



**Healthy
Communities**

Body of Knowledge on Health Education



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Partners involved:



www.bgz-berlin.de
Germany



www.eurocultura.it
Italy



www.gesundheitbb.de
Germany



www.stowarzyszeniestop.pl
Poland



www.caritas-wien.at
Austria

About the Project

With our **HEALTHY COMMUNITIES** project, we illustrate the contribution that adult education can strengthen the health skills of all citizens (including and especially groups with fewer opportunities), counteracting marginalization, and strengthening participation and commitment. One shortcoming of current health skills development programs is that they do not reach all population groups.

The project team has chosen to focus on the local community, in particular through the connection to the living environment in the community, which has so far only been elementary developed.



Introduction

This Body of Knowledge complements the Learning Catalogue and the associated Learning Offers. It brings together a curated selection of health-related resources, background information, and practical tools that support a wide range of topics addressed in the developed modules and beyond.

Rather than providing a comprehensive or exhaustive collection, this Body of Knowledge offers an initial orientation and entry point into each topic area. While some materials are already integrated into the Learning Offers, others are compiled here to provide additional depth and perspectives.

It is important to note that many of the resources are relevant across multiple topics. In this document, we have highlighted the most direct and obvious connections, rather than cross-referencing all possible links to the Learning Offers.

The materials are also organized into thematic categories to support navigation. However, these distinctions are not absolute, as many resources overlap across categories. For the sake of clarity, each resource has been assigned to a major category based on its primary focus and key themes. Proceeding from top to bottom, up to two additional categories are assigned that are also relevant to the respective material. In the following you will find a definition of the categories for orientation:

➤ **Physical Health**

Focuses on the body's functioning and well-being. It includes maintaining fitness, proper nutrition, sleep, and preventive care to support overall physical condition and reduce disease risk. **Keywords of this category include:** *Nutrition & healthy eating, Physical activity & fitness, Sleep health, Hydration, Preventive healthcare (check-ups, screenings), Sexual & reproductive health, Hygiene & sanitation*

➤ **Mental & Emotional Health**

Covers psychological well-being and the ability to understand, manage, and express thoughts and emotions. It includes coping with stress, building resilience, and maintaining a balanced state of mind. **Keywords of this category include:** *Mental health awareness,*

Stress management, Anxiety & depression, Emotional regulation, Self-esteem & identity, Mindfulness & resilience, Burnout prevention

➤ **Social Health** 🧑

Relates to how individuals interact with others and build relationships. It involves communication skills, social support, inclusion, and the ability to form healthy, respectful connections. **Keywords of this category include:** *Relationships & communication, Social inclusion & belonging, Bullying & peer pressure, Community engagement*

➤ **Environmental Health** 🌍

Examines how physical surroundings affect health. This includes factors like pollution, climate change, housing conditions, and access to clean air, water, and safe environments. **Keywords of this category include:** *Air and water quality, Climate change & health, Urban health / living conditions, Exposure to toxins*

➤ **Public Health Systems & Materials** 🏥

Focuses on health at the population level rather than the individual. It includes healthcare systems, policies, prevention strategies, health education, and addressing inequalities in access to care. **Keywords of this category include:** *Health literacy, Access to healthcare, Health inequalities, Vaccination & infectious diseases, Global health issues, Tools & Methods, Workshop*

➤ **Lifestyle & Behavioural Health** ⚖️

Deals with everyday choices and habits that influence health. This includes behaviours like diet, exercise, substance use, media consumption, and routines that shape long-term well-being. **Keywords of this category include:** *Substance use (alcohol, drugs, smoking), Screen time & media consumption, Work-life balance, Habit formation, Risk behaviours*

➤ **Specialized Topics** ⚙️

Covers specific or cross-cutting health areas that require targeted knowledge or care, such as chronic diseases, aging, disability, maternal health, and workplace-related health issues. **Keywords of this category include:** *Chronic diseases (e.g. diabetes, heart disease), Aging & elderly care, Disability & inclusion, Maternal and child health, Occupational health*

Body of Knowledge

Nr.	Category	Material Description	Languages	Format	Weblink
1.	 	ARD: Warum sich gutes Zuhören lohnt. Alles übers aktive Zuhören mit kurzen Video-Beispielen.	Deutsch	Website, Video, Background Information	
2.	 	Karriere Bibel: Definition, Beispiele + 10 Techniken zu Aktives Zuhören	Deutsch	Website, Background Information, Material, Methods	
3.	 	Soft Skills: Tipps Aktives Zuhören – Definition, Techniken und Vorteile für bessere Kommunikation	Deutsch	Website, Background Information, Material, Methods	
4.	 	Seeds for Change: Methods and Tools for facilitating Meetings and Workshops	English	Website, Background Information, Tools & Material	

Nr.	Category	Material Description	Languages	Format	Weblink
5.	 	EuroHealthNet: Health inequalities within the EU and solutions	English	Website, Background Information	
6.		Gesundheit Österreich Instrument for Measuring General Health Literacy	English	Factsheet, Toolkit	
7.	 	Bundesinstitut für Öffentliche Gesundheit: Broschüre über wie mehr Bewegung in den Alltag integriert werden kann – inklusive sportlicher Aktivitäten.	Deutsch	Brochure, Exercise, Factsheet	
8.	  	Deutschen Gesellschaft für Schlafforschung und Schlafmedizin (DGSM) diverse Patientenratgeber zu Schlafproblemen	Deutsch	Factsheet, Brochure, Toolkit	

Nr.	Category	Material Description	Languages	Format	Weblink
9.	  	Bundesinstitut für Öffentliche Gesundheit: Sitzcheck für Erwachsene: Mitmachangebot Ernährung - Bewegung - Stressregulation	Deutsch	Brochure, Exercise, Toolkit	
10.	  	Bundesinstitut für Öffentliche Gesundheit: Sitzcheck für Kinder und Jugendliche: Mitmachangebot Ernährung - Bewegung - Stressregulation	Deutsch	Brochure, Exercise, Toolkit	
12.	 	Mobilitätsagentur Wien: Die Mobility Agency bietet Hinweise und Materialien zu Gehwegen und zur Verkehrssicherheit in Wien.	Deutsch	App, Factsheets, Exercises	

Nr.	Category	Material Description	Languages	Format	Weblink
13.	  	Healthy Streets – an evidence-based approach to creating fairer, sustainable and attractive urban spaces.	English	Toolkit, Infographic	
14.	  	City Challenge Touren – Touren in verschiedenen Bezirken Wiens mit interaktiven Quize für Jugendliche	Deutsch	Website, Toolkits, Guides	
15.	 	Kindergesundheit-info.de: Sonne ohne Sonnenbrand – Infografik	Deutsch	PDF, Website, Infographic	

Nr.	Category	Material Description	Languages	Format	Weblink
16.	  	Bundesinstitut für Öffentliche Gesundheit: Hitze und Bewegung – Infoblatt für ältere Teilnehmer an Bewegungsangeboten Federal Institute for Public Health: Heat and Physical Activity – Information Sheet for Older Participants in Physical Activity Programs	Deutsch, English	Factsheet, pdf's	
17.	  	Gesund & Aktiv Älter werden: Empfehlungen zu Sport und Hitze	Deutsch	Webpage, Guide	
18.	 	Gesundheitsinformationen: Informationen zu Erkältungs- und Atemwegserkrankungen	Deutsch	Webpage, Factsheets	
19.	 	Deutsche Gesundheitshilfe - Alles zum Thema Erkältung, was tun, was lassen, wie vorbeugen, welche Hausmittel	Deutsch	Webpage, Guide	

Nr.	Category	Material Description	Languages	Format	Weblink
20.	 	Deutsche Gesellschaft für Kinder- und Jugendmedizin: Elternleitlinie zum Umgang mit Fieber bei Kindern und Jugendlichen	Deutsch	Factsheet, pdf	
21.	  	Richtig essen von Anfang an! Informationen, Tipps und Rezepte für unterschiedliche Zielgruppen und Lebenssituationen zu finden.	Deutsch	Webpage, Toolkits, Factsheets, Brochures	
22.		Gesund werden. Wo bin ich richtig? Eine Webpage zur Selbsthilfe bei häufigen Beschwerden, wo es nicht direkt einen Arzt braucht. Getting Better: Where Should I Go? A Website for Self-Care of Common Health Complaints That Do Not Require Immediate Medical Attention.	Deutsch, English & more	Webpage, Factsheets	

Nr.	Category	Material Description	Languages	Format	Weblink
23.	 	Wiener Gesundheitsförderung: Broschüre mit Tipps zu Gesunde Ernährung	Deutsch	Brochure	
24.	  	Die Umweltberatung. Gesunde, regionale und saisonale Rezept-Auswahl. Die Umweltberatung: Selection of Healthy, Regional, and Seasonal Recipes	Deutsch, English	Webpage	
25.	 	Öffentliches Gesundheitsportal Österreichs. Gesunde Rezepte – Rezepte, die insbesondere den natürlichen Umgang mit Zutaten in den Fokus stellen Austria's Public Health Portal: Healthy Recipes – Recipes That Focus on the Natural Use of Ingredients.	Deutsch, English	Webpage	

Nr.	Category	Material Description	Languages	Format	Weblink
26.	  	WWF. Healthy and sustainable Recipes. Recipes that reduce the impact of the food on the earth.	English	Webpage	
27.	  	Die Umweltberatung: Einfache Gerichte, mehrmals verwendbar (in Krisenzeiten)	Deutsch	Website, Exercise	
28.	  	GetCohesive Pilot „Food Citizens“ Kulinarischer Stadtplan für neue Wiener*innen	English	Factsheet, Brochure	
29.	 	Die Umweltberatung: Wichtige Tipps und Informationen zur Vermeidung von Lebensmittelabfällen	Deutsch	Webpage	

Nr.	Category	Material Description	Languages	Format	Weblink
30		Die Umweltberatung: Lebensmittel Lexikon	Deutsch	Webpage	
31.		Öffentliches Gesundheitsportal Österreichs. Hygiene für die Küche & zu Hause	Deutsch	Webpage	
32.		Wiener Gesundheitsförderung: Broschüre mit Tipps und Informationen zu Seelischer Gesundheit	Deutsch	Brochure	
33.		Wiener Gesundheitsförderung: Broschüre für Tipps und Empfehlungen zum Thema Bewegung im Alltag	Deutsch	Exercise, Brochure	
34.		Wiener Gesundheitsförderung: Broschüre mit Tipps und Empfehlungen zur Kinderzahngesundheit	Deutsch	Brochure	

Nr.	Category	Material Description	Languages	Format	Weblink
35.	 	Bundesinstitut für Öffentliche Gesundheit. Fußball, Fitness, Ernährung	Deutsch	Webpage, Factheet	
36.		Das deutsche Gesundheitssystem. Grundprinzipien des Gesundheitssystems, Akteure, gesetzliche Krankenversicherung, Gesundheitsversorgung und Pflege, Herausforderungen und Chancen	Deutsch	eBook	
37.	  	Hilfetelefon. Gewalt gegen Frauen	Deutsch	Factsheet	
38.	 	Der Patientenservice. Mir geht es nicht gut. Was soll ich tun? Hilfetelefon zur Selbsteinschätzung von Beschwerden	Deutsch	Webpage	

Nr.	Category	Material Description	Languages	Format	Weblink
39.		Gesund werden. Wo bin ich richtig? Orientierung im österreichischen Gesundheitssystem – Wohin mit welchen Beschwerden? Feeling Unwell? Where Should I Go? A Guide to the Austrian Healthcare System and the Right Point of Care for Different Symptoms.	Deutsch, English & more	Webpage	
40.		Öffentliches Gesundheitsportal Österreichs. Erklärvideos zum österreichischen Gesundheitssystem und zu gesundheitsspezifischen Themen Austria's Public Health Portal: Educational Videos on the Austrian Healthcare System and Various Health Topics.	Deutsch, English & more	Video, Webpage	
41.	 	Volkshilfe Wien - Gesundheitslots*innen: Die Gesundheitsübersetzer*in – Booklet mit hilfreichen Wörtern und Sätzen für eine gute Kommunikation bei Ärzt*innen	Deutsch, Somali, Russian, Farsi	Brochure, Booklet, Exercises	

Nr.	Category	Material Description	Languages	Format	Weblink
42.	 	Volkshilfe Wien – Gesundheitslots*innen: Die Gesundheitsübersetzer*in – Booklet mit hilfreichen Wörtern und Sätzen für eine gute Kommunikation bei Ärzt*innen	Deutsch, Türkisch, Bosanski, Arabic	Brochure, Booklet, Exercises	
43.	  	Take Care Project. The Healthcare Language Guide for Migrants, including a Phrase Book divided in 12 topics, a Word Fan that provides the words from each topic translated in 17 languages, a Medical Route with information about the healthcare system of the partner countries, a Basic Language Emergency Kit in 17 languages.	English & More	Webpage, Exercises, Toolkits, eBook, Factsheets	
44.	 	Landesbeauftragte Landesbeauftragte für psychische Gesundheit. Psychosoziale Nothilfenummern in Berlin	Deutsch	Webpage	
45.	 	Bundesamt für Bevölkerungsschutz und Katastrophenhilfe. Allgemeine Hinweise für die Vorbereitung auf Notfälle und Katastrophen	Deutsch	Factsheet, Toolkit	

Nr.	Category	Material Description	Languages	Format	Weblink
46.	 	Bundesamt für Bevölkerungsschutz und Katastrophenhilfe. Ratgeber: Vorsorgen für Krisen und Katastrophen Federal Office of Civil Protection and Disaster Assistance: Preparing for Crises and Disasters – A Practical Guide.	Deutsch, English	Webpage, Factsheets	
47.		Bundesministerium für Gesundheit. Gesundheit für alle – Ein Wegweiser durch das deutsche Gesundheitswesen	Deutsch	Brochure, Infographic	
48.		Schulinitiative „Pausenlos gesund“ Wie funktioniert unser Gesundheitssystem?	Deutsch	Webpage, Exercises, Toolkit, E-Learning	
49.	 	Stiftung Gesundheitswissen. 5 Fragen an den Arzt: Wie bereiten man sich auf einen Arztbesuch vor?	Deutsch	Webpage	

Nr.	Category	Material Description	Languages	Format	Weblink
50.	  	Handreichung/Broschüre, die sich an Jugendliche richtet mit dem Ziel für die Bedeutung Mentaler Gesundheit zu sensibilisieren, mit angeleiteten Übungen zur Selbstreflexion und Tipps für den Alltag.	Deutsch	Toolkit, Brochure	
51.		Austria's Public Health Portal: Weblinks to information and handouts for different health topics and advices	Deutsch, English & more	Brochure, Webpage	
52.	 	Gesundheitsinformationen. Was ist bei Suchmaschinen zu beachten?	Deutsch	Factsheet	
53.		Deutsches Netzwerk Gesundheitskompetenz	Deutsch	Webpage, Factsheets, Brochure, Networks	

Nr.	Category	Material Description	Languages	Format	Weblink
54.	 	Infos ohne Nebenwirkung. Wie erkenne ich seriöse Gesundheitsinformationen? Hilfreiche Informationen und Tipps um gute, hilfreiche und seriöse Gesundheitsinformationen im Netz zu erkennen.	Deutsch	Webpage, Toolkits	 
55.	 	Medizin transparent. Gesundheit im Faktencheck. Medizin transparent überprüft Gesundheitsmythen und Behauptungen rund um die Gesundheit – aus Werbung, Medien und Internet.	Deutsch	Webpage, Toolkits, Factsheets	
56.	 	Schulinitiative „Pausenlos“. Gute Informationen suchen, finden und bewerten. Wie man verlässliche Gesundheitsinformationen finden kann	Deutsch	Webpage, Toolkits, Exercises, Factsheets	
57.		AIXTRA – Kompetenzzentrum für Training und Patientensicherheit. Vielzahl von praktischen Hilfen zu Gesundheitsthemen	Deutsch	Webpage, Videos,	

Nr.	Category	Material Description	Languages	Format	Weblink
58.	 	Thema Digitale Medien für Interessierte, aber auch für Fachkräfte, die einen ersten Überblick bekommen möchten.	Deutsch	Webpage	
59.	  	Bundesinstitut für Öffentliche Gesundheit. Fernsehen in der Grundschule. Suchtprävention in der Grundschule	Deutsch	Ebook, Toolkit	
60.	 	Bundesinstitut für Öffentliche Gesundheit. Broschüre Zeit für Digitales "Medien und Digitales - Elterninfo"	Deutsch	Brochure	
61.	 	Schulinitiative „Pausenlos“. Gesunder Medienkonsum für Jugendliche und junge Erwachsene	Deutsch	Videos, Webpage	

Nr.	Category	Material Description	Languages	Format	Weblink
62.	  	Bundesinstitut für Öffentliche Gesundheit. Medienvertrag: Mitmachangebot Ernährung – Bewegung - Stressregulation	Deutsch	Brochure, Toolkit	
63.	  	Vielfalt an Broschüren zum Thema Umgang mit digitalen Medien im Kindheits- und Jugendalter, vor allem für Eltern bzw. Erziehungsberechtigte	Deutsch	Brochure, Webpage	
64.	 	Erste Hilfe für die Seele & 10 Schritte zur psychischen Gesundheit (pro mente austria) – Postkarten und Broschüren zum Thema Seelische Gesundheit und psychische Krisen	Deutsch	Webpage, Brochure, Factsheets, Toolkit	
65.	 	WHO. Booklet for supporting people with practical skills and advices to cope with stress. Available in diverse languages	English	Booklet	

Nr.	Category	Material Description	Languages	Format	Weblink
66.	 	Flight and Trauma – Self Help. Understanding Physical and Mental Health Symptoms After Forced Displacement and Migration – Information and Coping Strategies	English & various subtitles	Video	
67.	  	NHS. Self-help Find tips, guides, tools and activities to support and improve mental health.	English	Webpage, Factsheets	
68.	  	NHS. Women's health: Information and support on health, wellbeing, conditions and screening (various topics)	English	Webpage, Factsheets	
69.	  	Healthy eating from the start: Information on nutrition during pregnancy and breastfeeding	English	Webpage, Factsheet, Toolkits	

Nr.	Category	Material Description	Languages	Format	Weblink
70.		WHO. Factsheets on various health topics	English & more	Factsheets, Webpage	
71.	 	WHO. Health Economic Assessment Tool (HEAT) for walking and cycling. A tool to support the evaluation and planning of walking and cycling.	English	Toolkit, Factsheet, Video	
72.	 	WHO. Physical activity - Benefits of physical activity and risks of sedentary behaviour and inactivity	English	Webpage, Factsheet	
73.	 	WHO. E-Library of Evidence for Nutrition Actions. An online library of evidence-informed guidelines for nutrition interventions and single point of reference for the latest nutrition guidelines, recommendations and related information.	English	Webpage	

Nr.	Category	Material Description	Languages	Format	Weblink
74.	 	WHO. Child health: Recommended food for the very early years	English	Webpage, Factsheet	
75.	  	FrüheHilfen. Early Childhood Interventions. Information about early parenthood	English & more	Webpage, Factsheets	
76.		WHO. Health literacy – What is health literacy and why is it important?	English	Webpage, Factsheet	
77.	 	EU Commission. Health information manipulation. How to check to accuracy of online information about health	English	Webpage, Booklets	
78.	 	Eufic. Debunking 10 common nutrition myths for 2025. Short information on 10 myths related to nutrition	English	Webpage	

Nr.	Category	Material Description	Languages	Format	Weblink
79.	  	WHO. Your life, your health - Various information on health topics such as how to find and use health information, health rights, tips and information by life phase	English	Toolkit, Webpage	
80.	 	Stadtteil-Gesundheits-Zentrum Neukölln. Informationen und Angebote zu Gesundheit – und darüber hinaus. Allgemeinmedizinische und kindermedizinische Praxen, Beratung, Selbsthilfe.	Deutsch & more	Webpage, Centre	
81.	 	WHO. Child health: Recommended food for the very early years (Questions & Answers)	English	Webpage	

Nr.	Category	Material Description	Languages	Format	Weblink
82.	  	WHO. Refugee and Migrant Health Tool. Refugee and Migrant Health Toolkit (the Toolkit) developed by WHO's Health and Migration Programme is a comprehensive, operational and user-friendly source of information, guidance and tools supporting implementation of health and migration related activities	English	Webpage, Toolkit	
83.	 	StJohn. First Aid Fact Sheets for various situations.	English	Factsheets, Webpage	
84.	 	Deutsches Rotes Kreuz. Erste Hilfe: Praktische Anleitungen	Deutsch	Webpage, Video, Factsheets	
85.	 	iSLCOLLECTIVE. Various First aid Worksheets to learn and improve first aid in various situations	English	Exercises	

Nr.	Category	Material Description	Languages	Format	Weblink
86.	 	NHS. Food labels. Explanation about food labels to help choose between products	English	Webpage	
87.	 	Osmosis. How to read a nutrition fact label	English	Video	
88.	 	WHO. Nutrition labelling	English	Webpage	
89.	  	Stiftung Gesundheitswissen. Soziale Netzwerke: Chance und Risiken für Jugendliche	Deutsch	Video	

Nr.	Category	Material Description	Languages	Format	Weblink
90.	 	Schulinitiative “Pausenlos gesund” Gesundheitsfragen – sind soziale Medien eine gute Quelle?	Deutsch	Webpage, Factsheet	
91.	 	WHO. Teens, screens and mental health. Report on healthier online habits among adolescents	English	Factsheet	
92.	  	European Court of Auditors. Air pollution. Our Health still insufficiently protected	English	Article	
93.	  	BBC. Healthy meals on a budget. Recipes to help you eat well when money is tight.	English	Webpage, Toolkit	

Nr.	Category	Material Description	Languages	Format	Weblink
94.	 	WHO. Food Safety. Information about food safety related to hygiene, malnutrition and disease	English	Factsheet	
95.	 	WHO. Mental Health – Information on Mental health promotion and prevention	English	Factsheet	
96.	  	Centre for Clinical Interventions. What is sleep Hygiene	English	Factsheet	
97.	 	NHS. Breathing exercises for stress.	English	Exercise, Webpage	

Nr.	Category	Material Description	Languages	Format	Weblink
98.	 	WHO. Self-care competency framework – volume2: knowledge guide for health and care workers to support people’s self-care	English	eBook	
99.	  	NHS Physical activity guidelines for older adults	English	Factsheet	
100.	  	AUSL Bologna: Il Colloquio Motivazionale Breve. Practical slides explaining motivational interviewing as a collaborative conversation style to strengthen motivation and commitment to change. Very useful for Health Guides working on communication, trust-building and small behaviour-change conversations.	Italian	Slides, methods, training material	

Nr.	Category	Material Description	Languages	Format	Weblink
101.	  	ASL Roma 2: Il Consiglio Motivazionale Breve sugli stili di vita. Practical manual on short motivational conversations around lifestyle habits. Useful for Health Guides who need simple communication strategies without giving medical advice.	Italian	PDF, manual, methods	
102.	 	Ascolto attivo e relazione di aiuto nelle professioni sanitarie. Slide-based resource on active listening, helping relationships and communication in health-related contexts. Useful for informal conversations and peer-support moments.	Italian	Slides, training material, methods	
103.	 	Caritas: La facilitazione dei gruppi. Practical material on how to facilitate group communication and improve participation. Useful for Health Guides leading small peer discussions or community reflection moments.	Italian	PDF, methods, facilitation tool	

Nr.	Category	Material Description	Languages	Format	Weblink
104.		DoRS: Health Literacy – Alfabetizzazione sanitaria. Introductory material on health literacy, useful to understand why people may have difficulties finding, understanding and using health information.	Italian	PDF, background information	
105.	  	ISS / WHO: Kit per la Prescrizione Sociale. Practical toolkit connecting people with social, community and local resources to support health and wellbeing. Useful for Health Guides working in community or volunteering settings.	Italian	PDF, toolkit, methods	
107.	 	Integrazione Migranti: Informa Salute – Accesso al Servizio Sanitario Nazionale per i Cittadini Stranieri. Practical guide on access to the Italian National Health Service for foreign citizens. Useful for Health Guides working with migrants or vulnerable communities.	Italian	Website, practical guide	

Nr.	Category	Material Description	Languages	Format	Weblink
108.	 	Ministero della Salute: Piano d'azione salute per e con le comunità Rom, Sinti e Caminanti. Action framework on health, access and inclusion for Roma, Sinti and Caminanti communities. Relevant for outreach activities in marginalised communities.	Italian	PDF, background information, action plan	
109.		ULSS 8 Berica: Servizi online. Local page collecting practical online services such as CUP, bookings, payments, medical documentation, reports and other digital access points. Useful for practical navigation activities.	Italian	Website, practical service information	
110.		ULSS 8 Berica: iCUP e iTicket – prenota e paga online visite ed esami. Local resource on booking visits, paying tickets and accessing online services. Very practical for people dealing with tickets, booking procedures and access barriers.	Italian	Website, practical service information	

Nr.	Category	Material Description	Languages	Format	Weblink
111.	 	ISSalute: Falsi miti e bufale. Accessible resource on reliability of online health information and social media. Collection of short health myths. Useful as ready-to-use conversation starters for informal group discussions.	Italian	Website, background information, practice examples	
112.	  	ISSalute: Attività fisica. Simple and accessible resource on the benefits of physical activity for prevention, wellbeing, stress and daily life. Useful for low-threshold activities such as walks or informal wellbeing conversations.	Italian	Website, background information	
113.	  	ULSS 8 Berica: Gruppi di cammino. Local Vicenza resource on walking groups as low-threshold opportunities for movement, socialisation and health promotion.	Italian	Website, practice example, local service information	

Nr.	Category	Material Description	Languages	Format	Weblink
114.	  	ULSS 8 Berica: Rete dei Comuni Attivi. Local resource connecting physical activity, green spaces, walking groups, safe public spaces and community wellbeing. Useful for outdoor wellbeing and neighbourhood-based activities.	Italian	Website, local initiative, methods	
115.	  	ULSS 8 Berica: 1 Km al giorno. Local health promotion initiative encouraging simple daily movement and connection with walking groups. Useful as an easy example for low-threshold physical activity actions.	Italian	Website, practice example, local initiative	
116.	 	WHO: Fare ciò che conta nei momenti di stress. Illustrated guide with simple stress-management and self-care exercises, suitable for Health Guides and participants. Useful as an easy practical resource rather than theoretical mental health material.	Italian	PDF, illustrated guide, exercises	

Nr.	Category	Material Description	Languages	Format	Weblink
117.	 	Scegliere con Cura: 5 domande per il tuo medico. Very practical tool with five simple questions that people can use before an exam, treatment or medical decision. Useful for Health Guides helping participants prepare for conversations with health professionals.	Italian	Website, practical checklist, conversation tool	
118.	 	IRCCS Burlo Garofolo: La visita medica. Short handbook helping patients prepare for medical appointments, write down questions and remember that information does not replace the doctor-patient relationship. Very useful as a practical handout for navigation and communication activities.	Italian	PDF, practical guide, checklist	

Nr.	Category	Material Description	Languages	Format	Weblink
119.	 	Regione Lombardia: Approcci e strategie di educazione tra pari. Methodological document on peer education as transmission of knowledge and experience among members of a peer group. Useful to strengthen the peer-support logic behind Health Guide activities.	Italian	PDF, methods, peer education framework	
120.	 	Regione Emilia-Romagna: La facilitazione situata. Practical manual on facilitation in local health and community processes, useful for trainers or organisations supporting Health Guides in participatory workshops and community activation.	Italian	PDF, manual, facilitation methods	
121.	  	Erickson: Attivare e facilitare i gruppi di auto/mutuo aiuto. Practical excerpt on how to activate and facilitate self-help/mutual-help groups, including reference to volunteers. Useful for peer groups, women's lifestyle groups and community discussion circles.	Italian	PDF excerpt, methods, practice example	

Nr.	Category	Material Description	Languages	Format	Weblink
122.	 	Ministero della Salute / CREA: Linee guida per una sana alimentazione italiana. Authoritative but practical reference on healthy eating for the Italian population, useful as background for food-related activities without giving personalised dietary advice.	Italian	PDF, guidelines, background information	
123.	  	Regione Veneto – VivoBene: Alimentazione. Accessible webpage on food safety, healthy eating and correct food management. Useful for informal discussions on healthy meals, food hygiene and everyday prevention.	Italian	Website, practical information	
124.	 	AULSS 7 Pedemontana: Pillole di sana alimentazione. Short “pills” with useful information, suggestions and recipes. Very suitable for Health Guides because it provides small, easy-to-use learning nuggets for informal food and wellbeing activities.	Italian	Website, learning nuggets, recipes	

Nr.	Category	Material Description	Languages	Format	Weblink
125.	 	SIAN AULSS 9 Scaligera: Ricette. Simple and healthy recipes approved by the local food and nutrition hygiene service. Useful for healthy aperitif, cooking discussion, women's lifestyle groups or low-cost food activities.	Italian	Website, recipes, practice examples	
126.	  	Il Manuale del Walking Leader. Practical manual for people facilitating walking groups. It explains the role of the walking leader as someone who welcomes, informs, motivates and acts as a reference point for the group. Very close to the Health Guide role.	Italian	PDF, manual, practice example	
127.	  	ASL Roma 2: Come attivare un Gruppo di Cammino. Short practical brochure explaining how to start a walking group and why walking is simple, low-cost and useful for prevention. Good ready-to-use model for micro-activities.	Italian	PDF, brochure, practice example	

Nr.	Category	Material Description	Languages	Format	Weblink
128.	 	AIRC: Istruzioni per una navigazione sicura. Short and accessible guide with practical advice for safely navigating online health information. Useful to complement ISSalute myth-busting with a more “how-to” oriented resource.	Italian	Website, practical guide, checklist-style advice	
129.		ULSS 8 Berica: Il Fascicolo Sanitario Elettronico – Sanità km zero. Updated local resource explaining access through Sanità km zero, SPID/CIE, prescriptions, documents, reports and bookings. Better replacement for the old video playlist.	Italian	Website, practical service information	
130.	  	ISSalute: Stress – positivo o negativo, come gestirlo. Accessible resource with simple suggestions such as breathing, relaxation, physical activity and healthy habits. Useful for informal self-care discussions and low-threshold wellbeing activities.	Italian	Website, background information, practical tips	

Nr.	Category	Material Description	Languages	Format	Weblink
131.	 	eBOOK for health educators referring to effective communication with the patient, disease management and general health education.	Poland	eBook, Methods & supporting materials	
132.	  	Health education – a non-compulsory school subject introduced to curriculum 2025 to primary and secondary schools. It aims at providing comprehensive care for pupils' physical, mental, social and sexual health. The curriculum covers disease prevention, healthy eating, digital hygiene, first aid and relationship building.	Poland	Website, Background information	

Nr.	Category	Material Description	Languages	Format	Weblink
133.	  	Akademia NFZ to oficjalny, bezpłatny portal edukacyjno-informacyjny Narodowego Funduszu Zdrowia poświęcony profilaktyce, zdrowemu stylowi życia oraz rzetelnej wiedzy medycznej. Strona promuje prozdrowotne nawyki, oferuje gotowe plany żywieniowe, ćwiczenia oraz katalog usług medycznych, skierowane do szerokiego grona odbiorców, w tym dzieci, kobiet i seniorów.	Poland	Website, Background information	
134.	 	Narodowy Instytut Zdrowia Publicznego oferuje materiały edukacyjne dotyczące zaleceń żywieniowych dla osób z konkretnymi schorzeniami (np. Cukrzyca, nadciśnienie, choroby tarczycy)	Poland	Website, Background information	
135.	  	Baza wiedzy i zaleceń w formie strony internetowej w ramach ogólnopolskiego programu „Moje zdrowie“, z zaleceniami i rekomendacjami dotyczącymi diety, aktywności fizycznej i postępowania w sytuacjach kryzysu zdrowia.	Poland	Website, Background information	

Nr.	Category	Material Description	Languages	Format	Weblink
136.		Oficjalna strona Ministerstwa Zdrowia oferująca informację o dostępnych strategiach i programach profilaktyki i leczenia.	Poland	Website, Background information	
137.	  	Narodowe Centrum Edukacji Żywieniowej (NCEŻ) to profesjonalna, prowadzona przez Narodowy Instytut Zdrowia Publicznego PZH – PIB platforma multimedialna, będąca głównym rządowym źródłem rzetelnej wiedzy o zdrowym żywieniu w Polsce. Oferuje bezpłatne artykuły, porady dietetyczne online oraz kursy, opierając się na badaniach naukowych (EBM)	Poland	Website, Background information	
138.	 	Dobrostan psychiczny w Polsce. Co myślimy o pomocy psychologicznej? Raport z badań ilościowych. Instytutu Psychologii Polskiej Akademii Nauk, Warszawa 2024	Poland	eBook, background information	

Nr.	Category	Material Description	Languages	Format	Weblink
139.	 	Techniki radzenia sobie w trudnych emocjach. Fundacja Nie Widać Po Mnie 2025	Poland	Ebook, Methods & supporting materials	
140.	 	Kryzysy psychiczne i zaburzenia. Kompendium wiedzy o kryzysach psychicznych i depresji. Fundacja Nie Widać Po Mnie 2025	Poland	Ebook, Methods & supporting materials	
141.	 	Jak radzić sobie ze stresem? Czym jest stres, jakie są konsekwencje i jak budować własną odporność psychiczną. Fundacja Nie Widać Po Mnie 2025	Poland	Ebook, Methods & supporting materials	
142.	 	Psychologiczna pierwsza pomoc: Niezbędne informacje dla dorosłych w kryzysie: gdzie i jak szukać pomocy? Fundacja Nie Widać Po Mnie 2024	Poland	Ebook, Methods & supporting materials	

Nr.	Category	Material Description	Languages	Format	Weblink
143.	 	7 kroków do cyfrowego detoksu od telefonu: Jak się „od-uzależnić” od telefonu	Poland	Online Article, Methods & supporting materials	
144.	 	Wyłącz ekran, włącz życie: cyfrowy detoks bez wyrzeczeń. Podcast „Psychologia, którą warto znać” odc. 116	Poland	Podcast, Methods & supporting materials	
145.	 	Pierwsza pomoc emocjonalna. Fundacja Adamed, Serwis Życie Warto Jest Rozmowy 2023 Poradnik zawiera wskazówki dotyczące podejmowania przez dorosłych różnorodnych interwencji wobec dzieci i nastolatków w kryzysie emocjonalnym.	Poland	Ebook, Methods & supporting materials	

Nr.	Category	Material Description	Languages	Format	Weblink
146.	 	Zrozumieć siebie. Praktyczny przewodnik po emocjach. Fundacja Adamed, Serwis Życie Warte Jest Rozmowy 2024 Poradnik skierowany jest do młodzieży szkolnej. Treści zawarte w poradniku wyposażają czytelnika w teoretyczną i praktyczną wiedzę na temat emocji i ich wpływu na myśli, zachowanie i ciało.	Poland	Ebook, Background information	
147.	 	Etapy kryzysu psychicznego: Kryzys psychiczny i co dalej. Fundacja Pomocy Psychologicznej i Edukacji RAZEM	Poland	Video, Methods & supporting materials	
148.	 	Razem po siłę. Poradnik, jak dbać o dobrostan psychologiczny. Fundacja Pomocy Psychologicznej i Edukacji RAZEM 2021	Poland	Ebook, Methods & supporting materials	
149.	 	Loneliness and social and civic behaviours. Fairness Policy Brief 1/2024	English	Article, Background information	

Nr.	Category	Material Description	Languages	Format	Weblink
150.	 	Jak zadbać o swój dobrostan, gdy uciekają siły. Stowarzyszenie Trenerskie Organizacji Pozarządowych 2023	Poland	Ebook, Methods & supporting materials	
151.	 	Asertywna komunikacja. Stowarzyszenie Trenerskie Organizacji Pozarządowych 2022	Poland	Ebook, Methods & supporting materials	
152.	 	Komunikacja jako jeden z elementów budowania kontaktu, relacji i procesu. Stowarzyszenie Trenerskie Organizacji Pozarządowych 2022	Poland	Ebook, Methods & supporting materials	
153.	  	Pomaganie w dobrostanie. Jak wspierać innych i dbać o siebie? Podręcznik dobrostanu. Stowarzyszenie Trenerskie Organizacji Pozarządowych 2024	Poland	Ebook, Methods & supporting materials	

Nr.	Category	Material Description	Languages	Format	Weblink
154.	  	How to support others and take care of yourself? – the manual for trainers working with people helping others. Stowarzyszenie Trenerskie Organizacji Pozarządowych 2024	English	Ebook, Methods & supporting materials	
155.	 	Między pędem a spokojem. O zarządzaniu sobą w czasie. Stowarzyszenie Trenerskie Organizacji Pozarządowych 2021	Poland	Ebook, Methods & supporting materials	
156.	 	Edukacja zdrowotna w podstawowej opiece zdrowotnej. Ebook dla edukatora. NFZ 2022	Poland	Ebook, Methods & supporting materials	
157.	 	Dezinformacja w świecie medycyny i dietetyki jako realny problem współczesnego świata. 2026, mgr inż. Paula Nagel	Poland	Article, Background information	
158.	 	Information - Rzecznik Praw Pacjenta reaguje na działania związane z dezinformacją medyczną	Poland	Background information	

Nr.	Category	Material Description	Languages	Format	Weblink
159.		Strona Rzecznika Praw Pacjenta (RPP). Rzecznik jest skoncentrowany na wprowadzaniu pozytywnych zmian w systemie opieki zdrowotnej w taki sposób, aby pacjenci znajdowali się w centrum dotyczących ich decyzji i działań związanych z opieką zdrowotną.	Poland	Background information	
160.	 	Dezinformacja w temacie ochrony zdrowia. Analiza zjawiska. NASK 2025	Poland	Article, Background information	
161.		Koncepcja alfabetyzmu zdrowotnego w promocji zdrowia. Samodzielna Pracownia Epidemiologii Uniwersytetu Medycznego w Lublinie	Poland	Article, Background information	
162.		Kryzys kompetencji zdrowotnych w społeczeństwie i jego konsekwencje dla zdrowia publicznego. Uniwersytet Śląski w Katowicach 2022	Poland	Article, Background information	

Nr.	Category	Material Description	Languages	Format	Weblink
163.		Health literacy (WHO)	English	Factsheet, Background information	
164.		Nauka alfabetyzmu zdrowotnego. Sieć Organizacji Społecznych dla Edukacji 2025	Poland	Interview, Background information	
165.	 	Nawigator pacjenta. Praktyczny poradnik jak poruszać się w systemie ochrony zdrowia Z Nawigatora dowiesz się jakie są Twoje prawa, a także jakie badania profilaktyczne możesz wykonać. To praktyczne i aktualne narzędzie dla pacjentów i cenne źródło wiedzy dla pracowników placówek medycznych. Nawigator Pacjenta powstał we współpracy Rzecznika Praw Pacjenta z Polskim Towarzystwem Medycyny Rodzinnej.	Poland	Ebook, Methods & supporting materials	

Nr.	Category	Material Description	Languages	Format	Weblink
166.	 	Informational material - Nierówności w zdrowiu i znaczenie ich pomiaru. Materiał opracowany przez Narodowy Instytut Zdrowia Publicznego PZH -Państwowy Instytut Badawczy w ramach realizacji Narodowego Programu Zdrowia (NPZ)	Poland	Toolkit, Background information	
167.	 	Kompetencje zdrowotne osób starszych – przegląd literatury. Studia ad Didacticam Scientiarum Socialium Pertinentia 13 (2023). Uniwersytet Komisji Edukacji Narodowej w Krakowie	Poland	Article, Methods & supporting materials	
168.		Pacjenci Sieci : informacyjne kompetencje zdrowotne. Kultura Popularna nr 3 (41), 2014	Poland	Article, Background information	
169.	 	Przeżyją najlepiej wykształceni. Edukacja zdrowotna. EPALE 2020	Poland	Article, Methods & supporting materials	

Nr.	Category	Material Description	Languages	Format	Weblink
170.	 	Metoda kanapki. Jak przekazać krytykę w informacji zwrotnej?	Poland	Article, Exercises / practice examples	

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www.healthycommunities.eu



www.bgz-berlin.de



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