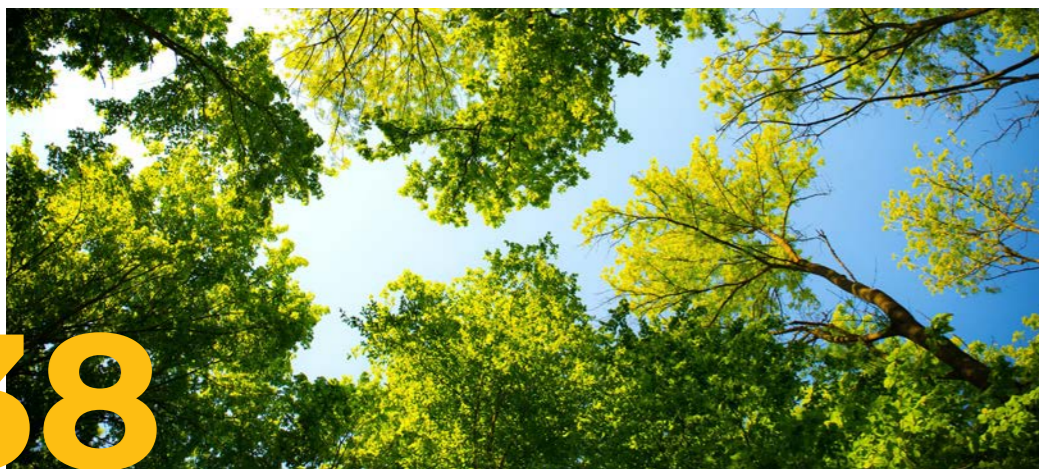
Adults diagnosed with an anxiety disorder and those whose (severe) anxiety interferes with their daily life. Family members are encouraged to participate.

METHOD OF JOINING:

The person can be referred to the workshop by their selected personal physician, a registered nurse from a family medicine practice, a doctor specialised in psychiatry, another specialist doctor or a psychologist/clinical psychologist in the health sector. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

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Tackling Depression

The participants learn about the causes, symptoms and treatment of depression. They learn how they can help themselves and improve their well-being. They can share experiences with other participants and support each other.

CONTENT:

- causes and symptoms of depression,
- treating and overcoming depression,
- the effect of thoughts on emotions, behaviour and the body,
- preventing depression from worsening and recurring.

FACILITATOR:

A psychologist.

DURATION:

The workshop runs for a month and consists of four weekly group sessions (90 minutes each) and one individual counselling session.



ELIGIBLE PARTICIPANTS:

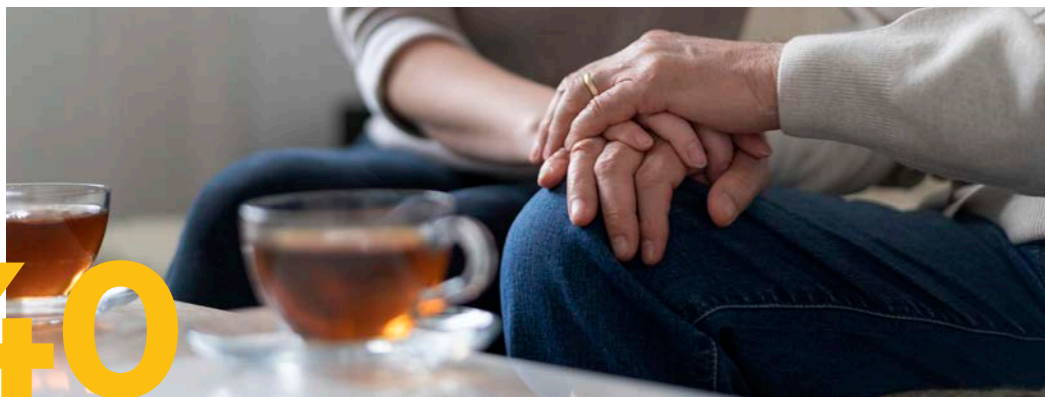
Adults with a diagnosis or symptoms of depression. Relatives are encouraged to participate.

METHOD OF JOINING:

The person can be referred to the workshop by their selected personal physician, a registered nurse from a family medicine practice, a doctor specialised in psychiatry, another specialist doctor or a psychologist/clinical psychologist in the health sector. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

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Giving Up Smoking



A professionally guided programme to support smoking cessation and long-term abstinence. Offering individual counselling and group workshops, the format is flexible to suit personal preferences.

WORKSHOP/COUNSELLING CONTENT:

- Why do I smoke and why is it worth giving up?
- What methods and options are available to help me give up smoking?
- When am I most in need of a cigarette and how can I tackle these situations?
- How can I overcome physical and mental addiction and control my weight?
- How can I tackle stress?
- How can I remain a non-smoker?
- How can I handle unforeseen situations and make the right decision when the risk of starting to smoke again is high?

FACILITATOR:

A registered nurse with specialist knowledge or a psychologist.

WORKSHOP DURATION:

The workshop runs for a month and a half, and consists of six weekly group sessions, each lasting 90 minutes.

INDIVIDUAL COUNSELLING DURATION:

Individual counselling runs for a month and a half, and consist of six weekly sessions, each lasting 30 minutes.



ELIGIBLE PARTICIPANTS:

All smokers and their relatives, as well as abstinent smokers or those who have already quit but need help to maintain this behaviour.

METHOD OF JOINING:

People can register at the health promotion centre (by phone, in writing via email, or in person).

They may also be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

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Giving Up Risky and Harmful Alcohol Consumption



A professionally guided one-on-one programme to stop risky and harmful drinking, where individuals reflect on their drinking habits, explore their attitudes towards alcohol and choose healthier alternatives.

CONTENT:

- health risks of harmful and risky alcohol use,
- identifying personal drinking habits and underlying reasons, and the problems caused by drinking alcohol,
- exploring attitudes towards alcohol and finding healthier options,
- benefits of reducing or quitting alcohol,
- ways and options to help people stop risky and harmful drinking,
- maintaining low-risk drinking or abstinence, and responding to unpredictable situations where there is a high chance of relapse into risky or harmful drinking.

FACILITATOR:

A registered nurse with specialist knowledge or a psychologist.

COUNSELLING DURATION:

The core part of the counselling consists of five weekly sessions of 15 minutes each, and the maintenance part consists of two sessions of 15 minutes each, three to six months after the core part.

ELIGIBLE PARTICIPANTS:

The core part is open to all adults who would like to contribute to better health by adopting a healthier attitude towards drinking alcohol and stopping risky and harmful drinking. After completing the core part, participants are invited to the maintenance part, where they receive a brief professional follow-up to monitor their progress and support them in maintaining healthier drinking habits.

The loved ones of people with alcohol problems are also invited to attend. They will discuss with the expert how to motivate their loved one to attend counselling, or the expert will direct them to further sources of help – both for the person with a drinking problem and for their family or loved ones.

METHOD OF JOINING:

People can register at the health promotion centre (by phone, in writing via email, or in person).

They may also be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

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Healthy Weight



Obesity intervention participants gain the knowledge, skills and support needed to make long-term lifestyle changes aimed at reducing body fat and maintaining healthy lean muscle mass. The skills acquired help them to change unhealthy eating and exercise habits, while receiving ongoing psychological and motivational support. The intervention recognises obesity as a chronic, multifactorial metabolic disease that can lead to a range of complications – metabolic, non-metabolic and psychological – which in turn can worsen other chronic conditions and significantly affect an individual's quality of life.

CONTENT:

- an individual initial assessment, during which the health worker learns about the participant's specific needs, expectations and abilities,
- knowledge and skills in the areas of nutrition, physical activity and coping with various life situations,
- physical exercise and fitness measurement with trained professionals,
- information on the many physiological and psychological barriers and pitfalls that a person faces and copes with in the process of treating obesity,
- individualised approaches to devising a nutrition and physical activity plan, and psychological support/motivation.

FACILITATOR:

An interdisciplinary team – a registered nurse with specialist knowledge, a physiotherapist, a psychologist, a dietician and a kinesiologist, in collaboration with family medicine doctors.

DURATION:

The intervention is divided into two parts – the core and the maintenance part.

The core part runs over a period of four months, during which the participant attends:

- 15 weekly group sessions lasting between one and a half and two hours,
- 16 weekly exercise sessions lasting one hour each,
- 11 individual counselling sessions with various experts and
- two fitness tests.

The maintenance part is designed to support the participant in maintaining a healthy lifestyle and a healthy weight; it is recommended that the participant attends:

- three group sessions of 90 minutes each (the first session after three months, the second after six months and the third after 12 months following completion of the core part),
- three individual counselling sessions with different experts, and
- a physical fitness re-test.

ELIGIBLE PARTICIPANTS:

- adults with a BMI of 30 and above,
- people with a BMI over 27.5 and a cardiovascular risk of 20%,
- people with a BMI above 27.5 and a chronic disease present.

METHOD OF JOINING:

An individual may be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

NOTE:

Participants need comfortable sports clothing and footwear for the exercise sessions.

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Type 2 Diabetes



The workshop provides the participants with key expert information on type 2 diabetes.



CONTENT:

- Why do I have type 2 diabetes?
- What happens in the body to cause blood sugar to rise above normal levels?
- What problems accompany diabetes?
- Why does my blood sugar “spike”?
- Why is it good to treat type 2 diabetes?
- What can I do to manage type 2 diabetes?
- What medicines are known for type 2 diabetes?
- How many regular check-ups do I need each year and what do they entail?

FACILITATOR:

A registered nurse with specialist knowledge.

DURATION:

The workshop consists of one group session lasting 90 minutes.



ELIGIBLE PARTICIPANTS:

All adults with type 2 diabetes. The workshop is not suitable for people on insulin treatment.

METHOD OF JOINING:

People can register at the health promotion centre (by phone, in writing via email, or in person).

They may also be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist’s report, etc.) must indicate that the person has been referred to the health promotion centre.

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Living with Diabetes



Participants gain essential knowledge about type 2 diabetes and the skills and knowledge to gradually make changes in their daily lives. With professional support, they learn to develop a plan to change health-related lifestyle habits that will help them to improve their health and well-being and to accept their chronic progressive disease.

CONTENT:

- the most important facts about type 2 diabetes,
- the process of changing unhealthy lifestyle habits and the motivation to do so, finding support for change,
- making the decision to change habits, creating a tangible plan of action and a plan to deal with barriers to changing unhealthy lifestyle habits,
- coping with failure, rewarding success,
- reviewing successes over the entire period.

FACILITATOR:

A registered nurse with specialised knowledge, in collaboration with a family medicine doctor, a registered nurse who is a diabetes educator, and a pharmacist.



DURATION:

The workshop runs for a month and a half, and consists of five weekly group sessions, each lasting 90 minutes.

ELIGIBLE PARTICIPANTS:

All adults with type 2 diabetes. The workshop is not suitable for people on insulin treatment.

METHOD OF JOINING:

An individual may be referred by their selected personal physician, a registered nurse from the family medicine practice, or another specialist doctor. An e-referral is not required, but other documentation (e.g., a discharge letter, specialist's report, etc.) must indicate that the person has been referred to the health promotion centre.

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