

Application of eHealth Tools to Reduce Alcohol-Related Harm

Co-hosted by the Spanish Ministry of Health, with support from the Public Health Agency of the regional Catalan Government

Overview

This AIHaMBRA Project workshop takes place within the frame of the prevention strand of the [EU beating cancer plan](#), focusing on behavioural interventions on lifestyle related risk factors for cancer prevention. The two interlinked online sessions will explore the state of the art in digital approaches to alcohol prevention and treatment strategies, including critical issues in the design, evaluation, accreditation and deployment of digital alcohol tools and programmes in general populations and specific groups, and best practices for research and policy to boost large-scale and sustained uptake of digital alcohol interventions.

Outputs will include a peer-reviewed scientific summary; a set of short videos introducing the evidence and on-going European initiatives and experiences; and a workshop report, including recommendations for research and policy at the national and European levels.

DRAFT AGENDA (speakers TBC)

Session 1 – Tuesday 15th Feb 2022 – *Digital approaches to identify and reduce alcohol consumption and harm: do they work and how are they best used?*

Time (CET)	Topic (and format)	Speakers
13:25	Participants admitted to the meeting	
13:30	Introduction and briefing <ul style="list-style-type: none"> Welcome from hosting Member State – Spain Welcome from the EC hosts Shaping Europe’s Digital Future Strategy – the EU eHealth Stakeholder Group experience 	Manuel Cardoso (chair) <ul style="list-style-type: none"> Joan Ramon Villalbí, (MoH, ES) Agnes Mathieu-Mendes (HaDEA, EC) Filip Karan (EPHA)
13:50	Evidence update (+ Q&A) <ul style="list-style-type: none"> An overview of digital behavioural health approaches to tackle alcohol problems, obesity and sedentarism: Why, What, For & By whom Evidence and roadmap on digital approaches to lifestyle-related risk factors: efficacy, acceptability, uptake, compliance, and feasibility 	Toni Gual (chair) <ul style="list-style-type: none"> Silvia Matrai (FCRB, ES) Heleen Riper (VU, NL)
14:20	Digital health: empowerment and equities (+ Q&A) <ul style="list-style-type: none"> eHealth approaches as tools to empower patients and citizens How to choose what to use: validation and accreditation of digital tools through the Catalan mHealth Observatory 	<ul style="list-style-type: none"> Marcus Bendtsen (Linköping, SE) Imma Grau (mHealth Observatory, ES)
14:50	10-minute break	
15:00	Expert summary + introducing discussions (live)	Fleur Braddick + Silvia Matrai / Heleen Riper
15:10	Breakout discussions – (small parallel groups of 8-10 people): <ul style="list-style-type: none"> Discussion question (TBC) – <i>How can Member States design policy to promote more equitable and sustainable access to digital health tools to tackle alcohol problems? (5 essential steps / action points)</i> 	Moderators and rapporteurs pre-assigned to each group
16:00	Feedback to whole group – <ul style="list-style-type: none"> Brief summaries by rapporteurs/moderators + Round of comments 	Fleur Braddick (chair) Rapporteurs and Moderators
16:45	Wrap up by hosts and sub-topic experts	Fleur Braddick + Silvia Matrai / Heleen Riper
17:00	End of session 1	

Session 2 – Thursday 17th February 2022 – *Practical implications - tailoring approaches to specific contexts and populations*

Time (CET)	Topic (and format)	Speakers
13:25	Participants admitted to the meeting	Toni Gual (Chair)
13:30	Intro to the session & Messages brought forward from the last session - Welcome from hosting Member State – Spain - Applying behavioural sciences to EU policy making	- Pilar Aparicio, MoH, Spain - Hannah Nohlen (JRC, EC)
13:50	Boosting scale-up of digital alcohol approaches (+ Q&A) - Barriers and facilitators to using eHealth tools for patients and practitioners - Reducing disruption and intrusion to the user: wearables and Just in Time Adaptive Interventions (JITAI) - PAHO - Revolution in interaction: Scaling up human avatars to motivate population level change?	Fleur Braddick (chair) - Hugo Lopéz Pelayo (IDIBAPS, ES) - Donna Spruijt-Metz, (Uni Southern California, USA) - Maristela Monteiro (PAHO)
14:20	Showcasing digital alcohol approaches - large scale deployments (+ Q&A) - Results from the ALHaMBRA systematic review of school-based m/eHealth interventions targeting children and young people - General population approaches through primary care – Beveu Menys/Drink Less – A regional programme from Catalonia	- Silvia Matrai & Silvia Grothe (FCRB, ES) - Joan Colom & Lidia Segura (ASPCAT, ES)
14:50	10-minute break	
15:00	Expert summary + introducing discussions (live)	Fleur Braddick + Silvia Matrai
15:10	Breakout discussions – (small parallel groups of 8-10 people): ▪ <i>Discussion question (TBC) – Which are the priority settings for eHealth approaches to tackle alcohol consumption and problems and how can policy promote engagement with stakeholders in these areas? (3 priorities)</i>	Moderators and rapporteurs pre-assigned to each group
16:00	Feedback to whole group – - Brief summaries by rapporteurs/moderators + Round of comments	Toni Gual (Chair) Rapporteurs and Moderators
16:50	Wrap up by chair / organisers	Manuel Cardoso / Toni Gual
17:00	End of session 2	

ACKNOWLEDGMENTS AND DISCLAIMER

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The workshop is co-hosted by the Spanish Ministry of Health, with support from the Program on Substance Abuse of the Public Health Agency of Catalonia.

