WEBINAR
Integration across the care continuum: improving population health: the case of Catalonia

Carmen Cabezas. Deputy director for Health Promotion
Public Health Agency of Catalonia
Outline

☐ The context
☐ Improving population health and the Health in all policies (HiAP) approach: The Inter-ministerial Plan of Public Health of Catalonia
The changing global context: challenges and opportunities

Ageing
Innovation
Climate change
Globalization

Rising costs
NCDs
Citizen voice
Urbanization

Source: WHO Global Health Observatory Data Repository, 2015
Catalonia: an Autonomous Community of Spain

Catalonia is one of the 17 Autonomous Communities of Spain, and has full powers regarding citizens’ health care, including public health.

Government: Generalitat de Catalunya
Area: 32.106,5 km²
Life expectancy (2013): 83,2 (80,2m-86,0f) years
Birth rate (2013): 9,6
Crude Mortality rate (2013): 8,2
Infant mortality (2013): 2,5
Immigrant population (2014): 14,5%
(2001: 4,4%; 2005:11,4%); 2009:15,9%
Unemployment rate (2015): 17,5%
Population over 65 years (2014): 17,9%
Public Medical expenditure/capita (2013): 1227 €/year
Public health expenditure/capita (estimation): 23 €/year (1,9%)

High urban concentration
Own official language and culture

Source: IdesCat
Different People | Different Needs | Different Assets
Many opportunities for health: Good weather | Mediterranean Diet and Lifestyle | Nature and Landscape |
Both Life expectancy (83.2) as Healthy life expectancy (68.1) are very high in Catalunya (2013)

Between 2011 and 2014 healthy life expectancy increased 4 years: from 64.2 to 68.1

Goal: Building health
Non-communicable diseases (in blue) are the most frequent causes of DALYs and YLDs in Spain.

DALYs Disability adjusted life years
YLDs Years lived with disability
Leading causes of YLLs to premature death, 1990 and 2013, and percent change, 1990-2013

Spain

Rankings are based on YLLs per 100,000, all ages, not age-standardized.

http://www.healthdata.org/
Burden of disease attributable to leading risk factors, 2013

Spain

http://www.healthdata.org/
Inequalities
Health & social context

- Aging society (low fertility rates & high life expectancy)
- Epidemiological profile: NCDs
- Inequalities (social & geographical): North-East/South-West
- Emerging populations: Immigration
- Health level: overall improvement
- Global Threats: Climate Change, Infectious diseases; Obesity
- Health impact of economic crisis
- Universal health coverage
- Challenge to the sustainability of the Health System
- Increasing media interest and influence
- Increasing sense of vulnerability (individual and collective)
- Citizens’ growing request for empowerment
- Growing expectations of the population regarding (public health) services:
  - ability to anticipate health problems and risks to prevent them;
  - when they occur, ability to solve them in a rapid and transparent manner
Figure 1: Associations between poverty, non-communicable diseases (NCDs), and development goals. MDG = Millennium Development Goal.
Societal policies and processes influencing the population prevalence of obesity

Contextual determinants: levels of influence $\rightarrow$ ecological approach

( Gielen on Emmons, 2000)
Ecological Approach to Interventions: Smoking prevention and control

- Smoking Prevention and control Law 2005/2010
- Framework Convention on Tobacco Control
- Tobacco regulation and taxes
- Media Campaigns

Intrapersonal
- Knowledge
- Attitudes
- Beliefs

Interpersonal
- Family
- Friends
- Co-workers

Organization
- Workplace
- School
- Church
- Co-workers

Community
- Large
- Small

Policy
- Laws & regulations
- Prevention and care programs

Surveillance Networks
- Smoke free cities
- Community Action

Health system and NGO: group therapy
- Smoke-free class

Health System: advice and smoking cessation
- NGO
- Website information

Smoke free worksites, schools, etc.

(Gielen 2005; Emmons, 2000)
The Health Impact Pyramid, Dr. Thomas Frieden, CDC

Factors that Affect Health

- Smallest Impact
  - Counseling & Education
  - Clinical Interventions
  - Long-lasting Protective Interventions
  - Changing the Context to make individuals’ default decisions healthy
  - Socioeconomic Factors

Examples

- Eat healthy, be physically active
- Rx for high blood pressure, high cholesterol, diabetes
- Immunizations, brief intervention, cessation treatment, colonoscopy
- Fluoridation, 0g trans fat, iodization, smoke-free laws, tobacco tax
- Poverty, education, housing, inequality
Figura 7: El repte de la cronicitat requereix un enfocament poblacional

- Alta complexitat
  - Gestió del cas
  - Requereix un model d’assistència adaptat a les necessitats del pacient crònic complex, normalment pluripatològic.

- Mitjana complexitat
  - Gestió de la malaltia
  - Necessitat d’una major integració assistencial per a les malalties cròniques.

- Baixa complexitat
  - Responsabilitat i autonomia dels pacients
  - Suport a l’autogestió i convivència amb la malaltia.

- Ciutadans
  - Promoció i prevenció
  - Accions de promoció per als ciutadans i de prevenció per als grups de risc.

Les mesures són incrementals i afecten la part més baixa a les següents etapes de la malaltia.
The health of the Population is largely determined by the social determinants of health: 80% of health determinants reside outside the health system!
Social Determinants of Health

Population Health

- Physical Environment
  - Environmental quality
  - Built environment
- Health Care
  - Access to care
  - Quality of care
- Socio-Economic Factors
  - Education
  - Employment
  - Income
  - Family/social support
  - Community safety
- Health Behaviors
  - Tobacco use
  - Diet & exercise
  - Alcohol use
  - Unsafe sex

Source: Authors’ analysis and adaptation from the University of Wisconsin Population Health Institute’s County Health Rankings model ©2010. http://www.countyhealthrankings.org/about-project/background

How does the population rate factors that determine our health?

Omnibus Survey 2014-2, Generalitat of Catalonia)

- Food: 57.2%
- Lifestyles: 43.7%
- Work: 29.5%
- Environment: 28.8%
- Education: 28.1%
- Income: 26.4%
- Health services: 25.8%
- Housing: 11.8%
- Social and community support: 5.8%
Health in all policies is an strategic priority at a national and international level

Strategic objectives of Health 2020: stronger equity and better governance for health

12. **Health 2020** recognizes that successful governments can achieve real improvements in health if they work across government to fulfil two linked strategic objectives:

- improving health for all and reducing health inequalities
- improving leadership and participatory governance for health.
The Policies of all Government departments influence health: Health in all Policies
Inter-ministerial Public Health Plan | PINSAP |

Coordinated with the Health Plan of Catalonia, it is the government tool and the framework of public health actions. The plan proposals bind the Government. The time framework is 2014-5 (Horizon 2020)

A legal mandate: The Public Health Act of Catalonia (18/2009) approved unanimously, includes the PINSAP. It is the vehicle for the HiaP strategy.

The Health Department, through the Public Health Secretariat and the DGPRS, leads the Plan, in coordination with the CatSalut.

An Interdepartmental Health Council (CIS) was created, by a Government agreement on the 20th November 2012. The Council includes representatives of all government departments, and is lead by the Public Health Secretary.
Interdepartmental Health Council | CIS |

- Constituent meeting 13.05.13
- 3 Taskforces
- Bilateral meetings
- 5 Meetings of CIS
- Participation of 42 entities

Elaboration of PINSAP (2013)
Follow-up of Implementation (2014-5)
February 2014: Official Presentation and Government Agreement

The president of Catalonia, Artur Mas, the Ministry of Health, Boi Ruiz, and the Regional Director of the WHO Regional Office for Europe, Ms. Zsuzsanna Jakab

President Mas: "L’acció del Govern en matèria de salut passa necessàriament per la prevenció"

- El Govern presenta un pla estratègic i pioner a Europa per millorar la salut de la població

Video English

| PINSA | Pla interdepartamental de salut pública | G de Catalunya |
Main goals / Strategic axis **PINSAP**

- To incorporate effectively the health at the core of government policy (Health in all policies)
- To involve all government departments, so that they can capitalize on their positive influence on health and
- To improve the coordination and to promote synergies involving an increase in the effectiveness, efficiency and equity of policies on health and wellness.

With the Horizon 2020, the plan includes 30 interventions in 14 areas grouped in two strategic directions:
- To increase the years of healthy life of the population of Catalonia
- To incorporate a health perspective in the design and evaluation of public policies
Conceptual Framework of PINSAP | Inter-ministerial Public Health Plan

Adapted by the Inter-ministerial Health Commission from the Dahlgren and Whitehead’s model of the social determinants of health.
In relation to the health status of the Catalanian population, five challenges 2014-5 were identified.
The PINSA P eases the action on health through the intersectoral action on the social determinants of health and the action over individuals and communities through health services
Adapted by the Inter-ministerial Health Commission from the Dahlgren and Whitehead's model of the social determinants of health.

Health in all policies
Health education
Risk factors management

Healthy food availability
+ Healthy pathways
+ Active transportation
+ Social Prescription /Books and health

Núria, 62
Health education
Risk Factors management

Occupational Policies + Mental Health support
+ Community action on alcohol and smoking
+ Active transportation

Pere, 50
Health education
Screening, vaccination, advice

Fitjove: sport to drug-use prevention
+ Schools open to the community
+ Health at school program
+ Active transportation

Joan, 14
Health in All Policies

**PINSAP** Interministerial Plan of Public Health

**Diffusion at the territorial level**

Taskforces with municipalities and NGOs and Social sector

**Specific actions in all challenges**

- Easy Fruit → 160 restaurants and fruits shops
- Mediterranean diet (AMED): 90% Hospital canteens and 490 restaurants
- Social Prescription: 4 municipalities
- FitJove: 12 municipalities
- Quality Nights Programme: 17 municipalities; 43 nightclubs. European Net: Partyplus
- HIV Screening in Primary Care and Pharmacist
- Community Health
- Health Promoting Worksites
- Literature and health: Conferences
- Government agreement for Health Impact Assessment: Health Lens
- Health and Crisis Observatory: Reports
La directora de Salut Pública de l'OMS assenyala que estratègies de salut en totes les polítiques, com el PINSAP, són clau per allargar els anys en bona salut de la població.

Més de 140 professionals revisen els assoliments i els reptes del PINSAP per al 2020 durant la I Jornada de Treball del Pla Interdepartamental de Salut Pública. Bori Ruiz remarca la implicació de tot el Govern per millorar la salut de la població.

Més de 140 professionals han participat a la I Jornada de Treball del PINSAP (Pla Interdepartamental de Salut Pública) per revisar els assoliments del programa i les actuacions per al 2020.

**Video Summary 1**

**year of PINSAP**
Report No. 1 identifies 566 activities impacting on health determinants and which have originated from ministries other than the Ministry of Health.
COMSalut Project
A Community Health Approach

- AUPA: a network of more than 80 primary care centers + public health local teams that work in community health on a voluntary basis
- Territorial Networks working in community health

- Demonstration project in 16 territories of Catalonia
- Reorientation of the focus of action of the health system (primary care and public health) towards community health
- In collaboration with municipalities (social services, public health and others)) to launch community health projects
- Based on the community assets and needs
- Management autonomy
Observatory of the effects of the crisis on the population health

The first report concludes that there has been a worsening of the socio-economic determinants related with the crisis especially in vulnerable people, but for the overall population the health indicators remain stable and fairly well.
Health Lens (Test Salut)

- According to a Parliament Resolution and a Government Agreement
- Is a Screening tool for Health Impact Assessment that has been developed and piloted
- In process of systematic application for all the main policies and strategies of the Government of Catalonia
A DAY IN THE LIFE OF YOUR HEALTH

Wake up
Have breakfast
Commute
Job search
Enjoy leisure time
Volunteer at school
Do the shopping
Get vaccinated
Visit Grandpa

Urban planning and housing
Nutrition
Mobility
Employment
Culture, leisure, and physical activity
Education
Environment
Health system
Social policies

Territory and sustainability
Ministry of Agriculture, Livestock, Forestry, and Food
Enterprise and Labour
Culture
Presidency
Justice
Governance and Institutional Relations
Health
Social culture and family

Infrastructure and road safety
Access to employment
Safety in the workplace
Inclusion
Prescription for social inclusion and cultural activities
Prescription for social and cultural activities
Prescription for social and cultural activities

Healthy environment
Healthy housing
Healthy food and nutrients
Better physical and mental health
Better health thanks to good nutrition
Better physical health
Accurate cultural amenities
School success, social cohesion, and community participation
Health protection
Cronicity prevention

More efficient, available, and accessible quality social services
Community health
Rehabilitation of personal autonomy
Vaccination campaigns
Health education

Risk to Housing Plan 2013-2016, reaching 125,000 families
Consultation Room Safety Plan 2014-2016
ART project: promotion of the Mediterranean diet
Promotion of 400 establishments and 10,000 recipients of the "Agúl de Prat i Soler"
More than 217 million euros for activities to improve road safety
338 million euros (2012) in active employment policies for the young, unemployed, disabled, and at risk of social exclusion, with the participation of local authorities and other administrative and private bodies.
More than 70 million euros in investments from the Plan on Mental Health for 2014-2016
More than 290 million euros for the "Menorca cocktail" plan, which has reached 25,000 young people in 2013
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Plan for final and vegetable consumption of schoolchildren, with more than 750,000 students benefiting and a budget of 18 million euros
Air Quality Improvement Action Plan
Environmental quality measures for urban areas
"For a clean air!" Campaign
3 million annual interventions, assisted by private companies to avoid disease being avoided
Comprehensive Plan on Mental Health
"Social prescription" Guide
"At my door!

A day of health in all policies

| PINSAP | Pla interdepartamental de salut pública | Generalitat de Catalunya | Building Health |
Interministerial Public Health Plan
PINSAP

- A specific plan including government actions that have results in health (allowing all governmental sectors to capitalize any influences on health of the policies they promote)
- With defined objectives that can be assessed, prioritizes and collects a series of intersectoral and interdepartmental initiatives that act upon the key determinants of health
- A set of concise indicators which allow to render an account / and transparency of results
- A dynamic product able to incorporate new activities and stop others in line with other international experiences.
- Bearing particular attention to the socioeconomical situation and inequality axes

A healthier and more productive Catalonia
Pla Interdepartamental de Salut Pública (PINSAP)

La salut està influenciat per nombrosos determinants, molts dels quals estan fora del sistema sanitari. Al mateix temps, mantenir un bon estat de salut de la població impulsa el desenvolupament i benestar de la societat. Per aquest motiv, millorar la salut de la població es necessita l'acció conjunta de tot el Govern, amb un enfocament de salut en totes les polícies.

El Pla interdepartamental de salut pública (d'ara en darrere, PINSAP) és la figura que estableix la Llei 10/2009, de 22 d'octubre, de salut pública per tal de dur a terme les intervencions sobre els determinants de la salut de la població, que requereixen un abordatge conjunt des de molts sectors socials i de l'Administració pública, tant l'autonòmica com la local.

Té l'objectiu d'assolir els propòsits de millora i protecció de la salut de la forma més equitativa i eficient possible. És, per tant, un instrument de governança que vincula tot el Govern.

Són exemples molt directes de problemes de salut que requereixen intervencions intersectorials l'obesitat, les lesions per transcurs de gener de consum de drogues.

La Comissió Interdepartamental de Salut (CIS), creada explícitament pel Govern i coordinada pel Departament de Salut, a través de la Secretaria de Salut Pública té l'encarreg d'elaborar el projecte del PINSAP, que aprovarà el Govern i es presentarà al Parlament.
Funding public health protects our communities and kids, saves lives ... and saves money

Prevention and public health programs:

- Keep our kids healthy and communities strong
- Save lives
- Save money
Public health saves lives

For each 10 percent increase in local public health spending:

- Infant deaths decrease by 6.9%
- Cardiovascular deaths decrease by 3.2%
- Diabetes deaths decrease by 1.4%
- Cancer deaths decrease by 1.1%

Seatbelt use reduces serious injuries and death in car crashes by 50%.

In the 20th century, the U.S. reduced the rate of adults who smoke from 42% in 1965 to 25% in 1997.

Rates continue to drop — in 2010, 19% of adults smoked.

1965

2010
ROI of dollars spent in prevention/health promotion: 5.6 in 5 years *

* If the investment allows to put in practice an evidence based program