



Life & Health

Competence Gap Analysis



Co-funded by the
Erasmus+ Programme
of the European Union



LHL



cesie
the world is only one creature



AUSTURBRÚ



Summary: Life & Health Competence Gap Analysis

Life & Health is a 24 months EU Erasmus+ project performed in Iceland, Italy and Norway. The scope of the project is to work on health promotion and lifestyle coaching towards adults. The objective is to raise awareness of non-communicable diseases (NCD) and their risk factors related to lifestyle, to increase health literacy and empower people to take action to improve their health and for communities to create an environment supporting health.

This complete GAP-analysis is presented in a separate 29 pages report. This summary shortly shows how the Erasmus+ project Life & Health have worked through the initial work packages to get an overview and to analyze competences and competencies gaps and make recommendations for the further work in the project.

The Gap analysis was performed after gathering information from Sept 2018 to May 2019 in the following work process: After preparation of a methodology for selection of health promoting communities were one to four communities in each country selected. Desk research on skills' and competences' shortages and existing life style training were completed by the project group. The health and lifestyle survey instrument HAL-100™ was selected. HAL-100™ is designed to measure a wide range of physiological, psychological, social and other factors in order to discover their impact on health. HAL-100™ was translated to the three countries languages and if necessary adjusted. Thereafter were gap analysis surveys performed to explore skills and training needs in the participating European health promoting communities. The focus were on challenges, associated with skills and competences shortages found by the selected communities and/or their regions and literature. The topics were lifestyle training, diet, and best practice. Further was the lifestyle training program developed partly as a result from the GAP-analysis, and all three countries will have 8-10 lifestyle coaches each. The coaches will participate in workshops for each country and learn the training program produced and recommended in the project. Finally was the competence Gap-analysis report elaborated.

The chosen communities in the project were rather heterogeneous with group from work places, immigrant populations and group of equals. However, the Gap-analysis revealed common keywords for lifestyle coaching as motivation, health literacy, lifestyle and health promotion, sleep, activity, E-health and health knowledge. Suitable facilities and motivated and trained lifestyle coaches are identified as important factors together with access to evidence based health knowledge.

The Gap-analysis will serve as a platform for the further work in the project with training of the lifestyle coaches, implementation of the Life&Health health days, group meetings and performing the HAL-100 survey in the different communities.



Life & Health

Partners



SÍBS

www.sibs.is

Contact person: Stefanía G. Kristinsdóttir - stefania@sibs.is



LHL

The Norwegian Heart and Lung Patient Organization

www.lhl.no

Contact person: Mette R. Dønåsen - mette@lhl.no



Austurbrú

The East Iceland Bridge for Development,
Tourism, Culture, Knowledge and Innovation

www.austurbru.is

Contact person: Hrönn Grímsdóttir - hronng@austurbru.is



CESIE

www.cesie.org

Contact person: Giovanni Barbieri - giovanni.barbieri@cesie.org



Co-funded by the
Erasmus+ Programme
of the European Union