

SD4 Specific Objectives

Table 14 SD4 Promote Healthy Populations: Specific Objectives

SD 4: Promote Healthy Populations				
Specific Objectives	Key Interventions	Milestones	Lead Entity	Contributing Entity
4.1 Promote healthy living for all age groups	Develop and implement new evidence-based approaches for promoting healthy living.			
	Introduce monthly healthy living/ well-being clinic.	Healthy living/ well-being clinic introduced.	HCA	MoH PHA
	Adopt a gradient approach across the life course to cater for the needs of different age groups and socioeconomic groups in the population.	Gradient approach adopted.	HCA	MoH PHA
	Integrate healthy living approach in all health programmes Develop healthy living approach for specific health program.	Healthy living approach developed.	HCA PHA	
4.2 Address risk factors for health	Address risk factors for NCDs and communicable diseases.			
	Integrate WHO best- buys for NCDs into relevant health programmes.	WHO best buys for NCDs integrated	PHA	MoH
	Strengthen implementation of NCD strategy to address key risk factors.	Existing NCD strategy implemented	PHA HCA	
	<ul style="list-style-type: none"> ◆ Develop and implement NCD campaign: ‘Know your numbers’. ◆ Launch a ‘know your status’ campaign for addressing communicable diseases in the community. 	NCD Campaign developed and implemented.	MoH HCA PHA	
	<ul style="list-style-type: none"> ◆ Declare obesity as a public health emergency and introduce population-based and multi-level approaches to gain participation from multiple actors. ◆ Develop national framework to prevent and manage obesity jointly with other MDAs. 	<ul style="list-style-type: none"> ◆ Childhood obesity is declared as a public health emergency. ◆ Combating obesity mainstreamed across life course and disease-specific programmes. ◆ Multi-sector framework developed. 	PHA MoH HCA	
	Develop and implement nutrition sensitive programmes and approaches and nutrition specific programmes to address the burdens of malnutrition.	Nutrition sensitive programmes and approaches and nutrition specific interventions developed and implemented	PHA	
	Promote physical activity in the population (clubs at school, workplaces, districts, etc.).	Physical activity clubs set up.	PHA HCA	MoH
	Review and modernise sexual health education for youth, including education on avenues for accessing supports.	New toolkit for sexual health education.	PHA HCA	

	Ensure strategic information is available for action.			
	Set up the Nutrition Information System (NIS) to improve nutrition data system and monitoring.	NIS set up and functional.	HCA PHA	MoH
	Conduct population survey to understand NCD risk factors.	<ul style="list-style-type: none"> Population survey on NCDs conducted (Seychelles Heart Study V, UPCCD). NCD survey findings used to revise/ strengthen programmes and interventions. 	PHA	MoH
	Develop, support, and monitor the Global Nutrition Framework (GNF) for Seychelles.	Seychelles' GNF developed and implemented.	MoH	
	Empower people to develop life skills to better manage their health.			
	Teach practical life skills to enable people to better manage and take control of their health	Key life skills training conducted	MoH PHA	
	Develop self-management tools for key chronic health conditions	Self-management tools developed and in-use.	MoH PHA	
	Promote use of new technologies and devices to support healthy living, e.g. Fitbit, physical activity trackers; and empower them to use new devices to self-monitor existing chronic medical conditions and/or risk factors.	New devices to support healthy living promoted.	HCA MoH	
4.3 Revitalize the HiAP	Revive, implement, and monitor the HiAP.			
	Introduce the HiAP to, and gain the endorsement of, new Cabinet of ministers and members of the NA	Endorsement of the HiAP by Cabinet and the National Assembly	MoH	
	Expand role of Health Impact Assessments	Expanded HIA tools and training developed and put in use.	PHA	MoH
	Monitor and report on HiAP	HiAP annual report developed and disseminated.	MoH	
	Institutionalize the Health of Our Nation campaign (HOON)			
	Revive and institutionalize HOON.	HOON institutionalized.	MoH	HCA; PHA Other Sectors
4.4 Promote good mental health and prevent and manage substance abuse disorders	Prevention of tobacco use, illicit drugs, and harmful use of alcohol.			
	Promote supportive environment in the communities to prevent or reduce the use of illegal substances	Availability of family-based prevention programmes to address substance abuse.	MoH	PHA
	Promote use of harm reduction services	Utilization of harm reduction services increased	MoH	PHA
	<ul style="list-style-type: none"> Develop and implement new campaign to address alcohol abuse in the country. Develop campaigns to reduce tobacco use in the population. 	Campaign developed and implemented.	MoH	PHA
	Develop policies and regulations to control the use of alcohol	<ul style="list-style-type: none"> Policies and regulations developed and implemented. Fully implement alcohol-control policy. 	PHA MoH	

	Improve access to, and awareness of, smoking cessation support services.	More individuals accessing the smoking-cessation programme.	PHA	
	Address mental health issues in the community.			
	Promote good mental health (e.g. Practical interventions on coping with stress, bereavement, etc.) for different age groups.	Activities to promote good mental health implemented.	PHA HCA	
	Introduce social prescribing.	HCWs and clients sensitized on social prescribing; Social prescribing implemented.	HCA	
	Facilitate the development of support groups.	Support groups set up.	HCA	
4.5 Transform Health Promotion	Bring health closer to people.			
	Develop, disseminate, and implement new health promotion policy.	Health promotion policy developed and implemented.	MoH	PHA HCA
	Equip people to better take care of their health			
	Develop and implement health literacy project	<ul style="list-style-type: none"> ◆ Increased health literacy in the population ◆ Health literacy project developed and implemented. 	MoH	PHA HCA
	<ul style="list-style-type: none"> ◆ Support community ‘champions’ to advocate for programmes promoting health. ◆ Provide capacity building for youths and adults to champion and promote health programmes. 	Community ‘champions’ identified and supported	MoH	HCA PHA Other Sectors
	Strengthen Health Promotion frameworks, resources and supports			
	<ul style="list-style-type: none"> ◆ Develop a sector Health Promotion Committee ◆ Set up a health promotion committee to provide oversight and guidance on methods of dissemination of health promotion messages. 	Health promotion committee set up and operational.	MoH	PHA HCA
	<ul style="list-style-type: none"> ◆ Strengthen capacity to leverage on legal, fiscal and other policy interventions to transform health promotion. ◆ Implement relevant international treaties to support health promotive environment at domestic level. 	Relevant fiscal, legal and partner-supports available and used.	MoH PHA	
4.6 Promote/ Advocate for Effective Public Health	Advocate for safe and peaceful neighbourhoods			
	Promote safe food and water supply in the community	Safe food and water supply achieved and monitored.	PHA	MoH
	Promote safety at home, school, on the road, at work, leisure events etc.	Safe community concept promoted		
	Establish collaboration with civil societies on health related matters.	Quarterly meetings with civil societies involved in health	MoH	
	Advocate for safe recreational areas in the community	Safe recreational areas available in the neighbourhoods	MoH	