



HEALTH PROMOTION AND PREVENTION STRATEGY OF THE SPANISH NATIONAL HEALTH SYSTEM

Sustainable Societies: Health and Social Investment in the EU

7 June 2016

Brussels



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Estrategia de promoción de la salud y prevención en el SNS

En el marco del abordaje de la
cronicidad en el SNS

Estrategia aprobada por el Consejo
Interterritorial del Sistema Nacional
de Salud el 18 de diciembre de 2013

INFORMES, ESTUDIOS E INVESTIGACIÓN 2014
MINISTERIO DE SANIDAD, SERVICIOS SOCIALES E IGUALDAD

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:

<http://www.msssi.gob.es/profesionales/saludPublica/prevPromocion/Estrategia/docs/ExecutiveSummary.pdf>



Estrategia de
promoción de la salud
y prevención en
el SNS

Un el marco del objetivo de la
sostenibilidad en el SNS

Resolución aprobada por el Consejo
Interministerial del Sistema Nacional
de Salud el 15 de diciembre de 2017

Objective

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

GENERAL PRINCIPLES

Comprehensiveness

Evidence

Sustainability and cohesion

Evaluation

Participation

Health in All Policies

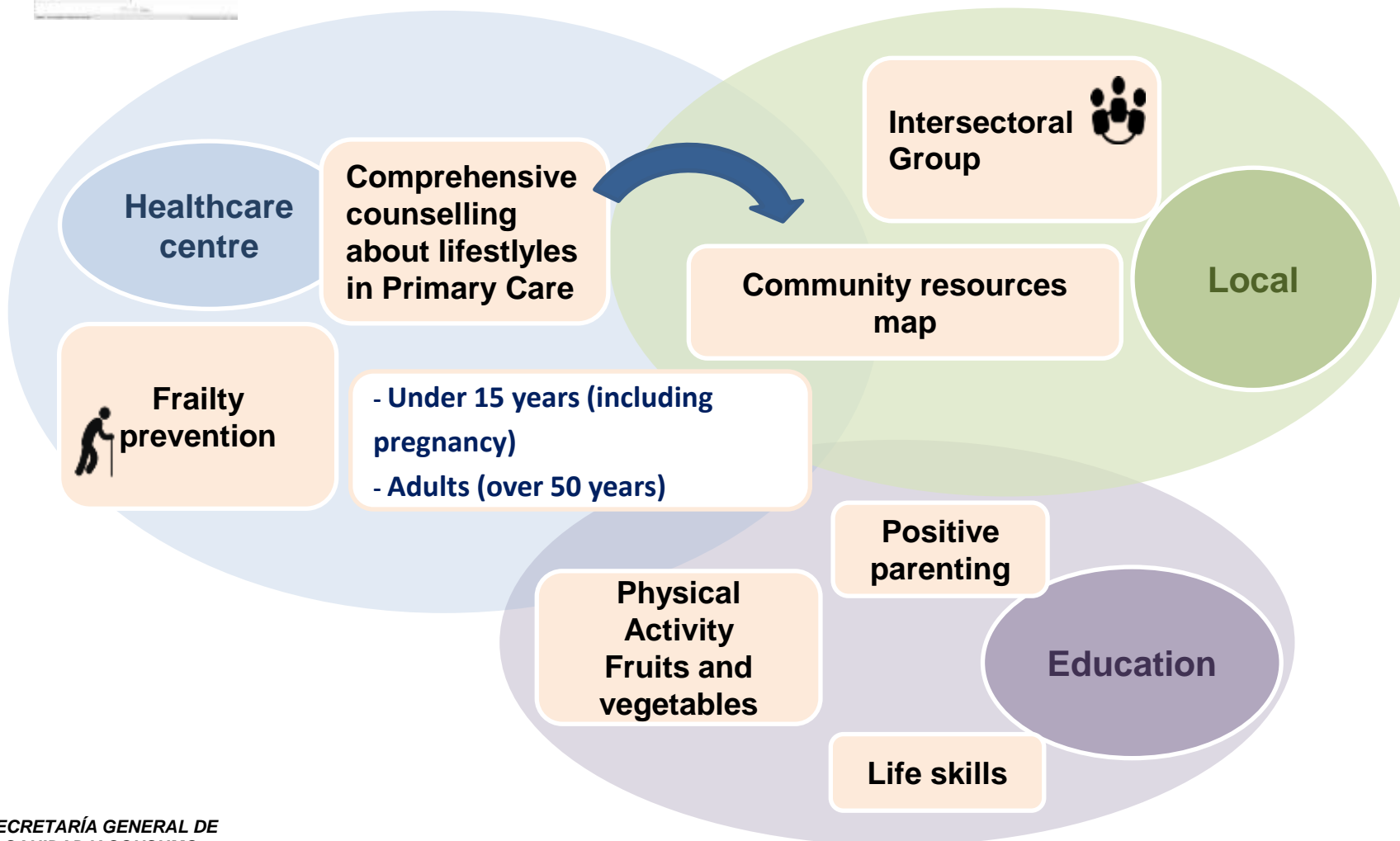
Equity

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



Webpage on healthy lifestyles and online capacity building



**1. General context
and reorientation
approach**

**2. Working with
others**

**3. *First years of
life and
childhood as a
priority***

**Health Promotion and
Prevention Strategy of the
Spanish National Health
System**

**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

The screenshot displays the 'LOCALIZA salud' website, which is a platform for finding health resources. The page features a search bar at the top with the text 'Búsqueda de recursos para la salud'. Below the search bar, there are several filters: 'Escribe el nombre del municipio', 'Provincia', 'Comunidad Autónoma', 'Buscar por una o varias zonas de interés', 'Buscar por grupos de población', and 'Orbilidad'. A 'Mostrar' button is located to the right of the search bar. The main content area shows a map of Spain with various locations marked by colored pins and numbers. A legend on the left side of the map identifies the types of resources: 'Recursos de organizaciones' (blue pin), 'Recursos de asociaciones' (orange pin), 'Recursos físicos de un área' (green pin), and 'Otro tipo de recursos' (black pin). The map also includes an inset map of the Canary Islands. The website header includes the Spanish coat of arms and the text 'ESTRATEGIA PROMOCIÓN DE LA SALUD Y PREVENCIÓN EN EL SNS'. The footer of the page contains the text 'WEB ESTILOS DE VIDA SALUDABLE'.



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



ESTRATEGIA
PROMOCIÓN DE LA SALUD
Y PREVENCIÓN EN EL SNS

<http://msssi.es/profesionales/saludPublica/prevPromocion/Estrategia/estrategiaPromocionPrevision.htm>

THANK YOU FOR YOUR ATTENTION

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WEB
ESTILOS DE VIDA
SALUDABLE

LOCALIZA salud
MAPA DE RECURSOS PARA LA SALUD



<http://www.estilosdevidasaludable.msssi.gob.es/> <http://localizasalud.msssi.es/maparecursos/main/Menu.action>