

## Evaluation of the Health Promoting Practices Pilot Project

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<b>Support:</b>	Victorian Department of Health		

### Introduction

The purpose of the Health Promoting Practices (HPP) pilot is to develop a voluntary health promotion framework, through which dentists and physiotherapists positively influence health behaviours of patients attending their practices.

In recent years there has been a significant shift from a practitioner led approach to healthcare to a more patient centred approach. Patients are being encouraged to take control of their own healthcare and participate in a collaborative relationship with their health care provider to ensure the best possible health outcomes. Health professionals can play a role in helping their patients to reduce the incidence of preventable diseases by providing necessary information about risk factors and healthy behaviours. Patients can take action to self-manage their health by adopting recommended habits (or health promoting practices).

### Aims

The project aims to assess whether the implementation of the HPP pilot project contributes to positive behaviour changes:

- for practitioners in relation to the delivery of health promoting messages; and
- for patients in relation to healthy eating, physical activity, alcohol consumption and tobacco use.

### Rationale

The evaluation will determine the effectiveness of the HPP pilot framework, and whether or not the associated messages contributed to positive health behaviour change in practitioners and patients.

### Methodology

This project will compare baseline patient knowledge, attitudes and health self-assessment with basic demographic factors and health attitudes, and then against follow up data. It will also compare the practitioners' attitudes towards health promotion at the start of the project with that at the end of the project.

### What are the expected outcomes?

It is anticipated this project will provide data to determine the suitability and value of wider implementation of the HPP project across multiple health disciplines.

