

*The Emp-H Consortium is composed by 5 partners from 4 different Eu Countries (Italy, Spain, Ireland and Lithuania):*

**Local Health Authority of Biella (ASL BI) – Italy (LEAD PARTNER)**

**Lithuanian Multiple Sclerosis Union (LISS) - Lithuania**

**Fundacion para la Investigacion del Hospital Universitario la Fe de Valencia (HULAFE) - Spain**

**Università del Piemonte Orientale (UPO) - Dublin City University (DCU) – Ireland**

**AZIENDA SANITARIA DI BIELLA (ITALY)**

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*Emp-H Project (n. 664258) has received funding from the European Union's Health Programme (2014-2020)*

<http://www.emp-h-project>



Co-funded by  
the Health Programme  
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**EMP-H**  
Project

## **EMPOWERING HOSPITAL**

1 May 2015/30 April 2018

**Promoting healthy lifestyles for improving the quality of life of people suffering from chronic diseases**



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## FOUR QUESTIONS ABOUT THE PROJECT

### What is the purpose of the EMP -H project?

The EMP-H project proposes a sustainable and replicable method to promote the adoption of healthy lifestyles in the hospital setting. The EMP-H project is aimed at citizens who suffer from chronic-degenerative diseases to improve their quality of life. The project guides patients, caregiver or relatives and health professionals into healthy lifestyles acquisition to prevent health issues related with four risk factors: smoke, alcohol, non-healthy foods, and sedentary lifestyle.

### What are the benefits from the EMP-H project?

Creation of knowledge related to empowerment approach. Improvement in quality of life and reduction of risk factors that arise from harmful lifestyles. Provision of information and support to healthcare professionals and setting up of social environments conducive to change lifestyles.

### How did we help the EU citizens?

Introducing specific activities to promote healthy lifestyles in the hospital environments identifying "teachable moments";  
Promoting the use of effective counselling techniques among health professionals;  
Adopting an evidence-based approach to evaluate an organizational model to promote healthy habits in hospital.

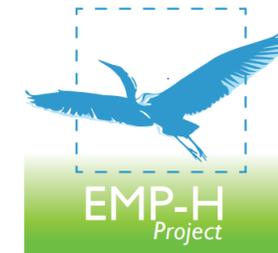
### What are the results?

The results of the trial are positive and confirm that introducing health policies in the hospital and counseling interventions in the healthcare pathways can be effective and sustainable options to promote healthy habits among patients, their caregivers and health professionals.

People who have used the services promoted by the EMP-H project made progress towards adopting healthy lifestyles, mainly focused on physical activity, but also reducing other risk factors: smoke, alcohol and unhealthy foods.

The study shows the effectiveness of the model EMP-H for all the targeted risk behaviors. In particular it was shown higher effectiveness on the reduction of risky alcohol behaviors and the increase of physical activity intensity, compared to the control conditions. A further evaluation of the resources spent to deliver the intervention was able to inform hospital managers about the sustainability of the Emp-H model.

**The added value of the project is represented by the attention paid to individual and collective empowerment, introduced in the clinical activity.**



### OFFICIAL FINAL VIDEO

**The official and final Emp-H video, created together by all members of the project, shows an overview of people, faces, staffs, volunteers and concerned catchments, involved for 3 years in Lithuania, Italy and Spain.**

**The video is available on EMP-H website, or at:  
<https://www.youtube.com/watch?v=IINku0YOX0o>**

## THE CONSORTIUM

### ASL BI

The Local Health Authority of Biella (ASL BI) operates on the territory of the Province of Biella in Piedmont, a region in north-western Italy. The ASL of Biella comprises a general hospital ('Ospedale degli Infermi') and handles all aspects regarding health in their catchment area, which comprises about 175.000 residents and is divided into 73 municipalities. A new hospital with 450 beds was recently built and open in Autumn 2014.

[www.aslbi.piemonte.it](http://www.aslbi.piemonte.it)



**A.S.L. BI**

Azienda Sanitaria Locale di Biella



Instituto de Investigación Sanitaria LaFe



### HULAFE

HULAFE is a non-profit organization that oversees and manages the scientific policy of the Health Department La Fe in Valencia. The Health Department Valencia - La Fe is one of the health provision areas belonging to the Health Care System of the Region of Valencia (Spain), under the umbrella of the Valencia Health Agency.

[www.iislafe.es](http://www.iislafe.es)

### UPO

The Università del Piemonte Orientale (in short, UPO) is a young and dynamic university located in Novara, Italy, at a short distance from both Milan and Torino. Established in 1998, UPO has created an extensive network that includes many top universities and world-famous research centres. In 2013, UPO has been ranked as the second best Italian University for biomedical research, and as the first among state-run Medical Schools (VIA-Academy, 2013). UPO has considerable experience in presenting and managing European research projects.

[www.uniupo.it/it](http://www.uniupo.it/it)



### DCU

Dublin City University has been consistently ranked among the best 100 young universities in the world. DCU has community engagement as strategic priority and a strong vocation to translate healthcare innovation into benefits to the society.

[www.dcu.ie](http://www.dcu.ie)

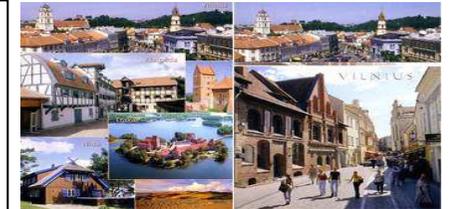


### LISS

Lithuanian Multiple Sclerosis Union (LMSU), is a member of the European MS Platform, European MS Federation and member of Eurocarer association.

The Organisation also is one of the initiator in the founding of the Baltic MS Alliance. LMSU has established 16 local societies in the through the Lithuanian territory, closely works with 5 hospitals, where multiple sclerosis centres are developed.

<http://www.liss.lt>



LIETUVOS IŠSĖTINĖS SKLEROZĖS SAJUNGA  
LITHUANIAN MULTIPLE SCLEROSIS UNION

### COLLABORATING PARTNERS

HPH Network – Health Promoting Hospitals – Copenhagen (DK)

Regione Piemonte – Piedmont Authority – Torino (I)

LILT Biella – Lega Italiana per la Lotta contro I Tumori – Sezione di Biella (I)

Fondazione Edo ed Elvo Tempia - Biella (I)



## THE PROJECT

“Empowering Hospital” is a multicentre project aims to foster health promotion interventions and environments suitable for prevention of chronic diseases. The strategy is based on the Health Promoting Hospitals (HPH) framework with a strong emphasis on evidence-based prevention.

**Through its activities the project aims to promote the adoption of healthy lifestyles for improving the quality of life of people suffering from chronic diseases, particularly those diagnosed with diabetes, cardiovascular disease, breast, colorectal or prostatic cancer and other major chronic diseases.**

Chronic patients, relatives and hospital staff (about 1.500 subjects overall) were plan to be selected to receive an intensive counseling session aimed to design and plan a tailored preventive pathway according to the behavioral risks factors identified with a profiling tool (a questionnaire, elaborated during the first year of the project, based on 4 risks factors: smoking, alcohol consumptions, sedentary behavior and, unhealthy diet) based on literature review of evidence-based interventions.

**The introduction of a “health promoting model” in the hospital setting offers people suffering from chronic diseases, their relatives and health workers a new way for adopting healthy lifestyles.**

Moreover, “Empowering Hospital” project supports people to organize their daily activities in a “healthier” way thus improving quality of life and reducing potential costs of further hospital admissions, outpatient visits, etc.

**It contributes and safeguards the sustainability of the local health and social systems.**



Intervention providers (health professionals and hospital volunteers) received specific training sessions at each pilot site through a homogenous health promoting approach: basic distance learning activities accessible from the project website in 3 different languages (Italian, Spanish and English) and residential training course.

For this purpose a set of tools and materials were developed, including informational support for the training modules, literature reviews and clinical guidelines. An extraction of these materials have been published in the project website (<http://www.emp-h-project.eu/>).



*In order to evaluate the effect of the Emp-H study, it was developed a randomized controlled trial (RCT). For this purpose, subjects from three groups (patients, patients' caregivers/relatives, and hospital workers) were randomised to receive two interventions. The first intervention (control) consists in risk profilation, brief advice and informative materials delivery, while the second (intervention) added at this basic approach, an intensive counselling and the access to hospital and community supportive resources. All the participants beneficiated of the ongoing hospital environmental change (smoking policy, new walking paths, reorganization of the hospital canteen, etc.). Participants to be included in the study had to present almost one risk factor and be aged between 40 and 75. Primary outcomes and cut-off value to be considered at risk were: smoking, poor nutrition (<5 port/day fruit and vegetables, >1 sugary drink/day), physical inactivity (less than 150 min moderate PA/week and 75 min vigorous PA/week), alcohol consumption (>1/2 glasses/day and >1 monthly binge drinking), and BMI (>25). All the participants were followed for 6 months, at the end of which received a phone survey.*

All the participants were recruited in the following area: Cardiology, Diabetology, Dietetics, Oncology, Occupational risk, Pneumology, and GP surgeries.

In the three territories (Biella, Valencia and Vilnius) a considerable effort was made to:

- map resources and networks;
- strengthen the already existing and consolidated territorial networks;
- formalize new agreements.



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Final Conference was held, in Biella on March 20, 2018 where all results were presented and a final video was shown.

*Here you can find the:*

***Slides of the guest speakers:***

[https://drive.google.com/drive/folders/15VF8CRIXI5b7J832y9YbA0nyFsm\\_pW6s](https://drive.google.com/drive/folders/15VF8CRIXI5b7J832y9YbA0nyFsm_pW6s)

***Video message of Vytenis Andriukaitis, European Commissioner for Health and Food Safety (EU):*** <https://www.youtube.com/watch?v=balf8oy5ue0>



## THE MAIN RESULTS

### The impact of the intervention on lifestyles

Description	Achieved Outcomes
Proportion of subjects profiled out of at-risk subjects	90%
Proportion of subjects participating to counselling out of profiled subjects	73,6%
Proportion of subjects willing to change their risk factor, out of those receiving counselling (intention within the next month)	12% smokers; 3.3% excessive alcohol consumers; 11.1% insufficient fruit&vegetables consumers; 7.73% inactive people
Proportion of subjects modifying their risk factor by adopting behavioural change, out of those receiving counselling (behaviours) (% improvement in the respective categories).	2.46% of insufficient fruit&vegetables consumers reached the recommended consume; 50% of excessive sugary drinks consumers reached the recommended consume; 12.33% of smokers quit; 58.97% of excessive alcohol consumers reached the recommended consume; 82.86% of monthly binge drinkers reaches the recommended consume; 2 8.64% of inactive people reached the recommended level of physical activity

## EMP-H HANDBOOK

### Handbook on how to implement healthy lifestyles promoting activities

A milestone of the EMP-H project is the handbook for health professionals and hospital managers on how to implement a healthy lifestyle empowerment service. This handbook has been presented during the Final Conference of the project, held in Biella in March 2018.

This handbook offers practical information on how introducing healthy lifestyles promotion practices in the hospital setting in other EU countries and regions. The handbook summarizes the best evidence-based behavioral change practices towards healthy lifestyles. Specific chapters were focused on how to implement a sustainable 'education to empowerment' service within the hospital targeting healthcare professionals, patients and their relatives.

Finally, the handbook provide guidance on how to integrate services offered within the hospital and in the catchment area / health service jurisdiction.

### The manual is available on the project website

<http://www.emp-h-project>



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