

The Autonomous Province of Trento, Italy

Adige Valley

General overview

The Autonomous Province of Trento (also called Trentino) is a mountainous region located in the northern part of Italy. It spans over 6214 km² and has about 500 000 inhabitants. In 2016, the financial requirements for health services in the Province were calculated at €1 238 000 000 (1).

Health services are provided by the National Health Service through the Local Health Unit, which is divided into five smaller health districts. The regional health authorities are responsible both for establishing autonomous health policies and for implementing/adapting national guidelines (national health plans).

Compared to the rest of Italy, almost all the health and socioeconomic indicators in Trentino are above average (1):

- life expectancy at birth has improved to 81.2 years for men and 85.9 years for women;
- 77% of the adult population perceive their health as good or very good;
- the performance of the health sector is better than elsewhere in Italy;
- compared to the Italian averages, there is less unemployment in Trentino, and people earn more, smoke less, eat more fruit and vegetables

and are leaner and more physically active;

- the Gini index is 0.281 (2014), a value closer to that for the Netherlands (0.264 in 2015) than for Italy (0.324 in 2015); and
- Trentino's natural environment (the Dolomites) is health promoting and attracts many tourists from Italy and abroad at all times of the year.

Nevertheless, there are several social- and health-related problems:

- unemployment, specially among youth, is increasing;
- there is a gender gap in income and working status;
- the number of people completing a university degree is below the EU target;
- there are social inequalities in health and health behaviours;
- whereas all other risk factors are lower in Trentino compared to the Italian average, alcohol consumption is higher.

In December 2015 the Trentino Government adopted a strategic health plan, which involves the application of a participatory approach (2).

The Trentino health plan (2015–2025) addresses the challenge of the triple burden of disease: communicable, newly emerging and re-emerging, and noncommunicable diseases. It calls for governmental and nongovernmental institutions, civil-society organizations and the public to take mutual responsibility for community health and well-being, underlines the importance of health promotion, and supports the adoption of the HiAP approach in planning at the provincial level.



Strengths

The strengths of Trentino include:

- ✓ good health-information systems;
- ✓ improved health reporting, focusing more on the social determinants of health and health inequalities;
- ✓ comprehensive experience in participatory processes and intersectoral action for community health and well-being;
- ✓ the Trentino health plan, which supports the use of the HiAP approach in strategic planning.



Aspirations

The Trentino region intends to:

- ✓ draft more specific and practical operational plans on priority issues in connection with the implementation of the Trentino health plan;
- ✓ address newborn, child and adolescence health as a first priority;
- ✓ intensify work in the field of health inequalities (prison health, health and gender, and health of refugees and other minority groups).
- ✓ establish (in 2018) collaboration with other departments of the local government (mainly those for environment and education) on implementing a selection of the Sustainable Development Goals (SDGs) at the provincial level.



Challenges

These are that:

- ✓ intersectoral collaboration and interinstitutional dialogue continue to be very difficult and are mainly related to the integration of the health and social services, which address only specific health needs;
- ✓ the health sector is still regarded mainly as the authority responsible for dealing with diseases rather than one that works according to the salutogenic model of HiAP;
- ✓ not all life-years gained in the region in recent decades are healthy years free of disability, which is an issue of increasing importance in the light of the ageing population.



Potential areas of collaboration

Trentino is interested in collaborating with other regions on:

- ✓ the social determinants of health and strategies to address health and social inequalities;
- ✓ how to strengthen public health systems and PHC strategies and, in particular, how to establish greater integration of services related to hospital and primary care;
- ✓ how to promote women's and men's health;
- ✓ how to work with gender-related issues in health.



Working groups

Trentino is interested in participating in working groups on:

- ✓ the Sustainable Development Goals (SDGs) (3)/ equity;
- ✓ women's/men's health;
- ✓ health systems/primary health care.



People active in the Regions for Health Network (RHN)

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