



#### What is Preffi?

- > An (online) instrument
- > to develop, monitor and/or evaluate
- > to improve projects in the field of health promotion and disease prevention.
- It is a guideline, a quality assessment tool, sets a standard

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#### Who?

(Future) professionals who are willing to work in a systematic and most effective way on health promotion and prevention projects

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#### **Overview history**

- From 1995-2000 Preffi 1.0 was developed
- In 2000 started the development of Preffi 2.0
- In 2007 Preffi is extended with empowerment: EKI
- Since 2007/2008 is Preffi online (Dutch)
- 2013: new owner and new looks, (inter)nationally still used

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## Development Preffi 1.0

1995: Call for guidelines for effective health education and health promotion

- Based on theories on effectivity and quality of planning
- Based on systematically collected values about effectivity from scientists and the working field
- Based on values from practice about format
- → consensus based guideline Preffi 1.0

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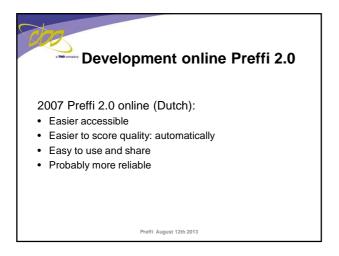


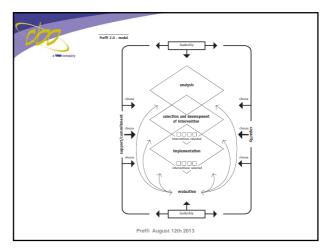
## Development Preffi 2.0

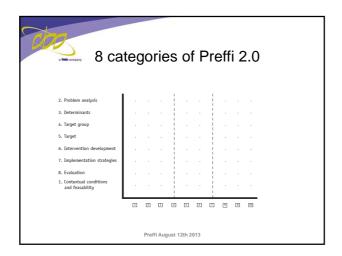
Year 2000-2005: validating the instrument

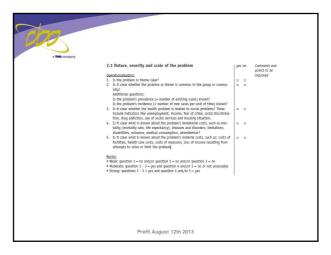
- guidelines 1.0 are evaluated and adapted
- restructuring of predictors
- · predictors of effectivity are selected
- draft version 2.0 tested by WAR and PAR
- field testing with 20 projects
- → Preffi 2.0

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Experiences	
Success	Barriers
pragmatic/focus on operational processes	less detailed
easy accessible (online)	time
easy to use (online): a precide description of items	requires certain basic computer skill
adding a norm/value/score element	just clicking yes/no without thinking through→ need to explain
validating the instrument	not all questions can be easily answered with yes or no, but should be discussed. → consensus based
involving both practitioners and scientist in all phases: developing to evaluating	the instrument requires basic knowledge about health promotion and prevention (Bachelor/master lev
content: clear problem analysis, connecting the problem to DDI, supporting choices	evaluates project plans, but not all information is written down

# To keep in mind

- It is more the discussion which improves the quality: consensus needed
- A certain basic level of knowledge of skills in HP/Prevention is needed
- Additional training and support is needed
- It should fit the working culture of the field

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