

Frühe HILFEN

Austrian early childhood intervention programme “Frühe Hilfen”

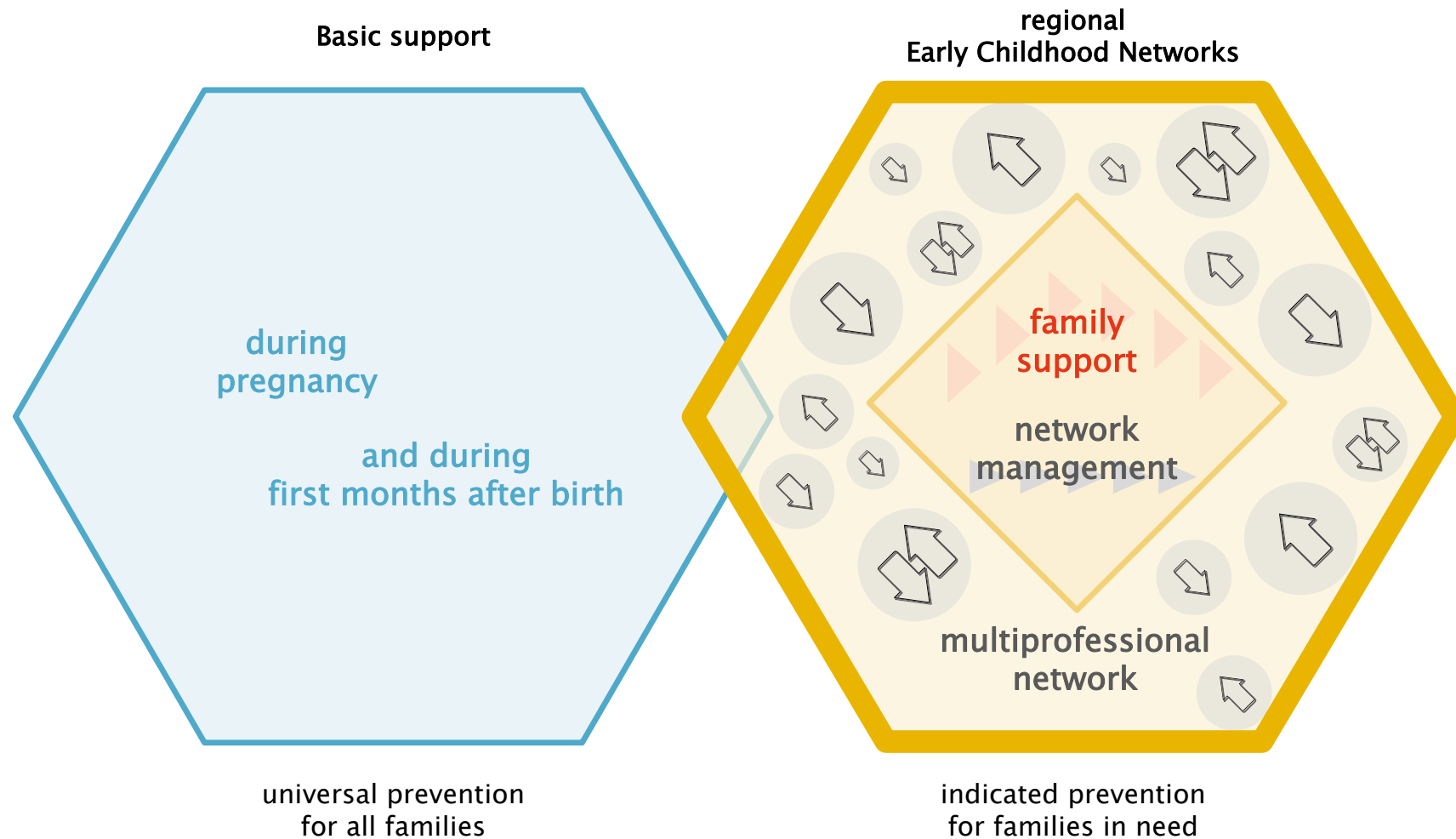
Sabine Haas; Gesundheit Österreich, NZFH.at
EuroHealthNet Country Exchange
“Promoting Healthy Diets amongst children”
10 October 2019, Wien



 Bundesministerium
Arbeit, Soziales, Gesundheit
und Konsumentenschutz



Austrian Model for Early Childhood Interventions



Objectives of Austrian Model

Specific Objectives:

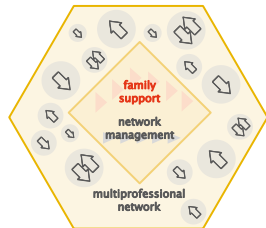
- » To strengthen resources and reduce strains/burdens of families with children (0–3 years, maximum 6 years)
- » To promote and ensure well-being and development of children at an early stage
- » To contribute to a healthy growing up including the right on protection, promotion and participation
- » To promote health and social equity

Guiding principles:

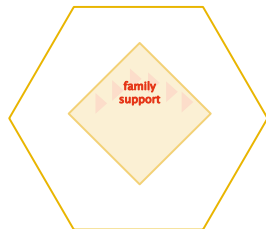
- Non-stigmatising, resource-orientated
- Focus on empowerment
- voluntary and free of costs



Characteristics of Early Childhood Networks



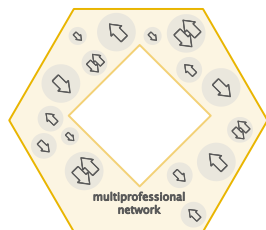
reach families actively and systematically = Raising awareness among those who can identify and refer families in need



provide continuous and comprehensive support = family support (mostly as home visits) throughout a longer time span; builds up mutual trust; provides model for bonding; refers to specific services within the regional network one by one

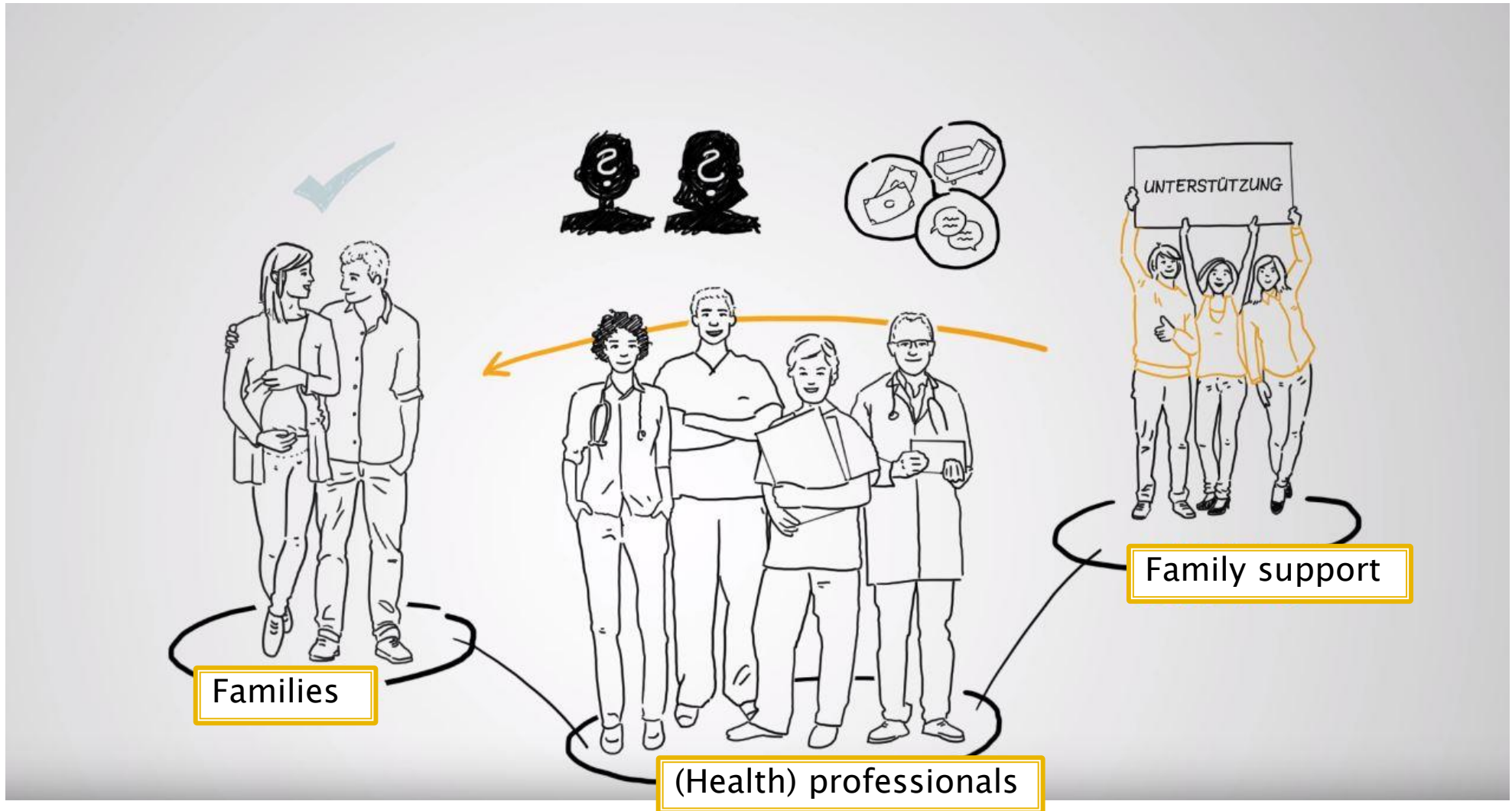


general as well as case-related cooperation and networking = network-management for establishment and continuous maintenance of the regional network,



which serves as multiprofessional support system, offering well coordinated manifold services for parents and children

Core element: family support

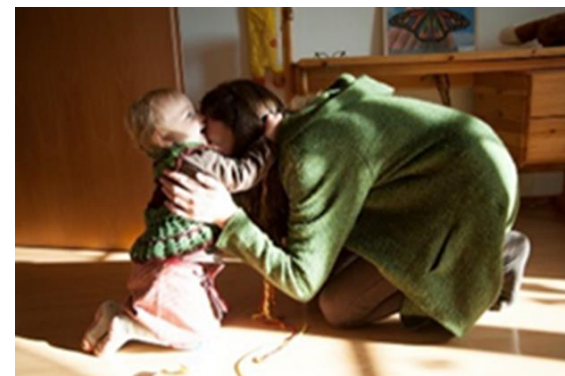


Target group: Families in need

Families with a **variety of strains/burdens**:

- » Social burden
- » Mental burden
- » Specific characteristics of the parents
- » Increased need for care of the child
- » Strong anxiety concerning future
- » Difficulties in child/parent–interaction,
–bonding, –relationship

But in most cases **several burdens** are present at the same time in combination with a **lack of compensating resources**; 7 % of all births and additional 10 % for shortterm support



Families reached in 2018



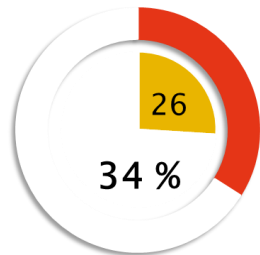
1.974
contacts



2.222
family supports

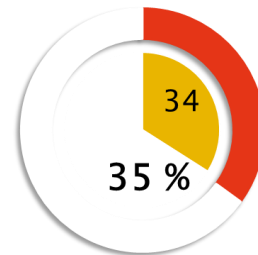


1.110
terminated family supports



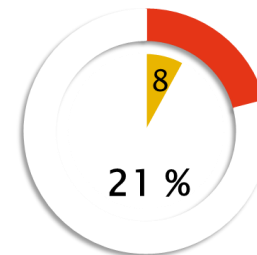
Education

Mothers with max.
compulsory school



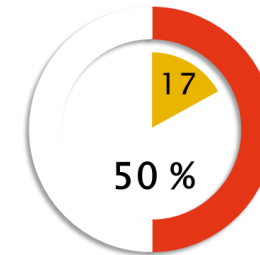
Migration

Mothers born outside
of Austria



Single parents

Families with only
one adult member

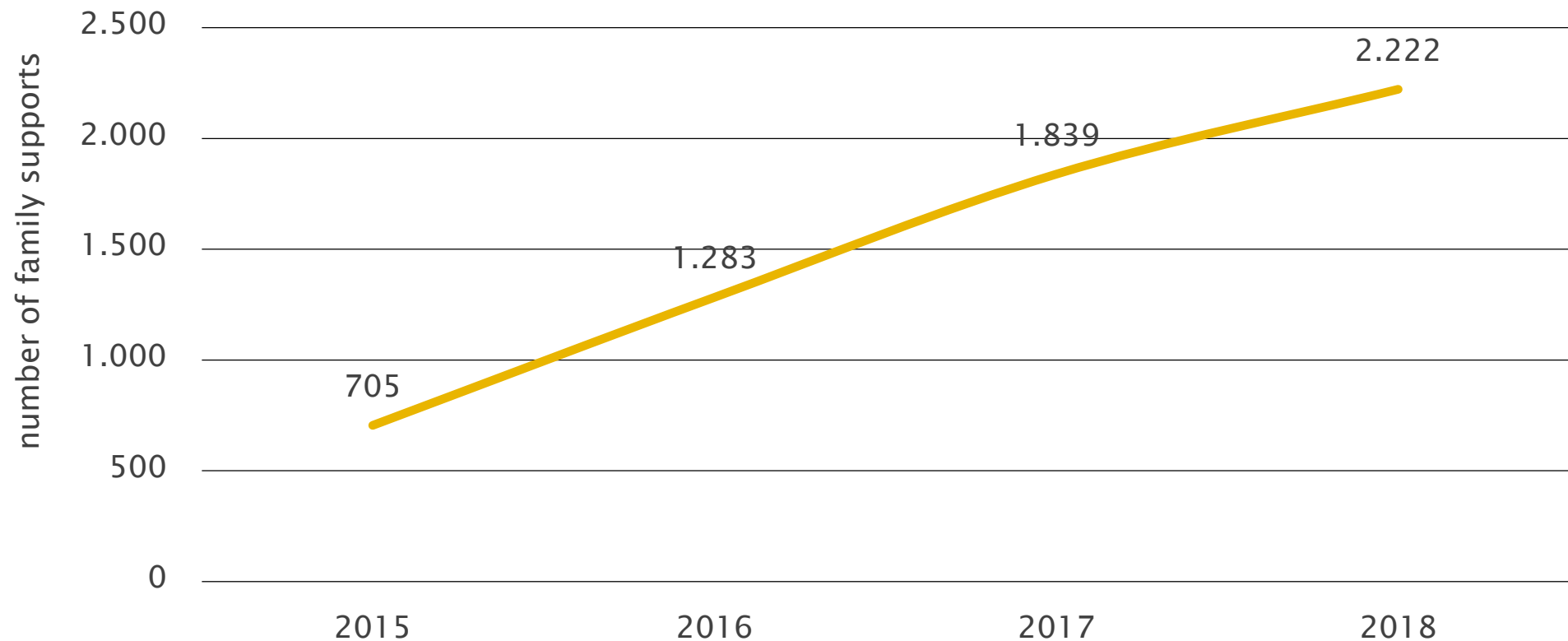


Poverty

Families at risk of
poverty

Source: FRÜDOK, 25. 4. 2019

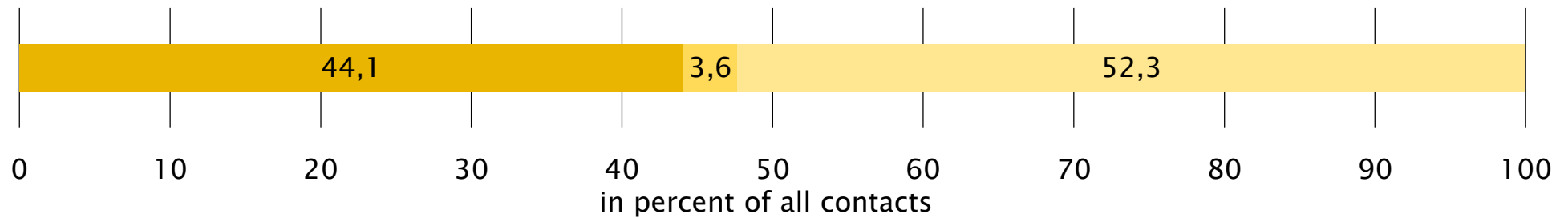
Family supports 2015–2018



n=3.719

Sources: FRÜDOK, 25. 4. 2019; Netzwerk Familie Vorarlberg, 1. 4. 2019

Referrals by...

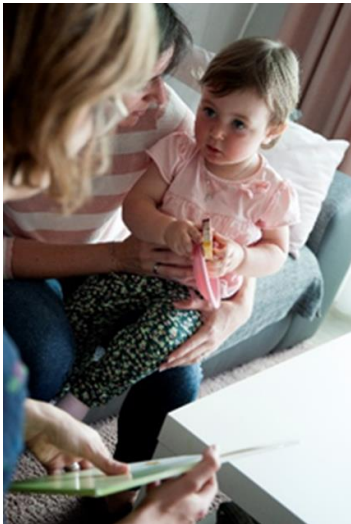


■ self report

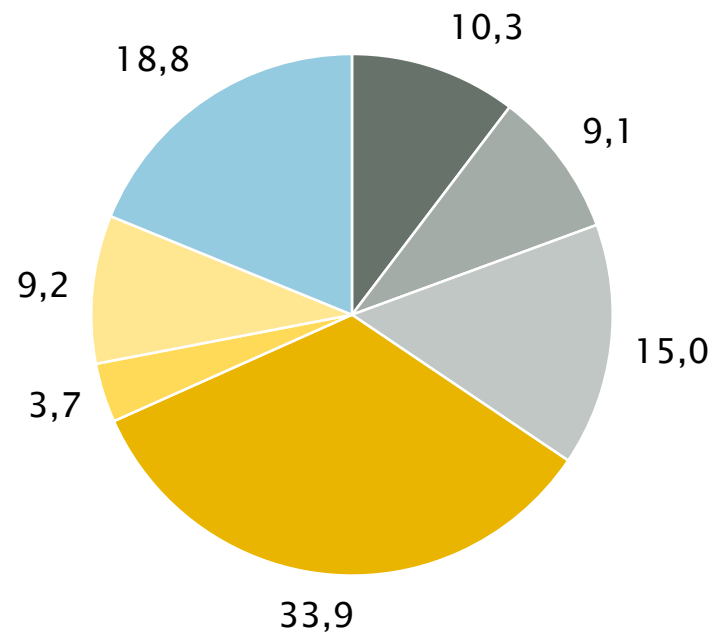
■ friends/relatives

■ institutions

n = 1.693



n = 871



■ family/mother/women counselling service

■ freelance midwife

■ child- and youth welfare

■ hospital

■ resident paediatrician

■ social association

■ other institutions/persons

Source: FRÜDOK, 25. 4. 2019

EVALUATION: Families do benefit from early childhood intervention networks

Impact on health determinants (material, social and societal environment) by increases in personal/available resources as well as reduction of strains/burdens:

resources



- + self-esteem
- + health, health literacy
- + parenting skills, parent-child-bonding
- + child development
- + familiar relations/atmosphere
- + social net
- + perspectives for parents life/future



strains/burdens

- anxiety and exhaustion
- financial burden/distress



„Frühe Hilfen“ and healthy diets

- » „Frühe Hilfen“ as a **health promotion intervention** may include interventions on healthy diet depending on specific situation of a family
- » „Frühe Hilfen“ ensure **access to families in need** → it is often difficult to reach these groups with programmes focussing on healthy diet
- » Low-threshold approach allows to meet and **interact with families in their homes** and to create trusty relationship → provides opportunity to also address healthy diet
- » Some regional networks also organise group meetings for families → sometimes used for side **interventions on healthy diet** (e. g. provision of simple healthy dishes together with the recipes)
- » If required, „Frühe Hilfen“ also tries to **ensure food security** → takes care that sufficient food is provided to the families

In general: improvements of the psycho-social situation can be a necessary prerequisite in order to allow attention for healthy diet

Thank you for your attention!

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