

# Monitoring and strengthening health promoting (HP) approaches in municipalities

## Background:

Health brokers and municipalities aim to strengthen local HP approaches. Therefore, insight is needed in the strengths and points for improvements of local HP approaches as well as the changes therein over time.

## Aim:

to develop a monitoring instrument and to pilot this instrument.

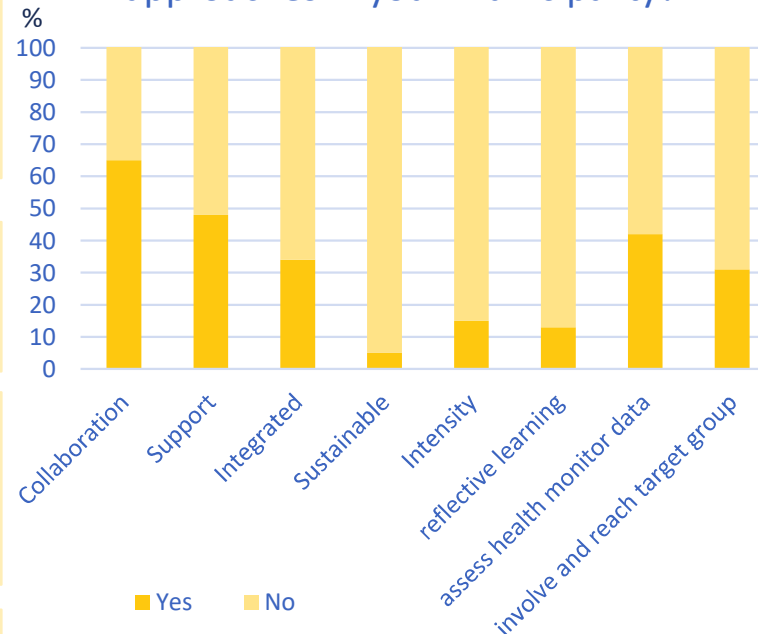
## Methods:

Literature research and structured group processes with health brokers, as part of participatory action research (PAR).

**8 aspects were identified.** We assume that HP approaches are more likely to be effective if these approaches:

- 1) have support and
- 2) collaboration of stakeholders,
- 3) Are integrated,
- 4) sustainable and
- 5) intense approaches,
- 6) apply reflective learning,
- 7) assess health monitor data and
- 8) involve and reach the target population.

Which 3 aspects do you think are the top 3 strongest aspects in HP approaches in your municipality?



Online monitoring instrument was **developed**, based on existing instruments like the Coordinated Action Checklist.

The online monitoring instrument was **tested in 14 municipalities** in the Netherlands. Health brokers and their partners (n=281) gave their opinion on which aspects were the strongest and which aspects can be improved.

## Discussion:

The results of the questionnaire in combination with PAR enabled participants to identify strengths and points to improve, and take action to strengthen the local health promoting approaches

## Results:

Applying the monitoring instrument provided insights in the strengths and points for improvement for HP approaches. The strengths and points for improvement differed per municipality. For example, participants advised to (further) improve collaboration, for instance by making clear agreements on communication and decision-making processes. Also, participants recommended to improve involvement of the target group, for example by setting priorities for health promotion together with the target group.

**Results** were presented for each municipality in the form of a **report and discussed** with the health brokers and policy advisors of the municipalities.