

### Reducing Alcohol Related Harm - Evidence-based Good Practices Tool Kit

Sandra Rados Krnel

*S Radoš Krnel<sup>1</sup>, J Mišič<sup>1</sup>, A Budde<sup>2</sup>, W van Dalen<sup>3</sup>*

<sup>1</sup>National Institute of Public Health, Ljubljana, Slovenia

<sup>2</sup>Federal Centre for Health Education, Cologne, Germany

<sup>3</sup>Dutch Institute for Alcohol Policy, Utrecht, The Netherlands

Contact: [sandra.rados-krnel@nijz.si](mailto:sandra.rados-krnel@nijz.si)

Joint Action on Reducing Alcohol Related Harm is an initiative under the EU health programme to take forward the work in line with the first EU Strategy on alcohol related harm. The work is carried out through a cooperation by expert organisations from 32 European countries. RARHA's Work Package 6 aims to present a Tool Kit of interventions that have demonstrated their effectiveness, transferability and relevance. In the communication with MS representatives and WP 6 partners we decided to collect the examples of good practices appertain to one of the three groups of interventions: Early interventions, Public awareness and School-based interventions. Using RARHA's network and CNAPA we have searched for professionals experienced in alcohol related interventions, with a good overview and knowledge on interventions in their country, to provide reliable data at country level. In order to assess the collected examples we have developed the Assessment criteria based on an existing Dutch system for evaluating health-based interventions. The interventions were

assessed based on the following criteria: a. Intervention is well described, b. Intervention is implemented in the real world/feasible/transferable, c. Intervention has a theoretical base and d. Intervention has been evaluated. There are four levels of evidence-based depending on the design of the studies that were looking into the effects of the intervention.

48 cases were collected, 43 with basic evidence base, of which 26 were accepted into the Tool Kit (57%). From these eleven Early Interventions (52%), seven Public Awareness Interventions (78%) and eight School Based Interventions (62%) were accepted. The printed Tool Kit with accepted interventions will be presented and delivered. Recommendations for preparing the good practice approaches arising from our work in RARHA will be presented in detail.

**Key message:**

- The Tool Kit will facilitate exchange between MS public health bodies and provide practical guidance on the preparation and adoption of evidence-based interventions to reduce alcohol related harm