HEALTH PROMOTION AND PREVENTION STRATEGY OF THE SPANISH NATIONAL HEALTH SYSTEM

Sustainable Societies: Health and Social Investment in the EU

7 June 2016

Brussels

Elena Andradas Aragonés
General Director of Public Health, Quality and Innovation
Ministry of Health, Social Services and Equality, Spain
INDEX

1. Main aspects of the Health Promotion and Prevention Strategy of the Spanish National Health System:
   - Objective
   - Strategic Lines
   - Interventions selected and implementation

2. Pillars of sustainability in the Strategy:
   - General context and reorientation approach
   - Working with others
   - First years of life as a priority
Health Promotion and Prevention Strategy of the Spanish National Health System
(Within the framework of chronic diseases)

Approved on 18th December 2013 by the Interterritorial Council of the National Health System

An Executive Summary is available in English:
Objective

To promote the population’s health and well-being by fostering healthy environments and lifestyles and strengthening safety to prevent injuries

Strategic lines

1. Strengthening Public Health
2. Territorial coordination and governance
3. Health Equity
4. Re-orientation of health services
5. Intersectoriality in health
6. Health empowerment
7. Healthy and safe environments
8. Community action and participation

GENERAL PRINCIPLES

Comprehensiveness
Evidence
Sustainability and cohesion
Evaluation
Participation
Health in All Policies
Equity

SECRETARÍA GENERAL DE SANIDAD Y CONSUMO
Webpage on healthy lifestyles and online capacity building

Healthcare centre

Comprehensive counselling about lifestyles in Primary Care

Frailty prevention

- Under 15 years (including pregnancy)
- Adults (over 50 years)

Intersectoral Group

Community resources map

Local

Education

Positive parenting

Physical Activity
Fruits and vegetables

Life skills

SECRETARÍA GENERAL DE SANIDAD Y CONSUMO
Health Promotion and Prevention Strategy of the Spanish National Health System

1. General context and reorientation approach

2. Working with others

3. First years of life and childhood as a priority

SUSTAINABILITY APPROACH
1. General context and reorientation approach

Spanish context

- The population projections show a dependency rate of 58% for 2020 and 100% for 2050.
- Spain has achieved one of the highest life expectancy rates in the world, however, other countries in the region are ahead in terms of healthy life expectancy.
- In Spain, it is estimated an increase in health expenditure of 1.6 points of the Gross Domestic Product by 2060. The impact of ageing in the population’s quality of life and in health expenditure could be reduced by half if the increase in healthy life expectancy is proportional to the increase in life expectancy.

The WHO and EU framework have been essential in the contextualization of this Strategy: giving strength, setting priorities and work lines,

Need of a reorientation towards health promotion and prevention
Opportunity to integrate and coordinate all levels, sectors and actors.
1. General context and reorientation approach

How does the Strategy address this reorientation:

1. **Effective reorientation** towards health promotion and prevention
2. Strategy based on **scientific evidence** and **good practices**
3. A **three-dimensional** course of action: population – factors – settings
4. Prioritising the **most effective** actions, and implementing them **universally**
5. **Equity**: proportionate universalism
6. **Implementation** considering different aspects to implement interventions in the most effective and uniform way:
   a) Evidence-based protocols, adapted to day-to-day practice and context
   b) Online capacity building for professionals
   c) Dissemination
7. **Advocacy** with regional and local level: EU Structural and Investment Funds
8. Contributing in the achievement the **Sustainable Development Goals** related to health and well-being related to non-communicable diseases
2. Working with others

• INTERSECTORAL APPROACH

Achievement of specific objectives. Education, Sports and Urban planning

Implementation of the strategy at the local level: political engagement, the creation of an intersectoral group, equity, participation and identifying and enhancing community resources for health

Intersectoral Committee: stable structure at high level. Currently on development

• SOCIAL PARTICIPATION AND STAKEHOLDER INVOLVEMENT
2. Working with others

- HEALTHY SETTINGS APPROACH
3. First years of life and childhood as a priority

1. Life period prioritised by the Strategy: from pregnancy to 15 years of age
2. Interventions focused on a comprehensive actions and healthy settings approach
3. Main interventions:
   • Life-style counselling on Primary Health Care for childhood and pregnancy
   • Positive Parenting
   • Education setting: reinforcing important aspects in a universal way
     ❖ Consumption of fruit and vegetables
     ❖ Physical activity
     ❖ Life skills
CONCLUSIONS

Key elements for the sustainability of the Health Promotion and Prevention Strategy

1. Adapted to the context analysis

2. Agreement of an structural framework

3. Prioritising the most effective actions and implementing them on an equitable way

4. Going beyond the health sector to gain health: partnership and participation

5. Comprehensive work on factors, settings and along the life course
Thank you for your attention

estrategiapromocionprevencion@msssi.es


http://www.estilosdevidasaludable.msssi.gob.es/

http://localizasalud.msssi.es/maparecursos/main/Menu.action