



# Joint Actions to support the implementation of best practices on prevention of non-communicable diseases – AWP 2021 EU4Health

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*28 September 2021*

# Background on NCDs

- 7 of the 10 leading causes of death attributable to NCDs; 80% of health burden
- 61% of deaths attributed to overweight and obesity, smoking, physical inactivity and alcohol-related harm
- All of these are largely preventable, but expenditure on preventive care is only 2.8%
- At least 20% of the EU4H budget should go to health promotion and disease prevention area

# Background on best practices

- Via the Steering Group on Health Promotion, Disease Prevention and Management of Non-Communicable Diseases, Member States prioritized **risk factors of non-communicable diseases**
- Best practice call took place in 2020-2021
- 16 submissions were validated as best practices
- 3 of them selected for implementation via 2 Joint Actions, under AWP 2021

## Two Joint Actions for NCD prevention

- 1 - JA on **diabetes type 2**: implementing best practice 'Reverse Diabetes2 Now' (EUR 4 million)
- 2 - JA on promoting **healthy lifestyle**: implementing two best practices 'Smart Family' and 'Grünau moves' (EUR 3 million)

# 1 JA: 'Reverse Diabetes 2 Now'

- targets **patients with type 2 diabetes** who are overweight and/or have an increased waist circumference and use glucose lowering medication
- focus on four pillars: nutrition, exercise, relaxation and sleep
- treatment consists of six intensive months, followed by an aftercare programme of 18 months; 3000 participants
- it is a group-based programme (approximately 20 participants)
- guided by a **multidisciplinary support team**, including a nurse practitioner, dietician, personal coach and programme coordinator
- 71% of insulin users were no longer using it, 67% of the participants used less glucose lowering medication of which 28% ceased all glucose lowering medication

## 2 JA: 'Smart Family'

- targets **families expecting a baby, or having children aged 0-12 years**
- aims to help **public health nurses and other professionals** to bring up lifestyle issues with families without arousing guilt and to identify their strengths in their health habits
- since launch in 2008, 5000 health professionals, mostly public health nurses, have been educated to use the method
- method does not require resources for public health nurses since it is integrated in their everyday work. Municipalities need to cover expenses for education.
- families highly appreciated that the nurse made visible and acknowledged the family's existing strengths in healthy lifestyle

## 2 JA: 'Grünau moves'

- targets **children (4-12)** and their environmental and living conditions and **related actors**, focus on **deprived district** (reduction of health inequalities)
- aims at creating health promoting settings, environments to promote physical activity and healthy diet in children **and families**
- project confirmed differences in nutrition and opportunities for physical activity for children between advantaged and disadvantaged districts (health inequity)
- 648 children from schools and 828 children from kindergarten participated
- increase in daily outdoor play (12,8%) and sports club membership (9,4%), prevalence rate of obesity decreased from 13% to 10% in the intervention area

# Joint Action on Diabetes 2

## Expected Impact

- using less medication and/or
- having healthier blood glucose levels and/or
- achieving remission when possible and/or
- improving quality of life in people with diabetes type 2

**Budget: EUR 4 000 000**



# Joint Action for Healthy lifestyle

## Expected Impact

- promoting healthy lifestyles in families with children to prevent obesity
- increasing physical activity and healthy diet in children and families with a focus on social norms, recognition and self-esteem in deprived district

**Budget:** EUR 3 000 000

# Thank you



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