



Russian Research Ltd.
 34 Bedford Row,
 London WC1R 4JH, UK
 +44 (0)207 242 3223
 www.promheal.org

Final Periodic Activity Report
(Reporting Period: 1st November 2006 – 30th September 2007)

Contract 031774

PROMHEAL
Promoting Health among Adolescents in Rural Areas of Ukraine:
Training Programme for Teachers

Instrument: SPECIFIC SUPPORT ACTION (SSA)

Due date of report: 14 November 2007

Actual submission date: 14 November 2007

Start date of project: 1 November 2006

Duration: 11 months

Lead contractor for periodic activity report: Russian Research Ltd. (RR)

Project co-funded by the European Commission within the Sixth Framework Programme (2002-2006)		
Dissemination Level		
PU	Public	
PP	Restricted to other programme participants (including the Commission Services)	
RE	Restricted to a group specified by the consortium (including the Commission Services)	v
CO	Confidential, only for members of the consortium (including the Commission Services)	

Contract number: 031774

COORDINATOR

1. Russian Research Ltd. (RR)
Russian Research Ltd.
34 Bedford Row,
London WC1R 4JH, UK
+44 (0)207 242 3223

Igor Galin
ig@r-research.net

CONTRACTORS

2. The Kiev Health Centre (KHC)
29, Volodymyrska St.
Kyiv, Ukraine
+380442794273
3. The Centre for Social Action (CSA)
Pirogovskogo,6-25
Kiev
Ukraine
+380503848567

Otto Stoiko
otto@nbi.com.ua

Tatyana Saluk
ts@inet.ua

-Table of Contents-

1. Introduction.....	4
2. Publishable summary of the final activity report.....	4
3. Project's objectives, tasks and achievements.....	8
4. Project execution and main achievements	9
4.1. Work package 1: developing a training programme for teachers	9
4.2. Work package 2: conducting workshops and seminars for teachers	10
4.3. Work package 3: disseminating the health promotion brochure	11
4.4. Work package 4: disseminating the project's results and developing a network of rural schools and teachers.....	11
4.5. Work package 5: management of the consortium.....	12
5. Gender and ethical issues	14
Appendix 1. Final plan for using and disseminating the knowledge.....	15

1. Introduction

The PROMHEAL final activity report covers the main objectives of PROMHEAL, the main aspects of the executed work, main results and achievements. The final activity report is not in a publishable form, therefore a publishable summary is included.

The final activity report includes the following parts:

- a publishable summary
- project's objectives
- project's execution and main achievements
- gender and ethical issues
- final plan for using and disseminating the knowledge

2. Publishable summary of the final activity report

The main objective of the project 'Promoting Health among Adolescents in Rural Areas of Ukraine: Training Programme for Teachers' (INCO-CT-2006-031774-PROMHEAL) was to train teachers to deliver the multiple component programme of health promotion interventions for children and adolescents aged 10-15 residing in rural areas of 7 oblasts of Ukraine. These oblasts named the Kyiv, Summi, Chernigov, Zhitomir, Cherkassi, Kirovograd and Khmel'nitsk oblasts, constitute more than ¼ of all administrative units of the country. The population of rural dwellers in these oblasts amounts to more than a quarter of all the rural population of Ukraine.

The multiple component health promotion programme that teachers were trained to use in their schools is theory- and evidence-based. Developed and successfully pioneered in one of the Ukrainian rural regions (2000-2004), the effective programme addresses the health needs of schoolchildren and takes account of socio-cognitive and environmental factors that affect health related behaviours. It prevents and/or considerably decreases health risk related behaviours prevalent amongst the target group and brings about a significant positive change in factors related to health risk related behaviours. Ultimately, the programme empowers children and adolescents, and increases the potential for gain in their health status by assisting them in developing control over their health. It is designed not only for children but also for their parents. As schools are the most important institutions in rural areas of Ukraine to promote health, multiple component health interventions delivered by teachers can reach a large number of children and adolescents.

To train teachers to deliver health interventions, a training programme was developed. It is divided into three main sessions. During introductory sessions teachers are taught the main theoretical and research approaches underlying the health promotion programme and also its background. Mid-sessions are the training sessions for learning and practising the delivery of multiple component health promotion interventions. Apart from lectures and discussions, teachers are trained to conduct social skills training sessions for schoolchildren and smoking cessation sessions for adolescent smokers and intervention sessions for parents. At the final stage of the programme, teachers share and discuss their experiences of participating in the training course.

The training programme was implemented at seminars and workshops which were attended by teachers from 221 big (1000 pupils +) and small (100 pupils +) rural schools in 7 Oblasts of Ukraine. At the end of each series of workshops and seminars, the effectiveness of the workshops and seminars and the readiness and confidence of teachers to use interventions in their schools were tested with the use of a specially designed evaluation questionnaire.

All teachers who participated in seminars and workshops rated the training programme as a whole and also its elements highly and very highly. The teachers assigned the highest score to the usefulness of the programme in their work with schoolchildren. The innovation approach, that combined theoretical knowledge and interactive games and exercises that were designed to help the teachers to engage children and adolescents, was liked most. Having completed the training programme, the teachers felt ready to use their new knowledge and skills when working with their pupils and predicted a very positive outcome of their efforts. 100% of all teachers would recommend this programme for further implementation in rural areas of Ukraine.

Disseminating knowledge and the project results is one of the main activities of PROMHEAL. The PROMHEAL website was designed in three languages (English, Ukrainian and Russian), set up and launched at the very start of the project and can now be accessed at www.promheal.org. The PROMHEAL website is the project's main dissemination tool which allows the consortium to promote this initiative not only among teachers and health practitioners but also among wider populations interested in the respective issues. The website also serves as one of the channels of communicating with all stakeholders and a platform for the PROMHEAL rural school network.

The next dissemination activity was the dissemination of the health promotion brochure 'The truth about alcohol and smoking' that had been previously developed and pre-tested. It contains three main parts (introduction and two chapters about alcohol and smoking) and each part has the same structure and the same elements, i.e.

- Name of a substance and what a substance is/ or consists of
- What effects a substance has on the body
- Short-term risks of using/ consuming a substance
- Long-term risks of using/ consuming a substance
- How the use of a substance affects physical fitness
- Myths about a substance as opposed to true facts about the substance effects, etc.
- Examples of substance-free behaviours

After the workshops and seminars for teachers, 50000 copies of the brochure printed in Ukrainian were disseminated in the rural schools that sent their teachers for training. The brochures were also posted to organisations around Ukraine that had sent their requests for a copy.

The contents of the brochure and its circulation size were referred to as one of the achievements of PROMHEAL at the Round-Table held in September 2007 in Kyiv. In the words of one of the participants, 'there is always a problem of getting health promotion materials for rural schools but this project not only provided us with the materials that were designed for rural schoolchildren, it also satisfied our demand for the number of the brochures'.

In order to raise awareness of and win wider support for the project and its aims, meetings with national and local education authorities including senior civil servants from the Ministry of Education and Science and other agencies that deal with adolescents' health and other related issues were held. As a result, PROMHEAL received overall support for its initiative and support and assistance were provided in organising and coordinating seminars and workshop for teachers in the respective oblasts.

Seminars similar to the seminars for teachers were conducted for all interested parties to disseminate the health promotion programme for schoolchildren. Altogether 5 seminars were run for different audiences during the whole lifetime of the project, in which 128 teachers, school psychologists, social workers and educational specialists from various regions of Ukraine took part.

Various media at national and local levels was involved in raising awareness of, and disseminating the results of, the project. In the Cherkassy Oblast, the Cherkassy Regional TV Station filmed the seminars for teachers and interviewed the trainers for the TV programme 'The Schools Time'. The Cherkassy regional newspaper, 'The Cherkassy's News', published an interview with trainers about the seminars and health promotion issues. In the Kirovograd Oblast, the local newspaper published an article about the seminars. In the Kyiv Oblast, the Kyiv regional newspaper 'Copeika', published an article about the seminars and raised the issue of healthy lifestyles in rural areas of Ukraine. The Kyiv Regional TV Station interviewed the trainers for the Kyiv Regional News programme. The project consortium held a press conference in Kyiv about the project and its results. 10 journalists from national newspapers and journals, a radio and TV broadcasting companies attended the conference.

As a result of the press-conference the article 'Rural children have been taught to lead a healthy lifestyle' was published in the newspaper 'Vashe zdorovjje' ('Your Health') and the article 'Ways of solving the problems of smoking and alcohol drinking among schoolchildren and the impact of PROMHEAL' was published in the journal 'Osnova zdoroviya ta fizychna kultura' (Health and Physical Training). Interviews with the members of the consortium were broadcasted in the news programme by the Kyiv State Regional TV. The Radio Station 'Voice of Kyiv' broadcasted the interview with Igor Galin, Coordinator of PROMHEAL in its programme 'Den Kyivshchiny' (the Kyiv's Day). One of the successes of PROMHEAL was an hour long radio programme which was especially prepared to discuss the project PROMHEAL and its impact on the schools in the Kyiv Oblast. It was broadcasted on the Kyiv Regional Radio Station 'Majdan'. Thus, the project has received wide national and regional coverage.

To provide sustainability and attain a wider reach for this project, a network of rural schools and teachers - **the PROMHEAL rural school network** - that participated in the project has been established. This is the first network of rural schools in Ukraine - which makes it unique - committed to health promotion initiatives among rural communities through school education and the sharing of health promotion experience and knowledge. The network is created to provide networking opportunities to its members, i.e. sharing information, skills and ideas, and arranging activities such as seminars and workshops for teachers, open classes in their schools for other teachers to attend and other activities. Working together as a network, the schools - with the help of the project consortium and local education authorities - will be encouraged to share the experiences of conducting the multiple component health promotion interventions and provide assistance to each other and promote their work. Thus, the network creates opportunities for teachers from different schools to learn from each other through interaction. It is expected that **the PROMHEAL rural school network** will be a powerful tool to benefit teachers, schoolchildren and their parents and wider rural communities. Teachers will share their experiences and learn new techniques to deliver health messages and teach health related skills to schoolchildren. It will have an added value to their professional development. Schoolchildren will be empowered not only by learning new facts about health but also by being taught behavioral skills, e.g. how to resist peer pressure when asked to smoke or what to do to give up smoking or how to have an alcohol-free birthday party. Teachers will work not only with children but involve their parents and the general public to send health messages which will consequently benefit wider communities.

At the moment, the network consists of 221 schools but it is opened to expansion into new rural locations to reach a larger number of rural communities. Being the project's main dissemination tool, the PROMHEAL website also serves as a platform for **the PROMHEAL rural school network** in order to facilitate the exchange of information and experiences.

Work within the network has already started. The teachers that participated in seminars in the Kyiv and Khmelnytskyi Oblasts meet regularly and have already initiated the sharing of experiences with other teachers in their own schools and teachers from other schools in their regions by conducting workshops for their colleagues.

PROMHEAL has been managed and implemented by the consortium of three partners (Russian Research Ltd. (RR), UK; the Kiev Health Centre (KHC), Ukraine; the Kiev Health Centre (KHC), Ukraine) which have complemented one another in their expertise. RR has drawn on its extensive experience in conducting and managing large-scale multi-country projects and its experience in research and development of health promotion campaigns. KHC has employed its expertise in running health promotion campaigns for health practitioners and other stakeholders and arranging meetings with authorities at different levels. CSA has used their expertise in conducting workshops and seminars for teachers. All partners have used their connections in media, education and with health authorities and other stakeholders in order to ensure the effectiveness of the project and the wide reach of the project's activities. The consortium has greatly benefited owing to the involvement of Ms. Avetova, Research Director of PROMHEAL who played a crucial role in the designing of PROMHEAL and greatly contributed to its success.

The project is a success as all tasks have been performed and all objectives have been achieved, primarily the workshops and seminars were held in the 7 Oblasts of Ukraine. The teachers from 221 rural schools were trained to deliver the multiple component programme of health interventions for adolescents. These interventions were developed to address the health needs of schoolchildren aged 10-15 who reside in rural areas of Ukraine and taking account of the socio-cognitive and environmental factors that affect schoolchildren's smoking and alcohol consumption. The effectiveness of the training programme for teachers has been measured and demonstrated that the teachers are ready and confident to run health promotion interventions in their schools. The PROMHEAL network of schools and its website have been created and have already been providing assistance to teachers from rural schools who undertook the training course and to teachers who participate in seminars organised by the trained teachers. The initiative has been spreading.

Thus, by involving teachers in the process of delivery of the multiple component interventions designed to target schoolchildren and their parents and by creating the network of schools, PROMHEAL has allowed the successful health promotion programme to reach a large number of schoolchildren residing in rural communities of Ukraine.

3. Project's objectives, tasks and achievements

The general objectives of PROMHEAL are (1) to train teachers to disseminate the multiple component programme of health promotion interventions for adolescents aged 10-15 developed in one rural area of Ukraine to other rural areas of Ukraine and (2) to develop a network of rural schools and teachers that participated in the project in order to provide sustainability for and to attain a wider reach of this initiative.

In order to attain the main aims of the project, the consortium performed the following tasks:

- 1- A training programme for teachers based of the results of HELPROM* was developed.
- 2- The consortium received an approval of this initiative and, consequently, got access to rural schools after the series of meetings with senior officials from the Ministry of Education and Science of Ukraine.
- 3- Rural schools in 7 Oblasts of Ukraine were selected with the help from the Regional Departments of the Ministry of Education and Science of Ukraine.
- 4- A plan and timetable for workshops and seminars for teachers were designed and agreed with the selected schools.
- 5- Trainers rehearsed to deliver the training programme for teachers.
- 6- In order to be able to evaluate the outcome of the training course for teachers, an evaluation instrument was developed.
- 7- Workshops and seminars with the aim to train teachers to deliver the multiple component health promotion interventions in their schools and to improve their understanding of the underlying theory and methods of the programme to modify behaviour were conducted in 7 Oblasts of Ukraine.
- 8- The questionnaire was administered to the teachers at the end of a series of workshops and seminars. The main objective of the questionnaire was to evaluate the effectiveness of workshops and seminars and to test the readiness and confidence of teachers to deliver the multiple component health promotion interventions in their schools.
- 9- The health promotion brochure 'The truth about alcohol and smoking' which had been developed and pre-tested as part of HELPROM, was disseminated amongst the target group of adolescents in the schools participated in the project and sent to other interested parties.
- 10- A number of meetings were held with national and local education authorities to promote this initiative and disseminate the results of PROMHEAL.
- 11- A number of seminars similar to seminars with teachers were conducted for those working with children and adolescents in order to promote this initiative and disseminate the results of PROMHEAL.
- 12- Various media was involved in the dissemination of PROMHEAL.
- 13- A network of rural schools and teachers that participated in the project was developed in order to provide sustainability for and attain a wider reach of this initiative. The schools have been encouraged to share the experience of conducting the multiple component health promotion interventions, provide assistance to each other and promote their work.

* The multiple component programme of health interventions for adolescents was developed and successfully implemented in the Borodyanka region (Kyiv oblast, Ukraine) as a result of the project 'A Multiple Component Health Promotion Programme for Rural Populations in the Ukraine and Belarus' (HELPROM) sponsored by the EC INCO-2, COPERNICUS-2 Programme (ICA2-CT-2000-10026).

14- The website was developed to create a sustainable web-source of practical knowledge and experience for the network of schools and teachers that participated in the project.

The project is a success as all tasks have been performed and all objectives have been achieved, primarily the workshops and seminars were held in 7 Oblasts of Ukraine. The teachers from 221 rural schools were trained to deliver the multiple component programme of health interventions for adolescents. These interventions were developed to address the health needs of schoolchildren aged 10-15 who reside in rural areas of Ukraine and taking account of the socio-cognitive and environmental factors that affect schoolchildren's smoking and alcohol consumption. The effectiveness of the training programme for teachers has been measured and demonstrated that the teachers are ready and confident to run health promotion interventions in their schools. The PROMHEAL network of schools and its website have been created and have already been providing assistance to teachers from rural schools who undertook the training course and to teachers who participate in seminars organised by the trained teachers. The initiative has been spreading.

Thus, by involving teachers in the process of delivery of multiple component interventions designed to target schoolchildren and their parents training and by creating the network of schools, PROMHEAL has allowed the successful health promotion programme to reach a large number of schoolchildren residing in rural communities of Ukraine.

4. Project execution and main achievements

PROMHEAL consisted of 5 work packages, i.e. 4 work packages of activities specific for the support action and 1 work package of the management of the consortium activities. The duration of PROMHEAL has been 11 months during which the consortium has started and completed all work packages. Apart from the amendment of the end day of the project, there have been no more changes to the project's timetable.

In the next paragraphs, we report on the execution of the tasks, achievements made and problems encountered for each work package.

4.1. Work package 1: developing a training programme for teachers

The main objectives of this work package are (1) to develop a training programme for teachers, (2) to prepare workshops and seminars for teachers and (3) to design and set up the PROMHEAL website.

Execution and achievements: during this work package all necessary preparations were made to conduct workshops and seminars for teachers. Prior to conducting workshops and seminars for teachers, the consortium developed a training programme aimed at teachers. The programme was based on the results and some of the materials of the project titled 'Multiple component health promotion programme for rural populations in Ukraine and Belarus' (HELPROM, ICA-CT-2000-10026, sponsored by EC Copernicus-2-Programme). The programme was developed in two formats, i.e. a fully written scenario and a PowerPoint presentation (Deliverable 1 to be submitted as part of Technical Report on the support activities of the project). In order to be able to evaluate the effectiveness of the training programme an evaluation questionnaire (Deliverable 3 to be submitted as part of Technical Report on the support activities of the project) was developed to be administered to the teachers at the end of workshops and seminars.

The contacts were established with the Ukrainian Ministries of Education and Health and with local authorities to seek permission to get access to rural schools in 7 Oblasts of Ukraine. i.e. Kyiv oblast, Summi oblast, Chernigov oblast, Zhitomir oblast, Cherkassi oblast, Kirovograd oblast and Khmel'nitsk oblast. Once the permission was granted, the schools were

selected and the preliminary plan and timetable for workshops and seminars for teachers were set up and sent to rural schools' administrations for discussion and approval. Once the plan and timetable for workshops and seminars for teachers (Deliverable 4 to be submitted as part of Technical Report on the support activities of the project) were approved, invitations were sent to teachers from 210 rural schools to participate in the workshops and seminars.

A series of trainings and rehearsals were run to teach a team of trainers to deliver a training programme for teachers in 7 Oblasts of Ukraine.

The health promotion brochure 'The truth about smoking and alcohol' (Deliverable 5 to be submitted as part of Technical Report on the support activities of the project) mainly developed as part of HELPROM was prepared and 50000 copies of the brochure were printed to be disseminated in the selected rural schools at the later stages of the project.

The project's website (Deliverable 2 to be submitted as part of Technical Report on the support activities of the project) was designed and set up. Now the website can be accessed at www.promheal.net.

All partners participated in this work package with Russian Research Ltd. (RR) being a leading contractor for this work package.

The main problem encountered during this work package was to negotiate the dates of workshops and seminars for teachers that would suit teachers from different schools from the same rural areas. However, after long talks and negotiations with the schools' administrations, the suitable dates were set for all interested parties.

4.2. Work package 2: conducting workshops and seminars for teachers

The main objectives of this work package are (1) to conduct workshops and seminars for teachers and (2) to evaluate the effectiveness of the training course.

Execution and achievements: The workshops and seminars for teachers were conducted in 7 selected rural areas of Ukraine, i.e. Kyiv oblast, Summi oblast, Chernigov oblast, Zhitomir oblast, Cherkassi oblast, Kirovograd oblast and Khmel'nitsk oblast. During the workshops and seminars the teachers from 210 schools of the selected rural areas were trained to deliver the multiple component health promotion interventions developed by HELPROM in their schools. The teachers were provided with the information about the underlying theory and methods of the multiple component health promotion programme to modify health risk related behaviours of schoolchildren. The teachers participated in exercises and practise the delivery of exercises that are a part of the health promotion interventions. They also discussed and analysed their experiences of participating in workshops and seminars in groups with other teachers. At the end of the series of workshops and seminars the teachers were asked to fill in an evaluation questionnaire. Their answers were analysed and treated as an evaluation measure of the success of the training programme and their readiness and confidence to deliver the programme in their schools (Deliverable 6 to be submitted as part of Technical Report on the support activities of the project).

At the end of this work package, the database of schools and teachers participated in workshops and seminars were created. It can be found on the project's website and it is to be submitted as Deliverable 10, part of Technical Report on the support activities of the project.

All partners participated in this work package with Russian Research Ltd. (RR) being a leading contractor for this work package. The teams of trainers from the Kiev Health Centre (KHC), Ukraine and the Centre for Social Action (CSA), Ukraine were conducted workshops and seminars for teachers. The supervisors from Russian Research Ltd. (RR), UK attended all workshops and seminars for teachers to ensure the quality of training of the teachers and

administered the evaluation questionnaires. They also conducted the statistical analysis to measure the effectiveness of the training course.

All main stages of the project including the evaluation results are described and to be submitted as Technical report on the support activities of the project (Deliverable 7).

No problems were encountered during the completion of this work package.

4.3. Work package 3: disseminating the health promotion brochure

The main objective of this work package is to disseminate the health promotion brochure ‘The truth about alcohol and smoking’ that was previously developed and pre-tested as part of HELPROM.

Execution and achievements: after the workshops and seminars, 50000 copies of the health promotion brochure ‘The truth about alcohol and smoking’ were disseminated in rural schools in the selected areas of Ukraine. The brochures were also posted to organisations around Ukraine that had sent their requests for a copy of the brochure. The list of schools and other organisations where the brochures were sent for dissemination (Deliverable 8) is to be submitted as part of Technical Report on the support activities of the project.

All partners participated in this work package with the Centre for Social Action (CSA), Ukraine being a leading contractor for this work package.

No problems were encountered during the completion of this work package.

4.4. Work package 4: disseminating the project’s results and developing a network of rural schools and teachers

The main objectives of this work package are (1) to work with authorities at different levels and various media to disseminate the results of PROMHEAL and to promote a training programme for teachers and (2) to develop a network of rural schools and teachers that participated in the project in order to provide the sustainability for and attain a wider reach of this initiative.

Execution and achievements: the consortium worked closely with the authorities at all levels including the Ukrainian Ministries of Education and Health and local education authorities right after the beginning of the project and throughout its lifetime. The meetings with national and local education and health authorities and other relevant agencies, and various media were held to disseminate the results of HELPROM and PROMHEAL to raise awareness of and win wider support for this initiative.

Seminars similar to the seminars for teachers were conducted for all interested parties to demonstrate what the multiple component health promotion interventions developed by developed for rural youth are.

A network of rural schools and teachers that participated in the project was developed to provide the sustainability for and attain a wider reach of the project A database of the schools and teachers that participated in the project were built and made available to each school that participated in the project, i.e. a list of schools with contact details were sent to the schools by post. This database is also available to national and local education and health authorities and other interested parties via the project’s website (www.promheal.org).

All partners participated in this work package with the Kiev Health Centre (KHC), Ukraine being a leading contractor for this work package.

No problems were encountered during the completion of this work package.

4.5. Work package 5: management of the consortium

The main objectives of this work package are to coordinate all activities of the project and manage the consortium to achieve all the project's objectives.

Execution and achievements: RR coordinated all activities of the project and managed the consortium. RR made sure that the activities within the project had been conducted in accordance with widely accepted health promotion approaches and had been relevant to the local health related issues. RR maintained communications within the consortium and with the Commission. RR undertook the progress reviews and oversaw the gender equality and ethical issues in the project. RR conducted the overall financial and administrative management and obtained a bank guarantee as a financial security when requested by the Commission. All partners obtained audit certificates. RR prepared all technical and financial reports including final activity and management reports.

No problems were encountered during the completion of this work package.

Meetings

During the whole duration of the project the consortium organised and held 5 meetings with the partners. The details of the meetings are summarised in Table 1. RR conducted a series of trainings for trainers in March-April 2007 in Kiev. When supervising workshops and seminars for teacher, RR staff visited 7 selected locations in Ukraine, i.e. Kyiv oblast, Summi oblast, Chernigov oblast, Zhitomir oblast, Cherkassi oblast, Kirovograd oblast and Khmelnytsk oblast.

Table 1. Meetings of consortium

Meetings	Participants	Agenda	Date	Venue
1	-Igor Galin, Managing Director of Russian Research Ltd. (RR, UK) -Elena Avetova, Research Director (RR, UK), -Otto Stoika, Deputy Head of KHC, -Tatyana Saluk, the project director of CSA	Task planning for the whole duration of the project: -development of the training course for teachers -preparation of the brochures to be printed -drafting letters to Health and Education Ministries in Ukraine -drafting a timetable and plan for seminars -discussing the design and contents of the project's website -management and administrative issues including communication and financial issues	21 st -22 nd November 2006	Kiev Health Centre, Kiev, Ukraine
2	-Igor Galin, Managing Director of Russian Research Ltd. (RR, UK) -Elena Avetova, Research Director (RR, UK), -Otto Stoika, Deputy	Reviewing the preparations for the seminars for teachers: -discussing and finalising the training course for teachers, -drafting Power-Point presentation slides, -development of the evaluation questionnaire,	3 rd -5 th February 2007	RR, London

	Head of KHC, -Tatyana Saluk, the project director of CSA	-discussing and finding solution to getting access to rural schools, -2 nd draft of a timetable and plan for seminars, -finalising the design and contents of the project's website -management and administrative issues		
3	-Igor Galin, Managing Director of Russian Research Ltd. (RR, UK) -Otto Stoika, Deputy Head of KHC, -Tatyana Saluk, the project director of CSA	Final preparations for the seminars for teachers: -overview of the list of schools from the selected areas that were contacted and expressed their readiness to participate in the training; -discussing further steps of schools' access; -finalising the plan for seminars -preparing the information for the project's website -conducting the first series of training for trainers -management and administrative issues	26 th February – 2 nd March 2007	Kiev Health Centre, Kiev, Ukraine
4	-Igor Galin, Managing Director of Russian Research Ltd. (RR, UK) -Elena Avetova, Research Director (RR, UK), -Otto Stoika, Deputy Head of KHC, -Tatyana Saluk, the project director of CSA	Reviewing the progress of the project: -conducting the second series of training for trainers -discussing and making changes to the seminars for teachers - attending and supervising seminars for teachers in Belaya Tserkov, Kiev Oblast - updating the information for the project's website -management and administrative issues	6 th - 13 th April 2007	the Centre for Social Action, Kiev, Ukraine
5	-Igor Galin, Managing Director of Russian Research Ltd. (RR, UK) -Elena Avetova, Research Director (RR, UK), -Otto Stoika, Deputy Head of KHC, -Tatyana Saluk, the project director of CSA	Discussing all issues related to the dissemination of the project's results and final reports	20 th - 25 th September 2007	the Centre for Social Action, Kiev, Ukraine

5. Gender and ethical issues

The consortium addressed gender and ethical issues while executing PROMHEAL.

Gender issues were addressed in two ways:

- both men and women were represented at all levels of the decision making and in a variety of responsible roles within the established consortium
- gender differences regarding health beliefs and health risk behaviours of adolescents were be discussed at workshops and seminars for teachers, teachers were trained how to tackle these differences when delivering the health promotion interventions .

Ethical issues that were taking into considerations are:

- the rights of teachers, their interests, sensitivities and privacy were protected;
- the project's activities were not harmful or distressing to those participating in any way;
- where needed, participants were guaranteed anonymity and confidentiality;
- as teachers were trained to deliver the programme of health promotion interventions for adolescents, the ethical issues related to the implementation of health promotion interventions in schools were raised and discussed at workshops and seminars with teachers;
- appropriate measures will be taken to store evaluation data collected at workshops and seminars; the EU Data Protection Directive was adhered to;
- in conducting the project's activities, all partners within the consortium complied with the ethical codes of the Social Research Association of the UK, ESOMAR Guidelines on client observation of interviews and group discussions, and EU Data Protection Directive.

Appendix 1. Final plan for using and disseminating the knowledge

Section 1 - Exploitable knowledge and its use

This section is not relevant to PROMHEAL.

Section 2 – Dissemination of knowledge

Dissemination of knowledge and the results of the project is one of the main activities of PROMHEAL.

1. February 2007 – onwards (beyond the conclusion of the project)

Regular updates to the PROMHEAL website (www.promheal.org) to promote PROMHEAL and get feedback from all interested parties.

2. March 2007 – June 2007

By training teachers from 210 schools, PROMHEAL disseminated the programme of health promotion interventions for schoolchildren 10-15 in a large number of rural schools in Northern and Central parts of Ukraine.

3. March 2007 – September 2007

50000 copies of the health promotion brochure ‘The truth about alcohol and smoking’ was disseminated in the schools participated in the project and other interested parties

4. February 2007 – September 2007

A series of meetings with national and local education authorities including senior civil servants from the Ministry of Education and Science and other agencies that deal with adolescents’ health and other related issues were held to raise awareness of and win wider support for the project and its aims.

5. February 2007 – September 2007

A number of seminars similar to the seminars for teachers were conducted for all interested parties that deal with adolescents’ health and other related issues to disseminate the health promotion programme for adolescents.

6. March 2007 – September 2007

Meetings, interviews and a press-conference with various national and local media were held to disseminate the information about and results of PROMHEAL.

7. June 2007 - onwards (beyond the conclusion of the project)

Through the PROMHEAL network of rural schools and teachers that participated in the project, and the PROMHEAL website, the consortium has been disseminating the

information about and the results of PROMHEAL. The dissemination activities of this sort will continue beyond the conclusion of the project.

8. *May 2007 - onwards (beyond the conclusion of the project)*

The consortium participated in the following conferences to disseminate the results of PROMHEAL:

- the conference the First All-Russia Forum 'Health or Tobacco', Moscow, Russia (28-29/05/07)
- the conference of All Ukraine Forum 'The Healthy Nation', Kyiv, Ukraine (13/09/07)

The consortium plans to take part in national and international conferences after the end of the project to further disseminate the results of PROMHEAL. The first conference is scheduled for attendance is the BEARR Trust Annual Conference 2007, London on 23rd November 2007.

The consortium held the Round-Table in Kyiv, Ukraine (20-21/09/07) to disseminate and sum up the results of PROMHEAL. 30 teachers and representatives of the Regional Departments of Education and Science from Kyiv Oblast, Summi Oblast, Chernigov Oblast, Zhitomir Oblast, Cherkassi Oblast, Kirovograd Oblast and Khmel'nitsk Oblast of Ukraine who participated in the project's seminars for teachers, health practitioners, social workers and researchers participated in the event.

9. *After the end of the project and within a year*

To prepare papers to be published in national and international academic journals about the project's results. The newspaper 'Osvita Ukrainy' (Education of Ukraine), the journal 'Bezpeka Zhuznediyalnosti' (Health and Safety), the newspaper 'Tovarishch' (The Comrade), the newspaper 'Zdoroviya I fizychna kultura' (Health and Fitness) and 'Silski shkoly Ukrainy' (the Ukrainian Rural Schools) plan to publish materials about PROMHEAL during November-December 2007.

Most of the dissemination activities took part in Ukraine. All dissemination activities are summarised in the Overview Table below.

Overview Table

Planned/ Actual Dates	Type	Type of Audience	Size of Audience
February 2007 – onwards	Project website	Teachers/health promoters/general public/policy makers/press	50,000 plus
March-June 2007	Seminars for teachers	Teachers/regional representative of Ministry of Education and Science of Ukraine	210 schools/235 teachers/50000 schoolchildren 10-15 years old
March-September 2007	Dissemination of health promotion brochures	Schoolchildren aged 10-15/health promoters and practitioners	50000 copies
February-September 2007	A series of meetings with national and local education authorities	Researchers/education experts/officials of the Ministry Education and Science of Ukraine	8 plus
February-September 2007	A number of seminars similar to the seminars for teachers	Teachers/school psychologists/social workers/educational specialists from various regions of Ukraine	130 plus
March-September 2007	Meetings, interviews and a press-conference	Various national and local media including local and national newspapers, national radio and TV broadcasting companies of Ukraine	Local newspapers circulation between 27000-40000; The size of national radio and TV audience is not known
June 2007 – onwards (events are planned every 4 th months after the end of the project)	Events of the PROMHEAL network of rural schools and teachers	Teachers/all interested parties	210 schools + plus
May 2007 - onwards	Conferences	Researchers/health promoters and practitioners	300 plus
October-December 2007	The newspaper 'Osvita Ukrainy' (Education of Ukraine), the journal 'Bezpeka Zhuznediyalnost i' (Health and Safety), the newspaper 'Tovarishch' (The Comrade), the newspaper 'Zdoroviya I fizychna kultura' (Health and	Teachers/health promoters and practitioners/general public	50000+

	Fitness) and 'Silski shkoly Ukrainy' (the Ukrainian Rural Schools)		
23 November 2007	The BEARR Trust Annual Conference 2007, London	Researchers/health promoters and practitioners	100 plus
Within the first year after the end of the project	Publications in academic journals	Researchers/health promoters and practitioners	500 plus

Section 3 - Publishable results

This section is not relevant to PROMHEAL.