

**GOOD PRACTICE / HEALTH**

# Together for Health

## Programme in Slovenia

### **AIM & OBJECTIVES:**

It is a comprehensive programme of integrated prevention of chronic diseases, available to all adult residents of Slovenia. The main objective is to empower people to take care of their own health, become more active and to improve the quality of life.

### **TARGET GROUP:**

Trainers and sport club members, teachers and children, community leaders and citizens, health providers and patients

### **KEY STAKEHOLDERS:**

Health education and health promotion centres in Slovenia

### **DESCRIPTION:**

Group interventions - workshops are organised as follows:

- How fit am I 1? (aerobic endurance tests – 6-minute walk test, 2-minute step test)
- How fit am I 2? (physical fitness tests for adults/older people - aerobic endurance test and tests for flexibility, muscular strength and balance)
- Let's get moving (people workshop led by physiotherapists, where people are empowered for active living and independent safe and efficient exercise)
- Health measure (multidisciplinary workshop, where people are empowered to lose weight in a healthy way)
- Individual interventions are used by patients/clients who need individual counselling or measurements.

- Health professionals also perform individual screening interventions called How much can I still do? (screening for functional disability and screening for falls).
- Health education and health promotion centres also organise activities in local communities, according to their needs. Some of the activities are 2 km walk tests (aerobic endurance test), Nordic walking demonstrations, exercise classes etc.

### **ADDED VALUE:**

This unique, over 20-year-old prevention programme for adults is well-received in health care. Recognised by the WHO, it shows positive results (the progress is monitored by subjective and objective tools/methods). It combines theory and practice and supports behaviour change and habit formation, also linking health care interventions with sustainable healthy local community activities.

### **LESSONS LEARNED:**

At the end of the workshops, particularly after longer sessions, participants are in better shape (objective and subjective measurements at the beginning and at the end of workshops). They are more health- and physically literate, empowered by the knowledge gained, and are able to maintain an active lifestyle. They know how to seek accurate information and can always ask for help.

### **RESOURCES & REFERENCES:**

[www.skupajzdravje.si/en/about-the-programme](http://www.skupajzdravje.si/en/about-the-programme)