A tool kit for evidence-based good practices: introduction and methodology

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A tool kit for evidence-based good practices

- **Joint Action on Reducing Alcohol Related Harm (JA RARHA)** is an initiative under the EU health programme to take forward the work in line with the first EU Strategy on alcohol related harm
- The work is carried out through a cooperation by expert organisations from 31 European countries
- RARHA’s Work Package 6 aims to present a Tool Kit with different interventions to facilitate exchange between Member States public health bodies
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- **Good practices** present an important evidence base for MS policy decisions and actions in the fields of alcohol prevention, treatment and harm reduction.
- A wide range of interventions and good practice compilations have been developed and brought together - publications and databases - several of which have been produced with EU-funding.
- Nevertheless, public health policy planners lack easy access to well described interventions that are replicable/adaptable and on which reasonable evidence of effectiveness in influencing attitudes or behavior and some cost estimates are available.

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Covering 3 groups of interventions:

- **Early intervention services** (including brief advices)
- **School-based programs** (information and education)
- **Public awareness programs** (including new media, social networks and online tools for behavior change)....

... that have demonstrated their **effectiveness, transferability, and relevance**
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**Good practice definition:**

- Good practice refers to a preventive intervention (action/activity/working method/project/programme/service) that was found to be **effective** in accomplishing the set objectives and thus in reducing alcohol related harm. The intervention in question has been **evaluated** either through a systematic review of available evidence AND/OR expert opinion AND/OR at least one outcome evaluation. Furthermore, it has been **implemented** in a real world setting so that the practicality of the intervention and possibly the **cost-effectiveness** has also been examined.

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**Template/questionnaire to collect the examples of good practices:**

- Evidence base (quick scan)
- Basic facts
- Development (including preparation, planning and core processes)
- Implementation
- Evaluation
- Additional information
LOOKING HOW TO REDUCE ALCOHOL RELATED HARM

SHARING THE RESULTS

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- Questionnaire for Collecting the Good Practices was sent in Dec. 2014:
  - from 31 countries, 48 cases were collected, 43 with evidence base (quick scan)
  - Cases with evidence base (quick scan) per intervention area:

<table>
<thead>
<tr>
<th>Country</th>
<th>Early interventions</th>
<th>Public awareness/education interventions</th>
<th>School-based interventions</th>
</tr>
</thead>
<tbody>
<tr>
<td>MS’s, Iceland, Norway and Switzerland</td>
<td>21</td>
<td>9</td>
<td>13</td>
</tr>
<tr>
<td>%/43</td>
<td>49 %</td>
<td>21 %</td>
<td>30 %</td>
</tr>
<tr>
<td>Cases total</td>
<td>43 (100%)</td>
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56% of interventions were founded from national/regional/local government (multiple-choice question)

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<tbody>
<tr>
<td>a</td>
<td>16</td>
<td>9</td>
<td>10</td>
<td>35</td>
<td>56%</td>
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<tr>
<td>b</td>
<td>3</td>
<td>2</td>
<td>3</td>
<td>8</td>
<td>12%</td>
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<tr>
<td>c</td>
<td>5</td>
<td>2</td>
<td>0</td>
<td>7</td>
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<td>1</td>
<td>2</td>
<td>0</td>
<td>3</td>
<td>5%</td>
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<td>1</td>
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<td>1</td>
<td>2%</td>
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<tr>
<td>f</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>9</td>
<td>14%</td>
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<tr>
<td>Total</td>
<td>28</td>
<td>19</td>
<td>16</td>
<td>63</td>
<td>100%</td>
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- Stakeholder involvement in the development phase (multiple-choice question):

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<tbody>
<tr>
<td>Target groups</td>
<td>10</td>
<td>6</td>
<td>5</td>
<td>21</td>
</tr>
<tr>
<td>Intermediate target groups</td>
<td>15</td>
<td>6</td>
<td>12</td>
<td>33</td>
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<tr>
<td>Economic operators</td>
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<td>5</td>
</tr>
<tr>
<td>Government</td>
<td>15</td>
<td>8</td>
<td>6</td>
<td>29</td>
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<tr>
<td>Funders</td>
<td>5</td>
<td>4</td>
<td>1</td>
<td>10</td>
</tr>
<tr>
<td>Researchers</td>
<td>13</td>
<td>7</td>
<td>8</td>
<td>28</td>
</tr>
<tr>
<td>Representatives of civil society (NGOs)</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>15</td>
</tr>
<tr>
<td>Other</td>
<td>7</td>
<td>5</td>
<td>5</td>
<td>17</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>82</td>
<td>41</td>
<td>22</td>
<td>146</td>
</tr>
</tbody>
</table>

SHARING THE RESULTS
LOOKING HOW TO REDUCE ALCOHOL RELATED HARM

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- Implementation: mostly implemented on national level (35 %), followed by implementation on national, regional and local level together (19 %)
- 63 % of the interventions were integrated in the system
- the collected interventions targeted predominately adolescents (22 cases), parents (17 cases), young adults (15 cases) and adults and general population (13 cases both)

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<tbody>
<tr>
<td>General population</td>
<td>7</td>
<td>6</td>
<td>1</td>
<td>13</td>
</tr>
<tr>
<td>Children (before adolescence time)</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>8</td>
</tr>
<tr>
<td>Adolescents</td>
<td>7</td>
<td>4</td>
<td>11</td>
<td>22</td>
</tr>
<tr>
<td>Young adults</td>
<td>11</td>
<td>4</td>
<td>0</td>
<td>15</td>
</tr>
<tr>
<td>Adults</td>
<td>7</td>
<td>5</td>
<td>1</td>
<td>13</td>
</tr>
<tr>
<td>Elderly population</td>
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<td>1</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Parents</td>
<td>9</td>
<td>3</td>
<td>5</td>
<td>17</td>
</tr>
<tr>
<td>Pregnant women</td>
<td>4</td>
<td>1</td>
<td>0</td>
<td>5</td>
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<tr>
<td>Women</td>
<td>6</td>
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<tr>
<td>Men</td>
<td>6</td>
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<td>0</td>
<td>8</td>
</tr>
<tr>
<td>Families</td>
<td>5</td>
<td>2</td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td>Drivers</td>
<td>2</td>
<td>3</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Party goers</td>
<td>2</td>
<td>2</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Vulnerable social groups</td>
<td>8</td>
<td>2</td>
<td>1</td>
<td>11</td>
</tr>
<tr>
<td>Other</td>
<td>1</td>
<td>3</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>82</td>
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<td>146</td>
</tr>
</tbody>
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   5.4. Accepted Interventions
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      5.4.3. Good indication of effectiveness
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   6.1. Definition
   6.2. Implementation
   6.3. Effectiveness and Cost-effectiveness
   6.4. Accepted Interventions
      6.4.1. First indication of effectiveness
      6.4.2. Good indication of effectiveness
      6.4.3. Strong indication of effectiveness

7. The Ethics of Alcohol Prevention
8. Recommendations for Good Practice Approaches
   8.1. Use tested and effective frameworks
   8.2. Research and plan interventions carefully
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Thank You!

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