

PREFFI version 2.0
Health Promotion Effectiveness
Fostering Instrument

Gerard R.M. Molleman

Netherlands Institute for Health
Promotion and Disease Prevention

Overview

- context
- why Preffi
- experiences Preffi 1.0
- developing the Preffi 2.0
- Preffi 2.0

Context HP in the Netherlands

Since 1962 building infrastructure

1000 HP-specialist on local level; 70%
with a university training

active professional association

±10 national institutes on HP-topics

4-5 university-centres HP-oriented

NIGZ : HP in general



Trends

- more evidence-based
- more nationally developed projects
- infrastructure is improving
- advocacy for increased investment in health

Instruments for quality assurance

NIGZ

monitoring HP-activities

centre for review & implementation

quality tools:

- **Preffi** : guidelines for effectiveness
- **Opus** : model for project management

training programs (with NSPH)

Preffi 1.0

development 1995-1996

implementation 1997-2001

Why Preffi:

- Which features of a project determine its effects?
- Which guidelines can you create for insuring a project as effective as possible?
- How do you make these guidelines useful for practitioners?
- How can you make a list that not only enables assessment but also stimulates to improve practice?

Important for effectiveness: constructs of the Preffi 1.0

- systematic planning of intervention
- effective elements
- (scale of) implementation
- project management

Format Preffi : KISS

- fit on one sheet
- with a maximum of 10 criteria
- theoretical aspects & contextual preconditions and limitations.
- assessment & scenarios for improving interventions

Health PRomotion EEffectiveness Fostering Instrument, Preffi 1.0

	Assessment	concl.	Improvement	prior.
0. Context				
Analysis				
1. nature and scope problem				
2. (behavioral) determinants				
Choices (ttic's)				
3. targetgroup				
4. target				
5. interventions				
6. effective elements				
7. Management of the project				
Implementation				
8. pre-test				
9. execution				
10. Evaluation				

Implementation interventions 1997-2000

- Announcing the Preffi
- Stimulating use
- Supporting the use of the Preffi

- publications
- mailings
- lectures
- Preffi-prize
- lectures
- workshops
- handbook
- intake workshops
- training sessions
- inter-vision
- advice

Results implementation project Preffi 1997-2000

- 91% of HP-specialists is familiar with the Preffi
- 70% has intention to use the Preffi
- 40% is capable of using the Preffi
- 30-35% uses the Preffi as part of standard professional routine

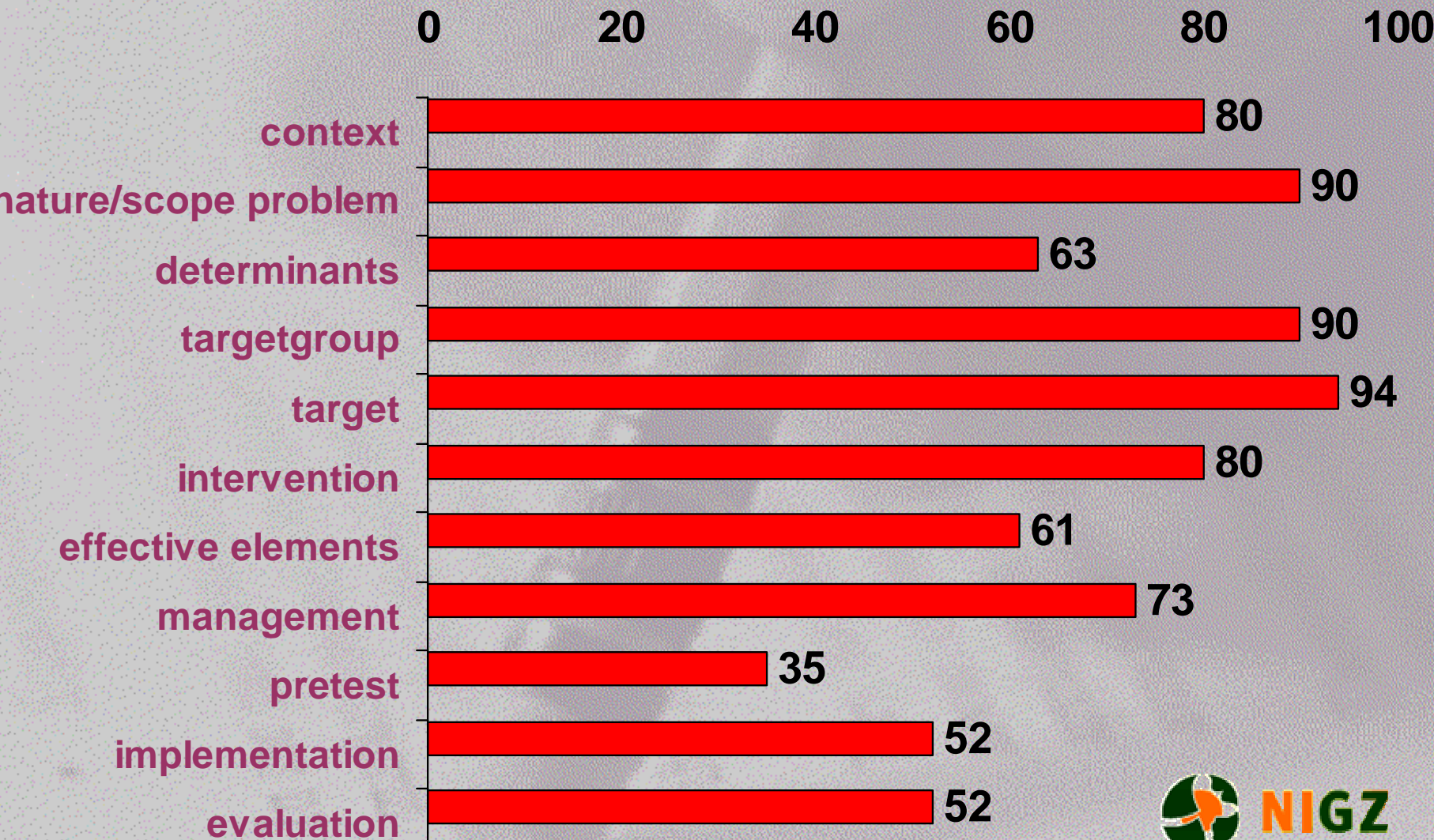
Lessons

- use of Preffi by specialists
- improving the Preffi

Use of Preffi by specialists

- they only use part of the Preffi

Criterion described



Example:targets

- Who 81%
- What 89%
- When 39%
- How much 29%

- Goals are measurable 40%
- Realistic 36%
- In balance with capacity 44%

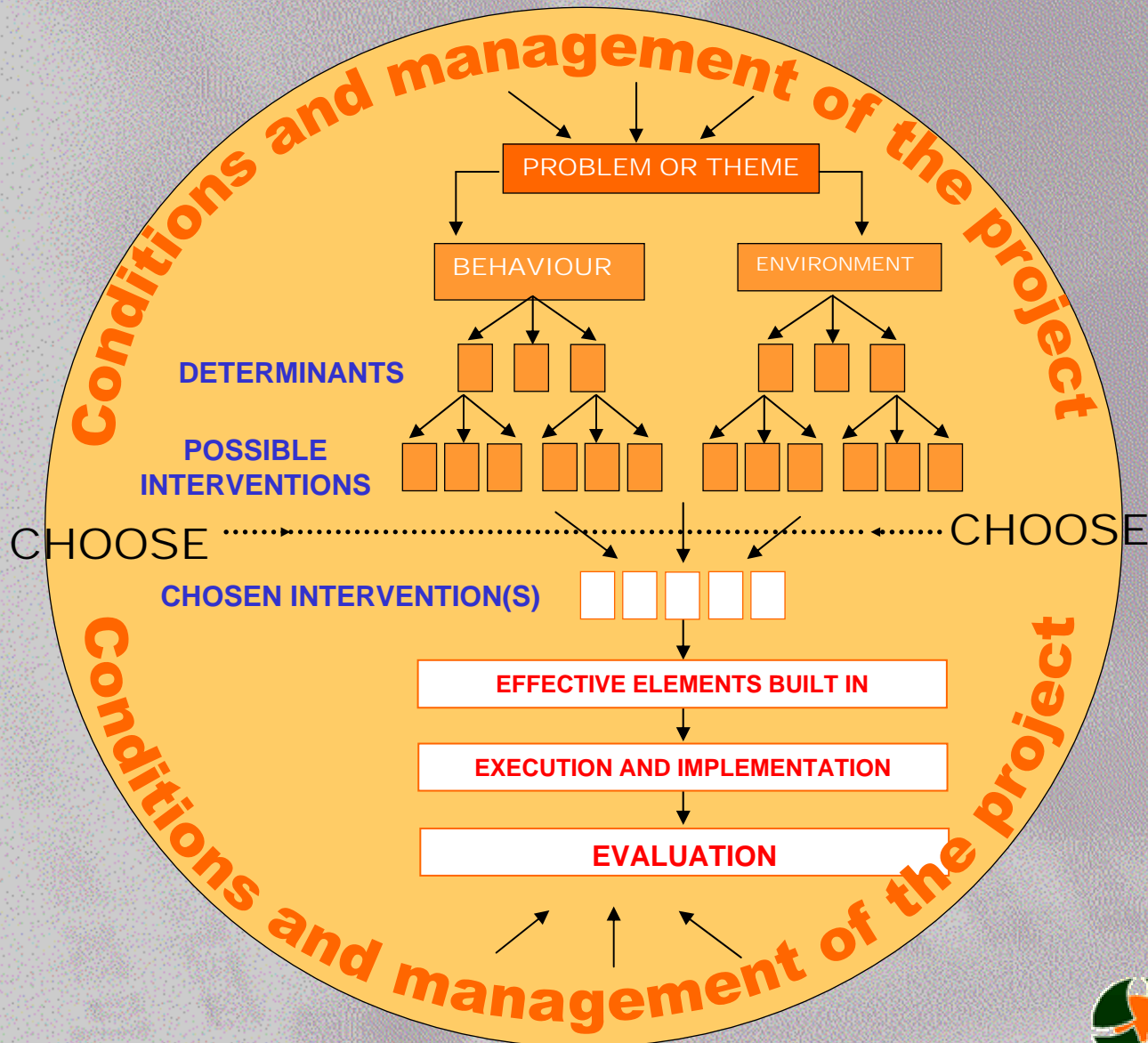
Some other findings:

- knowledge of determinants 35%
- effective elements 30-42%
- target group's motivation to change 15%
- participation of target group 34%
- part of a broader program 60%

Use of Preffi by specialists

- they only use part of the Preffi
- choices are based on practical circumstances, hardly on theory and scientific evidence
- fit between intervention and target and targetgroup: ↓ and ↑

Preffi structure



Reported benefits of using the Preffi

- attention for effectiveness
- planning more explicit
- more use of scientific models
- clear targets \Rightarrow evaluation
- more realistic choices
- get in contact with new scientific insights

Improving the Preffi

- less linear
- context more important
- items more specific
- feasible for practitioners
- use of internet: www.preffi.nl

➔ **Preffi 2.0: in 2002**

Development Preffi 2.0

2001-2002

Development Preffi 2.0 2001-2002

- content
- design
- enhance credibility

Working process 1

- evaluating Preffi 1.0-items
- proposals for new items
- describe relevance -& evidence
- make operational and propose a standardised scoring procedure for each item

- discussion with scientific board
- discussion with board of practitioners

Working process 2

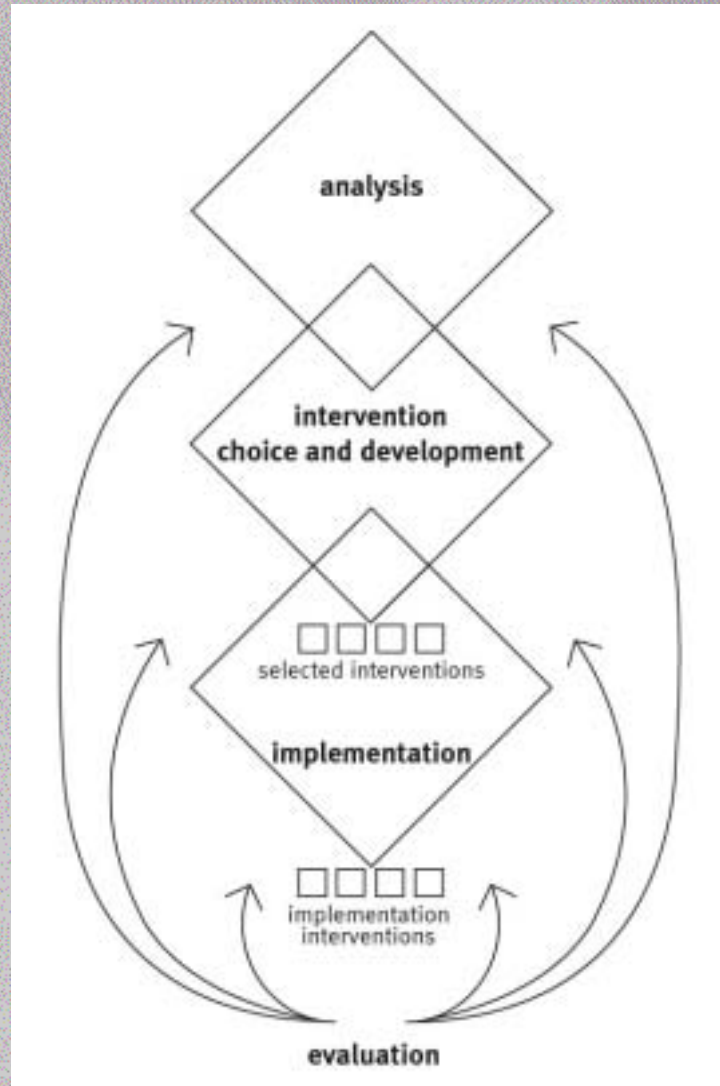
- Preffi 2.0-document, standard and design
- test reliability and usability
- test external validity
- launch of Preffi 2.0 at National Conference
January 2003

New or adapted items

- context and management
- use of theory
- culture
- participation target group
- duration, intensity, timing
- effective techniques: recommended
- implementation-strategies
- more attention to monitoring and evaluation

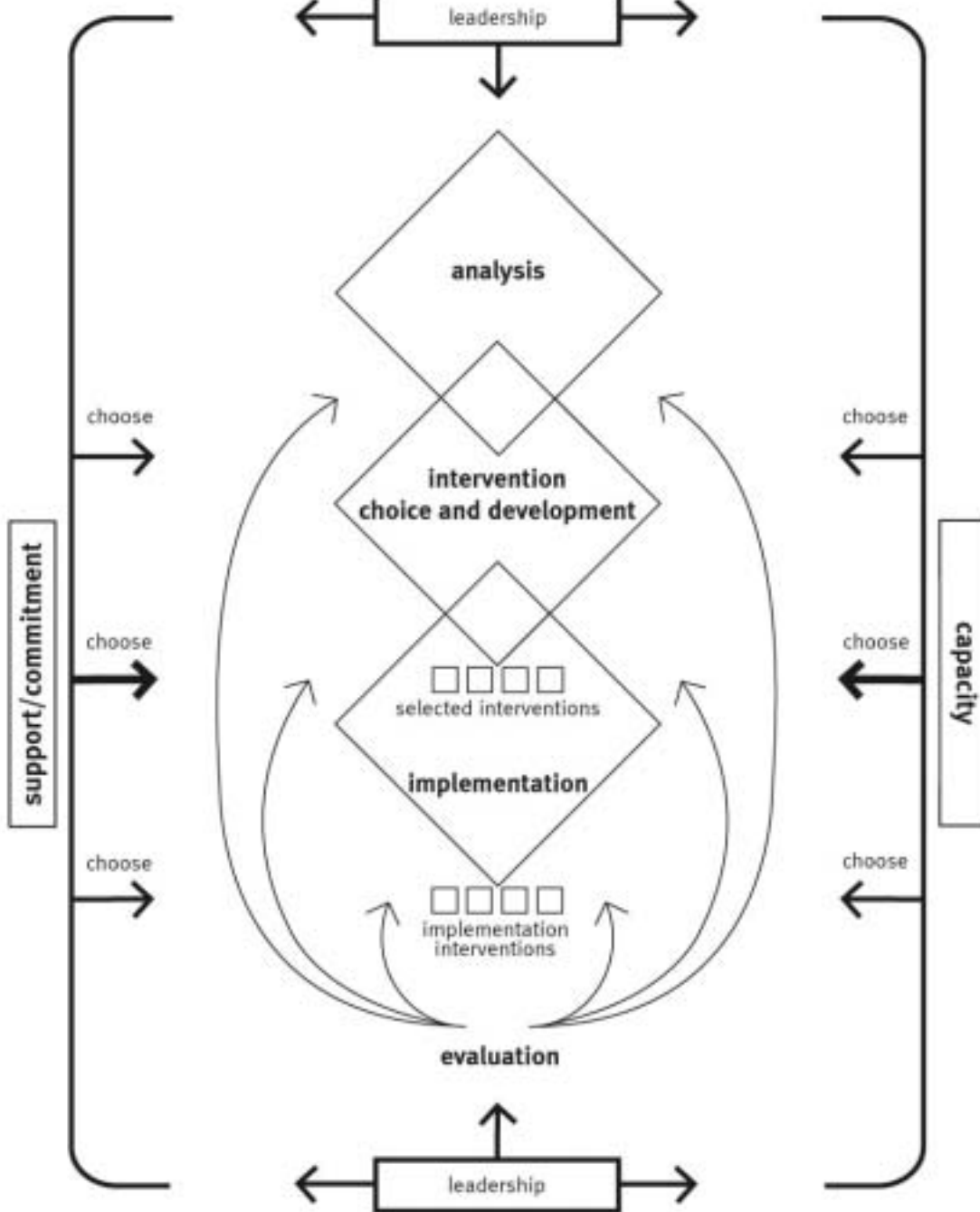
Design

- new presentation Preffi
- less linear
- more focus on context
- score form
- visual presentation of scores
- improvement and actions

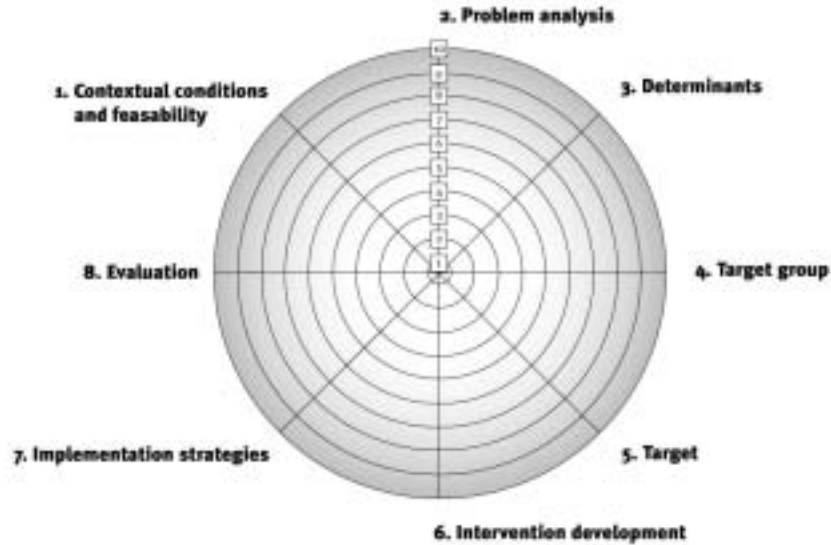


**Divergent
and convergent
process**

**Iterative
process**



Results per cluster



Point out the scores you assigned to the different clusters on the axis in question. To produce a general impression of the project, connect the points to each other with a line.

Points of improvement	Actions
1.	A. B. C.
2.	A. B. C.
3.	A. B. C.
4.	A. B. C.

Implementation-process

- long term process
 - continue current interventions
- develop interactive Preffi on internet (support system)
- co-operation EU-level

More information

www.preffi.nl

www.nigz.nl