
Transforming health services delivery towards people-centred health systems, WHO Regional Office for Europe, 2014.

Every child should have every opportunity to live a healthy and meaningful life. To ensure this happens, the Member States in the WHO European Region adopted this new strategy. The strategy recommends adopting a life-course approach that recognizes that adult health and illness are rooted in health and experiences in previous stages of the life-course. Available in English, French, German and Russian at: http://www.euro.who.int/en/health-topics/Life-stages/child-and-adolescent-health/publications/2014/investing-in-children-the-european-child-and-adolescent-health-strategy-20152020

Young people's health as a whole-of-society response – series, WHO Regional Office for Europe, 2011.
This series of publications summarizes current knowledge and policies, actions/interventions on what works in promoting the well-being of adolescents, a critical life stage in the life-course approach. It includes social and emotional well-being, chronic conditions and disabilities, adolescent pregnancy, HIV/STIs, overweight and obesity, violence, injuries and substance abuse. Available in English at: http://www.euro.who.int/en/health-topics/health-determinants/gender/publications/2012/young-peoples-health-as-a-whole-of-society-response-series

Improving the lives of children and young people: case studies from Europe. Volume 1. Early years, WHO Regional Office for Europe, 2013.
As part of the European review of social determinants of health and the health divide, experts were commissioned to write case studies addressing childhood and inequality. This diverse collection of case studies is presented in three volumes reflecting a “life-course” approach: Volume 1 addresses the early years, with examples from Greece, the Netherlands, Portugal, Sweden and the United Kingdom. Available in English at: http://www.euro.who.int/en/health-topics/Life-stages/child-and-adolescent-health/publications/2013/improving-the-lives-of-children-and-young-people-case-studies-from-europe.-volume-1.-early-years


Volume 3 in this collection of studies addresses school, with examples from Croatia, Cyprus, Denmark, Finland, France, Germany, Italy, Lithuania, the Netherlands, Spain and Sweden. Available in English at: http://www.euro.who.int/en/health-topics/Life-stages/child-and-adolescent-health/publications/2013/improving-the-lives-of-children-and-young-people-case-studies-from-europe.-volume-3.-school

Investment in the earliest periods of life since conception, using the life-course approach, are the most effective way to further reduce burden of disease, improve social inequity and achieve full developmental potential and well-being for children and adults. This review summarizes the current gaps, existing policies and opportunities for action in order to optimize early childhood development and achieve well-being for all. Available in English and Russian at: http://www.euro.who.int/en/health-topics/Life-stages/child-and-adolescent-health/publications/2014/early-child-development-in-the-european-region-needs-trends-and-policy-development


People have different and changing SRH needs throughout their lives; therefore policies need to address the whole life-course – from birth to old age. Applying a life-course approach to SRH is key for addressing these gaps. This brief informs discussion on how to move ahead with implementing a life-course approach to SRH. Available in English and Russian at: [http://ecca.unfpa.org/publications/thematic-brief-families-and-sexual-and-reproductive-health-over-life-course#sthash.lhxAAwvj.dpuf](http://ecca.unfpa.org/publications/thematic-brief-families-and-sexual-and-reproductive-health-over-life-course#sthash.lhxAAwvj.dpuf)


This strategy outlines how a life-course approach is required to ensure that ageing populations throughout Europe are able to lead active, healthy lives with access to affordable, high quality health and social services. Available in English, French, German and Russian at: [http://www.euro.who.int/en/health-topics/Life-stages/healthy-ageing/publications/2012/eurrc6210-rev.1-strategy-and-action-plan-for-healthy-ageing-in-europe,-20122020](http://www.euro.who.int/en/health-topics/Life-stages/healthy-ageing/publications/2012/eurrc6210-rev.1-strategy-and-action-plan-for-healthy-ageing-in-europe,-20122020)

Knowledge translation framework for ageing and health, WHO 2012.

The objective of the document is to assist policy- and decision-makers in integrating evidence-based approaches to ageing in national health policy development processes, specific policies or programmes addressing older population needs and other health programmes concerned with such issues as HIV, reproductive health, chronic diseases. Available in English at: [http://www.who.int/ageing/publications/knowledge_translation/en/](http://www.who.int/ageing/publications/knowledge_translation/en/)


This framework for programming provides evidence and strategies to help policy makers and programmers deliver services and promote healthy sexuality throughout an individual’s lifespan in order to achieve the potential for fulfilled, positive sexual health. Available in English at: [http://www.who.int/reproductivehealth/publications/sexual_health/rhr_hrp_10_22/en/](http://www.who.int/reproductivehealth/publications/sexual_health/rhr_hrp_10_22/en/)


This useful guideline is relevant to all involved in the care of preterm babies in order to optimize their immediate and long term outcomes across the life-course. Available in English at: [http://www.who.int/reproductivehealth/publications/maternal_perinatal_health/preterm-birth-guidelines/en/](http://www.who.int/reproductivehealth/publications/maternal_perinatal_health/preterm-birth-guidelines/en/)

Global Standards for quality health care services for adolescents, WHO, 2015.


In this special supplement the evidence and thinking that form the basis of the new global strategy for women, children’s and adolescents’ health is outlined, including the required priorities and interventions that are needed throughout the life-course to improve the health and well-being of women, children and adolescents around the world. Available in English at: [http://www.bmj.com/content/women’s-children’s-and-adolescents’-health-0](http://www.bmj.com/content/women’s-children’s-and-adolescents’-health-0)
This excellent report promotes the application of a human rights framework to ensure that high quality RMNCH is available, accessible and acceptable to all, emphasizing the importance of the continuum of care and life-course in its approach. Available in English at: http://www.everywomaneverychild.org/images/EPMM_final_report_2015.pdf

Laws and policies play a key role in upholding human rights and promoting sexual and reproductive health throughout the life-course. This toolkit allows countries to use a human rights framework to identify potential barriers and make proposals to overcome or reduce them in order to achieve positive SRH at all life stages. Available in English at: http://www.who.int/reproductivehealth/publications/gender_rights/rmnch-human-rights/en/

Global Strategy for Women’s, Children’s and Adolescent’s Health 2016-2030
Launched in New York on 26 September 2015, is a roadmap for ending all preventable deaths of women, children, and adolescents by 2030 and improving their overall health and well-being. The renewed Strategy supports the achievement of women’s, children’s and adolescents’ health-related post-2015 “Sustainable Development Goals” (SDGs), moving beyond reductions in mortality to a vision of healthy life for all through the life-course. Available in English at: http://www.who.int/life-course/partners/global-strategy/en/

Adolescence: building solid foundations for lifelong flourishing, Entre Nous No. 80, 2014.

One of our most popular issues, the articles in this edition address a broad spectrum of aspects of ageing and sexual health that recognize that sexuality and sexual health are an intrinsic part of health and well-being in older age. Available in English and Russian at: http://www.euro.who.int/en/health-topics/sexual-and-reproductive-health/publications/entre-nous/entre-nous/ageing-and-sexual-health.-entre-nous-no.-77,-2013

Noncommunicable diseases and sexual and reproductive health, Entre Nous No 75, 2012.
This 75th issue of Entre Nous explores the many parallels between NCDs and sexual and reproductive health across the life-course in terms of vulnerabilities and risks for and as a result of ill health, such as, poverty, inequity, social determinants of health and socio-cultural factors. Available in English and Russian at: http://www.euro.who.int/en/health-topics/sexual-and-reproductive-health/publications/entre-nous/entre-nous/noncommunicable-diseases-and-sexual-and-reproductive-health.-entre-nous-no.-75,-2012

Upcoming events

Useful Websites
WHO promoting health through the life-course: http://www.who.int/life-course/en/
Every women, Every Child: http://www.everywomaneverychild.org
The UCL Institute of Health Equity: http://www.instituteofhealthequity.org