

Target Group:

Working age and elderly people

Aim of the Method:

Support for life style behavior change: physical activity, dietary behavior, drug use, alcohol use, smoking, rest and sleep, mental health

Level of Participation:

Moderate to high

Type of Method:

Interaction-based group focused method

DESCRIPTION

Participants are encouraged to discuss on selected topics. Public health professionals coordinate and lead the face to face life style change groups. Peer support and group discussions are essential. Groups can utilize also social media (e.g. Facebook, Whatsapp)

Examples:

1. Life style group of dietary behavior: 10 persons / group, seven meetings
2. Coordinated memory group
3. Recreational days and group for the caregivers
4. Counselling group for Diabetes (type 2) information about diabetes, life style and self care, controlling the use of blood glucose meter
5. Group meeting or group therapy

TIPS FOR THE USERS

Pros and cons:

- ▶ + Good start for the health discussion among the group
- ▶ + Active participation and personal commitment
- ▶ + Individual goal setting
- ▶ + The achievement of goals is evaluated individually by tests (e.g. weight, blood sugar)
- ▶ + Group support
- ▶ + Opinions and arguments of other group members are heard
- ▶ - Participation in a group activity can be uncomfortable for some people
- ▶ - Not everyone is actively involved

RESOURCES NEEDED:

- ✓ Public health professional
- ✓ Contents plan and timetable
- ✓ Conducting of the group discussions requires expertise from the PHAs
- ✓ Peaceful meeting room
- ✓ Smart phones if needed
- ✓ Group size approx. 5-10 people