



CPME 'Health Village' Toolbox

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[Introduction](#)

Across Europe, the prevalence of obesity has been increasing at a rate which WHO Europe refers to as 'epidemic'. The contribution to morbidity and mortality makes an urgent case for action.

The Standing Committee of European Doctors (CPME) is committed to supporting action by the medical profession to tackle the obesity epidemic. With the 'Health Village Toolbox' we invite doctors across all medical specialties to take an active role in this process.

This toolbox is composed of the following elements:

- A [background paper](#) with information on the intervention
 - **What is a 'Health Village'?**

The 'Health Village' intervention aims to provide a framework for doctors and other healthcare professionals to take messages on healthy lifestyles outside the usual setting for healthcare services and advice, to interact with the public and support them with information on the impact of nutrition and physical activity on their state of health. A 'Health Village' can for example be an equipped ambulance at a street party offering waist or blood pressure measurements, a tent with skipping ropes and healthy lunch ideas at a school's summer fete or stalls with information on healthy workplaces at a company's team day. The aim is not to provide visitors with an individual diagnosis, but rather to raise their awareness for healthy lifestyle options. The 'toolbox' will offer guidance and materials which are to enable doctors to plan and implement the intervention in their local community and beyond.
- A [database on activities and materials](#) which can potentially be in used your 'Health Village'
 - The database of activities is a pool of ideas for interventions, materials and other activities you can compose your 'Health Village' from. They range from simple practices which can be implemented with minimal resources and effort to more complex activities, which may require more extensive support. The table below indicates ideas for activities, the tools which need to be available to implement them and some additional recommendations.
- A [checklist](#) for the logistic planning of a 'Health Village'



- The organisers should ensure that the technical safety of the activities is guaranteed and all administrative or legal requirements are fulfilled. Therefore, a checklist for the logistic planning of “Health Village” is needed.
- Templates for feedback and [evaluation material](#)
 - Please find below the following evaluation templates:
 - Evaluation template for collecting feedback from the ‘Health Village’ visitors
 - Evaluation template for collecting feedback from ‘Health Village’ organisers
 - Evaluation template for ‘Health Village’ toolbox
- Templates for [promotional material](#)

We invite you to explore the toolbox and create a ‘Health Village’ in your local community.