



# EU Health Programme 2014-2020

Overview of current/recent Health Program  
projects on alcohol harm reduction

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European Commission

Consumers, Health, Agriculture and Food Executive Agency (Chafea)



European  
Commission

## WHO DOES WHAT:

### DG Health and Food Safety

Input and agreement  
from EU Member States



Preparation and adoption of  
annual work programme  
(definition of annual priorities)



Communicates with internal  
stakeholders, reports and  
evaluates



### CHAFEA

Grant agreement payments



Call for proposal



Action monitoring



Results dissemination



### National Focal Points

Promote the  
HP opportunities



Advise and assist applicants



Contribute to reporting  
& evaluation



Disseminate results  
at national level





*2008-2013*

# **2<sup>ND</sup> EU HEALTH PROGRAMME**



**BISTAIRS**

## **Good practice on brief interventions on alcohol use disorders in primary health care, workplace health services, emergency care and social services (BISTAIRS)**

The project aimed to intensify the implementation of brief interventions (BI) in a range of relevant settings by identifying, systematising and extending good practice of BI across the EU :

- 1. Assessment of alcohol screening and brief intervention (ASBI) implementation across the EU to date;**
- 2. Identification of evidence supporting the effectiveness of ASBI in medical and social care settings;**
- 3. Development of best practice steps;**
- 4. Field tests to assess the feasibility and practicability of ASBI concepts in primary health care (PHC), emergency care (EC), workplace health care (WPH) and social service settings (ScS) and**
- 5. Development of guidelines for the development and widespread implementation of tailored ASBI approaches for medical and social primary care settings.**



**BISTAIRS**

## Good practice on brief interventions on alcohol use disorders in primary health care, workplace health services, emergency care and social services (BISTAIRS)

- Effectiveness of Brief Interventions in Primary Health Care, Emergency Care, Workplace Health Services and Social Services, 2013
- Guidance document on implementation of BI in a range of settings
- Set of tailored & field-tested BI packages
- Guidelines for the development and rolling out of tailored BI in the EU

# Empowering the Youth Sector with overview of evidence-based Alcohol intervention programmes (Let it hAPYN!)

The main aim of the project "Let it hAPYN!" aimed at a better overview of good/bad practices of alcohol intervention programmes that are happening in youth organizations (YO) or that are applicable to YO in Europe, to allow possible evidence-based best practices of alcohol interventions to be implemented in other YO:

- **Better overview of evidence based alcohol interventions in/for youth organizations (YO) and ways of implementation in YO**
- **Adaptation of existing best practices in participating YO for pilot-testing purposes**
- **Better overview of existing national and international regulations addressing young people (YP) in Europe and suggestions for their improvements**
- **Empowerment of YO through lawenforcement**
- **Improvement of existing alcohol prevention interventions in YO and intensify their involvement in the alcohol policy processes**

# Empowering the Youth Sector with overview of evidence-based Alcohol intervention programmes (Let it hAPYN!)

- Ended June 2016
- Final Report forthcoming
- Report: Engagement of youth organisations in prevention interventions in the field of alcohol policy
- How to implement an effective intervention to prevent alcohol related harm? (Tools for setting up an alcohol prevention good practice in a youth organization)
- European Youth Conference on best practices in alcohol interventions in youth organisations (May 2016, Bled, SI )
- Handbook for Youth research for Compliance with Alcohol Age Limits and with Alcohol Marketing Regulations



## Healthy Ageing Supported by Internet and the Community (HASIC)

The general objective of the HASIC project is to empower older people (65+) in Europe to adopt healthy lifestyles which include a healthy diet, physical activity, moderate alcohol consumption and social participation:

- professionals and mentors update their knowledge and skills on how to support the self-management of older people
- peer groups discuss health risks and challenges, listen, encourage and learn from each other.
- older people get support to the processes of behaviour change towards a healthier lifestyle by self-assessment and self-monitoring
- Regional cooperation between different health and social services providers for preventative services and activities for older people on regional level.





## Healthy Ageing Supported by Internet and the Community (HASIC)

- **HASIC Handbook** - develops peer group mentors' understanding of healthy lifestyles for older people, and gives them tools to work as group leaders for older people.
- **HASIC online platform** - a web-based, multilanguage online platform to encourage and support older people to conduct a healthy lifestyle, to foster social participation and maintain psychological and emotional health (self-assessment and self-monitoring)
- **Peer groups** – (1) trainings for future mentors (professionals, students and motivated older people) to update their skills and try out the methods described in the Handbook, (2) these mentors lead pilot peer groups for older target group members
- **Network development** - promote policy recommendations for organising and coordinating preventative services and activities for older people at the regional level



# Joint Action on Reducing Alcohol Related Harm (RARHA)

RARHA is a Member States initiative that producing tools for health policy planning and action on alcohol:

1. **Strengthening the Monitoring of drinking patterns and alcohol related harm across EU countries**
2. **Good practice principles in the use of drinking guidelines to reduce alcohol related harm**
3. **Good practice Tool Kit**



*2014 – 2020*

# **3<sup>RD</sup> EU HEALTH PROGRAMME**

## 1) Promoting health, preventing diseases and fostering supportive environments for healthy lifestyles

- Cost-effective promotion and prevention measures for addressing **tobacco, alcohol, unhealthy dietary habits, physical inactivity**
- **Chronic diseases** including **cancer**; good practices for prevention, early detection and management, including self-management
- **HIV/AIDS, TB and hepatitis; up-take of good practices for cost-effective prevention, diagnosis, treatment and care**
- **Legislation on tobacco products** advertisement and marketing
- **Health information** and knowledge system



*3<sup>rd</sup> Health Programme*

# **WORK PROGRAMME 2014**

# Topics in Work Programme 2014

- 2.5.1.2. Monitoring of the national policies related to alcohol consumption and harm reduction – Grant to WHO



# Monitoring of national policies related to alcohol consumption and harm reduction (MOPAC)

MOPAC is a three-year project to support European Union (EU) and WHO collaboration in the monitoring and surveillance of EU and WHO European Region Member States' progress in reducing the harmful use of alcohol:

- Maintain and further develop the current system for monitoring trends in alcohol consumption, harm and policies by conducting 2 surveys.
- Further develop the functionalities of the EISAH and EUSAH online information systems.
- Publish 2 reports by using the collected data and by involving main actors in the field of alcohol policy.
- Enhance the capacity of Member States to contribute to and make use of alcohol information systems, and to implement key aspects of global-, regional- and EU-level strategies and action plans.

# Monitoring of national policies related to alcohol consumption and harm reduction (MOPAC)

Prevention of harm caused  
by alcohol exposure in  
pregnancy. Rapid review and  
case studies from Member  
States (2016)







*3<sup>rd</sup> Health Programme*

# WORK PROGRAMME 2015

# Topics in Work Programme 2015

## 2.1.1.1. Gathering knowledge and exchanging best practices on measures reducing availability of alcoholic beverages (Project Grants)

*The activities should aim at **testing methods/tools and at identifying good practices on reducing heavy episodic drinking amongst young people** in different settings and different Member States through **measures reducing availability of alcoholic drinks**.*

*The activities would also **analyse the impact of such measures** reducing availability (in terms of reducing harmful alcohol use, in particular heavy episodic drinking amongst young people). Priority should be given to initiatives aiming at identifying good practices **targeting young people among the lowest socioeconomic groups** and encourage EU networking and good practise exchange.*



# Raising awareness and action-research on Heavy Episodic Drinking among low income youth and young adults in Southern Europe (ALLCOOL)

Reduce alcohol-related harms among low-income youth and unemployed graduated young adults:

- Produce and disseminate knowledge about HED among low-income youth and unemployed graduated young adults in southern countries
- Engage and empower local communities to act on the HED phenomena
- Educate low-income youth and unemployed graduated young adults for alcohol-related harms of HED, harm reduction and safer drinking patterns
- Build best practice guidance and capacity among Health/education/social workers towards improving harm reduction responses on HED
- Disseminate the results and outcomes of the project at a regional , national and European levels



## STAD in Europe (SIE)



Reducing binge drinking and its negative consequences, through restricting the availability of alcohol in different drinking environments (based on the STAD (Stockholm prevents alcohol and drug problems) approach).

1. Development of 7 tailor-made interventions (one in each participating country) to restrict the availability of alcohol;
2. Implementation of the 7 interventions in the 7 pilot regions
3. Conducting a process and outcome evaluation on both development and implementation of the 7 interventions
4. Developing a digital manual including the four intervention models and implementation strategies to restrict the availability of alcohol in nightlife settings
5. Dissemination of gathered knowledge among all EU MS



Stockholm förebygger Alkohol- och Drogetproblem



## STAD in Europe (SiE)



STAD is a Swedish prevention strategy that has been very successful targeting binge drinking in nightlife settings. It has shown significant effects on the reduction of alcohol overserving, decline of underage drinking, and the reduction of alcohol-related aggression.

The STAD in Europe (SiE) project aims to tackle heavy episodic drinking by using the main components of STAD:

- community mobilization
- training in responsible beverage service
- stricter enforcements.

Besides nightlife, the SiE project also focusses on festivals, home drinking and drinking in streets and parks.

This project will result in a digital manual for local policy makers with guidelines, tips and tricks on how to implement a STAD-based prevention strategy in local settings. In the spring of 2018 the manual will be presented on a SiE symposium and will be available on the website.



*3<sup>rd</sup> Health Programme*

# WORK PROGRAMME 2016

# Topics in Work Programme 2016

- 2.1.1.2 Gathering knowledge and exchanging best practices on measures reducing underage drinking and heavy episodic drinking  
(Project Grants, EUR 1 200 000 )
- 2.1.1.3. Gathering knowledge and exchanging best practises to on measures to prevent illicit drug use in line with the minimum quality standards in drug demand reduction  
(Project Grants, EUR 600 000)
- 2.1.1.4. Support to Member States and stakeholders to address the chronic disease challenge  
(Project Grants, EUR 2 500 000)
- Joint Action on chronic diseases  
(Joint Action, EUR 5 000 000)



# Project Grant: Reducing underage drinking and heavy episodic drinking

The activities should aim at **testing methods/tools and at identifying good practices on reducing heavy episodic drinking** including amongst young adults and underage drinking in different settings and different Member States. Priority should be given to initiatives aiming at **identifying good practices of measures at population level** and more targeted prevention measures like brief interventions. In addition, multi-stakeholder initiatives might be included. The activities should **encourage EU networking and good practise exchange**.

- Evaluation result letters will be sent out in September 2016
- 1-2 project will receive funding





# Project Grant: Gathering knowledge and exchanging best practises on measures to prevent illicit drug use

The activities should aim at **testing methods/tools and at identifying good practices on preventing illicit drug use and delay onset of use**. A particular focus should be given to prevention measures aimed at **young adults to prevent polydrug use including alcohol** and the use of new psychoactive substances.

The measures considered should address risk factors such as age, gender and cultural and social factors, drug use in night life settings and work place and driving under influence. In addition, prevention measures in settings such as prisons might be included. The focus of activities should be aimed at selective preventions targeting vulnerable groups (in particular lower socio economic groups) The internet and its role in distribution and as knowledge base should be taken into account.

- Evaluation result letters will be sent out in September 2016
- 1-2 project will receive funding



# Project Grant: Support to Member States and stakeholders to address the chronic disease challenge

- 1) Identify, develop and put into practice **evidence based measures to prevent and manage chronic diseases**, also by addressing the major common risks factors (smoking, alcohol abuse, unhealthy diet, physical inactivity and others)
  
  - 2) Strengthen the evidence base for a **response to prevent and manage chronic diseases** through improved health information and health intelligence
- Evaluation result letters will be sent out in September 2016
  - 1-3 project will receive funding



## Joint Action 2016: Action on chronic diseases

This joint action will contribute to the identification and development of pilot actions in response to the chronic diseases challenge with a focus on the following areas:

- integrated approaches in **screening and early detection** of preventable diseases;
- integrated approaches to address the **main common risks factors** (smoking, alcohol abuse, unhealthy diet, physical inactivity and others) as to **strengthen prevention** across health and social care services;
- approaches to overcome health system silos towards a **better integration of prevention and health care**;
- approaches to address **multi-morbidity and polypharmacy** effectively through evidence-based interventions;
- identification of **essential elements for national chronic disease strategies**, including communication elements
- means to **reduce avoidable costs and increase efficiency** of health care system management; and
- the timely **integration of research findings for prevention and management of chronic diseases**.

## Next time...

- Final results of 2HP projects
- Project grants of WP 2016
- Work programme 2017

# Health Programme Project Database

- Documents project grants from 2003 to 2015
- Outlines summary, coordinator contact, consortium, public deliverables, reports and other results

<http://ec.europa.eu/chafea/projects/database.html>

## Please contact us:

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- **Chafea Website:**  
<http://ec.europa.eu/chafea/health/index.html>



# Thank you for your attention!

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