



HPH DATA MODEL

Assess and document the health promotion needs of your patients

The HPH DATA Model is useful for practical clinical assessment and documentation of patient needs for health promotion services. It fits directly into WHO HPH standard 2 on patient assessment (see [Groene 2006](#)), and use of this tool precedes and is compatible with the HPH DOC-ACT Model below. The HPH DATA Model comprises just 9 simple questions that cover the 5 main risk factors (smoking, risky drinking, overweight/obesity, malnutrition and physical inactivity) influencing the treatment results of the patients. The model has been validated internationally. It is easy to understand and use with a low inter-variation in the clinical setting (see [Tønnesen et al 2012](#)).

HPH Data Model: Document risk in medical records

Yes/No Risk?

A. Risk of malnutrition

- A1. Does patient have a BMI < 20.5 ?
A2. Has patient suffered from weight-loss in the past month?
A3. Has patient suffered from decreased food intake in the last wk.?
A4. Is patient severely ill (sepsis, burns, etc.)?

<input type="radio"/>	<input type="radio"/>	}	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>		
<input type="radio"/>	<input type="radio"/>		
<input type="radio"/>	<input type="radio"/>		

B. Overweight

- B1. Does patient have a BMI > 25 ?
B2. Is patient's waist-measure > 80 cm (W) or 94cm (M) ?

<input type="radio"/>	<input type="radio"/>	}	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>		

C. Physical inactivity

- C1. Is patient physically active < 1/2 hour / day ?

<input type="radio"/>	<input type="radio"/>	}	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>		

D. Smoking

- D1. Does patient smoke daily ?

<input type="radio"/>	<input type="radio"/>	}	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>		

E. Drinking

- E1. Does patient drink > 14 drinks/wk (W) or 21 (M) ?

<input type="radio"/>	<input type="radio"/>	}	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>		

Note: YES to ANY of the questions in a group (A, B, C, D or E) equals RISK.

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HPH DOC-ACT MODEL

Assess and document the health promotion services you provide

The HPH DOC-ACT Model is useful for practical clinical assessment and documentation of health promotion services provided to patients, whether they be short face-to-face interventions or the longer and more intensive interventions with repeated meetings. It fits directly into WHO HPH standard 3 on information and intervention (see [Groene 2006](#)), and use of this tool follows and is compatible with the HPH DATA Model above. The HPH DOC-ACT model includes 2x8 health promotion activities. The model has been validated internationally. It is easy to understand and use (see [Tonnesen et al 2007](#)).

HPH Doc-Act Model: Document CHP activities in medical records

DRG Code

Counselling or motivational interviewing done regarding:

Smoking	BQFS01
Alcohol	BQFS02
Nutrition	BQFS03
Physical activity	BQFS04
Psycho-social relation	BQFS05
Other risk factors	BQFS06
Integrated counselling (consisting of several factors)	BQFS19

Intervention, rehabilitation or after-treatment done regarding:

Tobacco cessation	BQFT01
Alcohol intervention	BQFT02
Nutrition	BQFT03
Physical activity	BQFT04