



The Health of the Portuguese

Portugal National Health Plan, Revision and Extension to 2020



**World Health
Organization**

REGIONAL OFFICE FOR

Europe



**Organisation
mondiale de la Santé**

BUREAU RÉGIONAL DE L'

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**Всемирная организация
здравоохранения**

Европейское региональное бюро

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Summary of presentation

1. The global and international agenda
2. The Portuguese National Health Plan
3. Health 2020
4. The health of the Portuguese
5. Extension of the Portuguese National Health Plan to 2020
6. Next steps

Universal health coverage

Equal access to high-quality health services and financial protection:

- coverage with health services (prevention, promotion, treatment and rehabilitation)
- coverage with financial risk protection

Potential indicators, focusing on coverage and protection:

- increased coverage of essential services
- increased equity and financial protection
- strengthened health systems

Sustainable Development Goals

- Goal 1. End poverty in all its forms everywhere
- Goal 2. End hunger, achieve food security and improved nutrition and promote sustainable agriculture.
- Goal 3. Ensure healthy lives and promote well-being for all at all ages.
- Goal 4. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.
- Goal 5. Achieve gender equality and empower all women and girls.
- Goal 6. Ensure availability and sustainable management of water and sanitation for all.
- Goal 7. Ensure access to affordable, reliable, sustainable and modern energy for all.
- Goal 8. Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all.
- Goal 9. Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation.
- Goal 10. Reduce inequality within and among countries.
- Goal 11. Make cities and human settlements inclusive, safe, resilient and sustainable.
- Goal 12. Ensure sustainable consumption and production patterns.
- Goal 13. Take urgent action to combat climate change and its impacts.*
- Goal 14. Conserve and sustainably use the oceans, seas and marine resources for sustainable development.
- Goal 15. Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss.
- Goal 16. Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels.
- Goal 17. Strengthen the means of implementation and revitalize the global partnership for sustainable development.

** Acknowledging that the United Nations Framework Convention on Climate Change is the primary international, intergovernmental forum for negotiating the global response to climate change.*

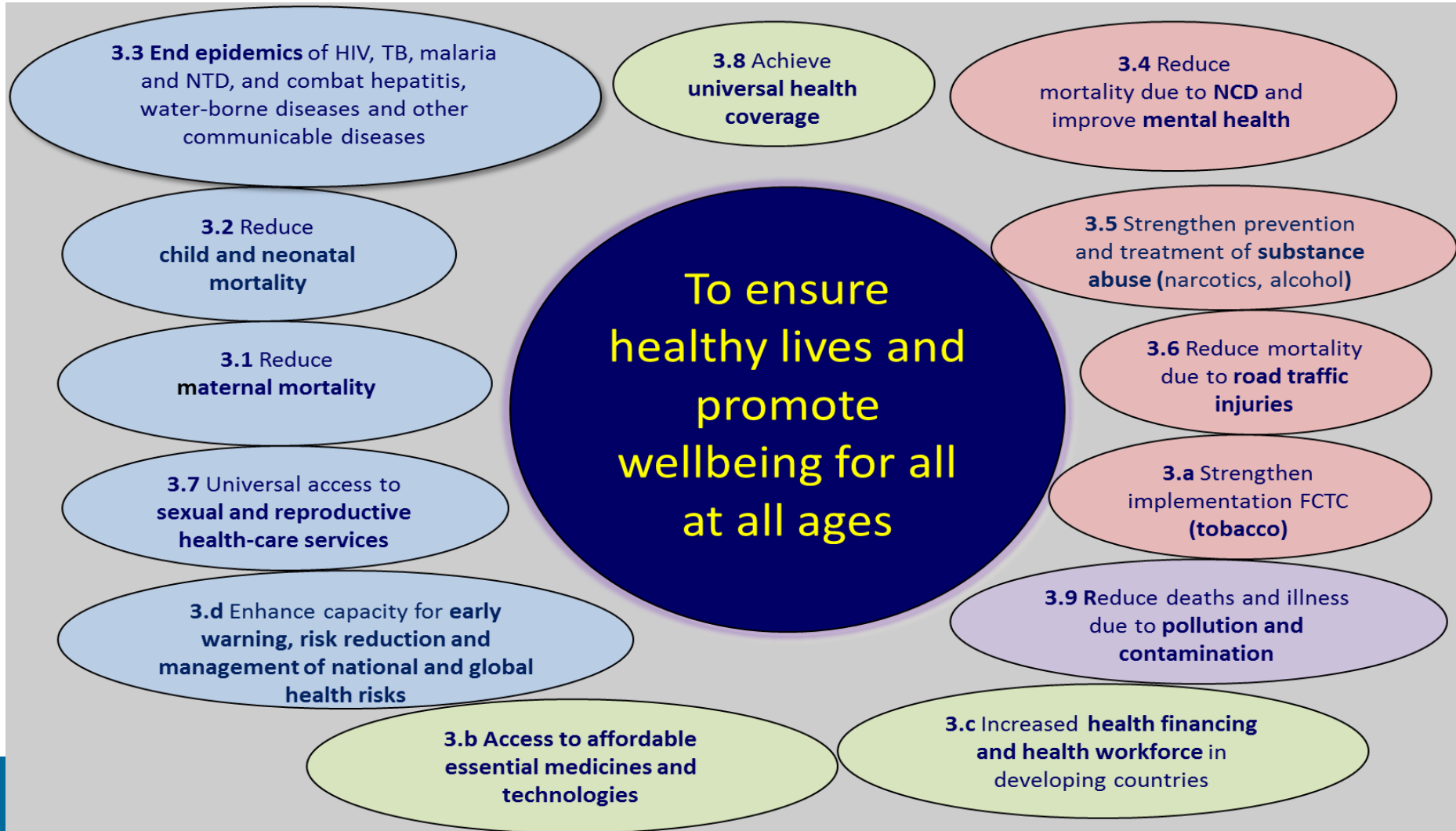
Health goal 3. “Ensure healthy lives, and promote well-being for all at all ages”.

The targets include:

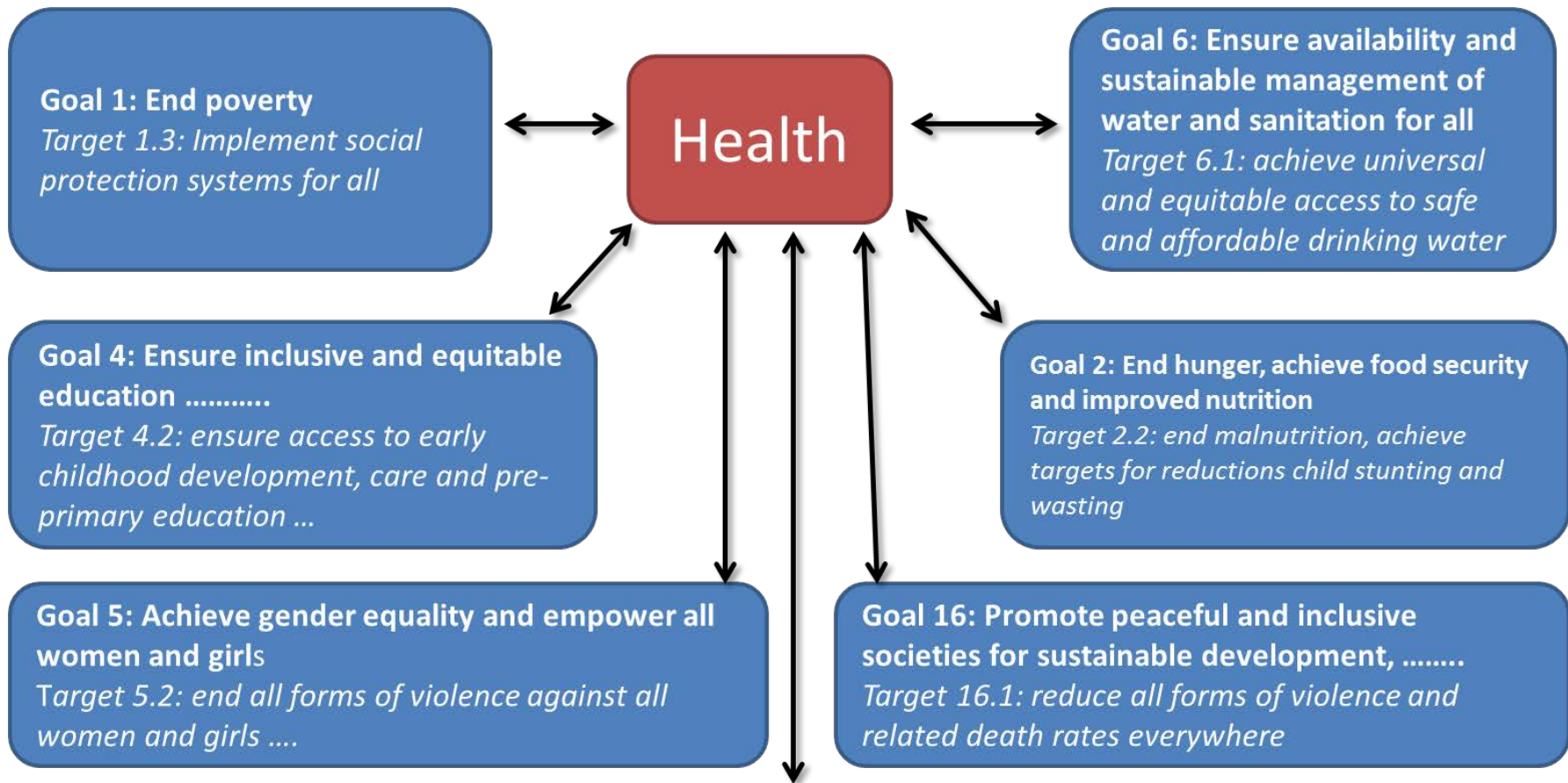
- the unfinished MDGs
- emerging global health priorities
- universal health coverage and broader determinants of health

Several other goals also contain targets related to health.

Health goals and targets



Links to other sustainable development goals and targets



Other goals and targets e.g. 10 (inequality), 11 (cities), 13 (climate change)

The sustainable development goals and Health 2020

- The sustainable development goals are broad and complex, but health is well placed.
- Health 2020 and universal health coverage provide a platform for an integrated approach for the health-related targets.
- The Health 2020 framework sets the ground for implementation.
- Implementation at national level is essential.

Strategic objectives of Health 2020

Improve health
for all, and reduce
the health divide

Improve leadership for
participatory governance
for health

Health 2020: four common policy priorities for health

Investing in health
through a life-
course approach
and empowering
people

Tackling Europe's
major health
challenges:
noncommunicable
and communicable
diseases

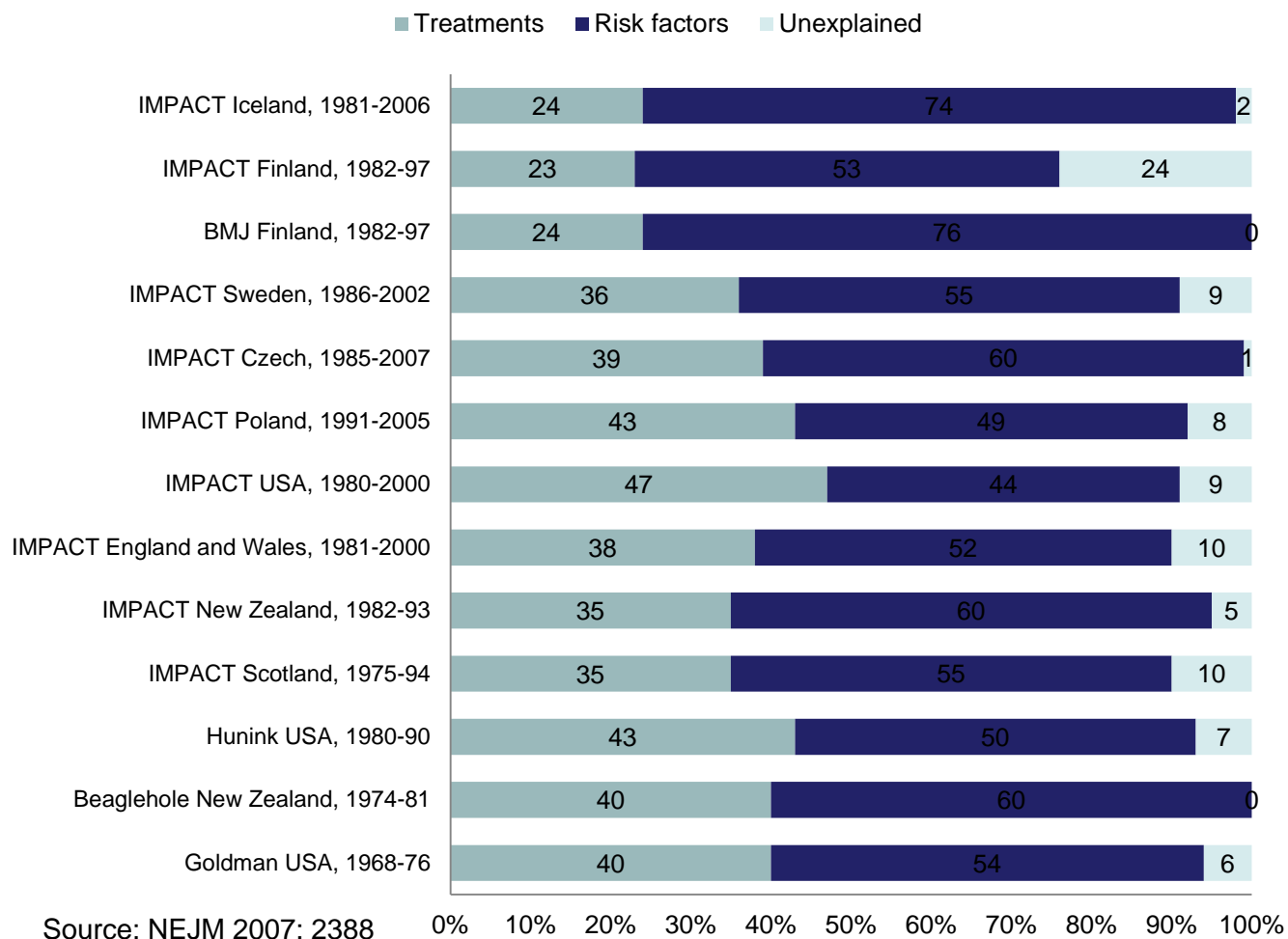
Strengthening
people-centred
health systems,
public health
capacity and
emergency
preparedness,
surveillance and
response

Creating resilient
communities and
supportive
environments

Health 2020: reaching higher and more broadly

- Focus on equity.
- Focus on causes and determinants.
- Address upstream root causes, such as social determinants.
- Invest in public health, primary care, health protection and promotion, and disease prevention.
- Make the case for whole-of-government and whole-of-society approaches.
- Offer a framework for integrated, coherent interventions.

Contributions of prevention and treatment to decreased mortality from coronary heart disease globally



The economic case for health promotion and disease prevention



The economic cost of noncommunicable diseases amounts to many hundreds of billions of euros every year.

Many costs could be avoided by investing in health promotion and disease prevention.

Today, governments spend an average 3% of their health budgets on prevention.

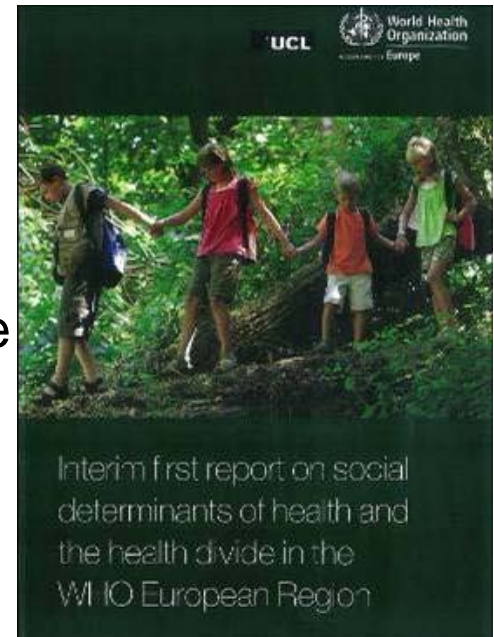
WHO/Europe review of social determinants and the health divide*: key findings and recommendations to improve equity in health

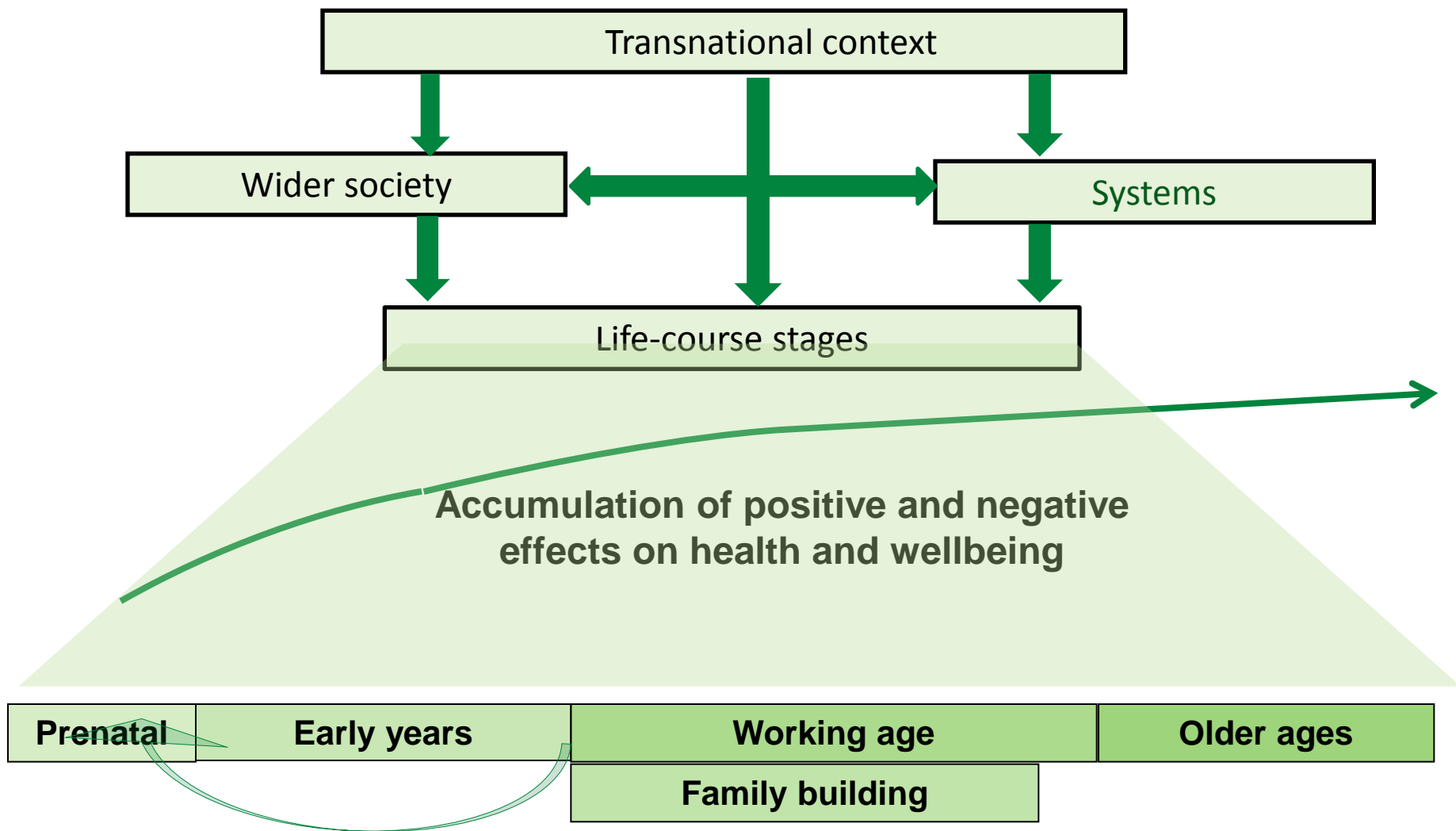
Policy goals

- Improve the overall health of the population.
- Accelerate the rate of improvement for those with the worst health.

Policy approaches

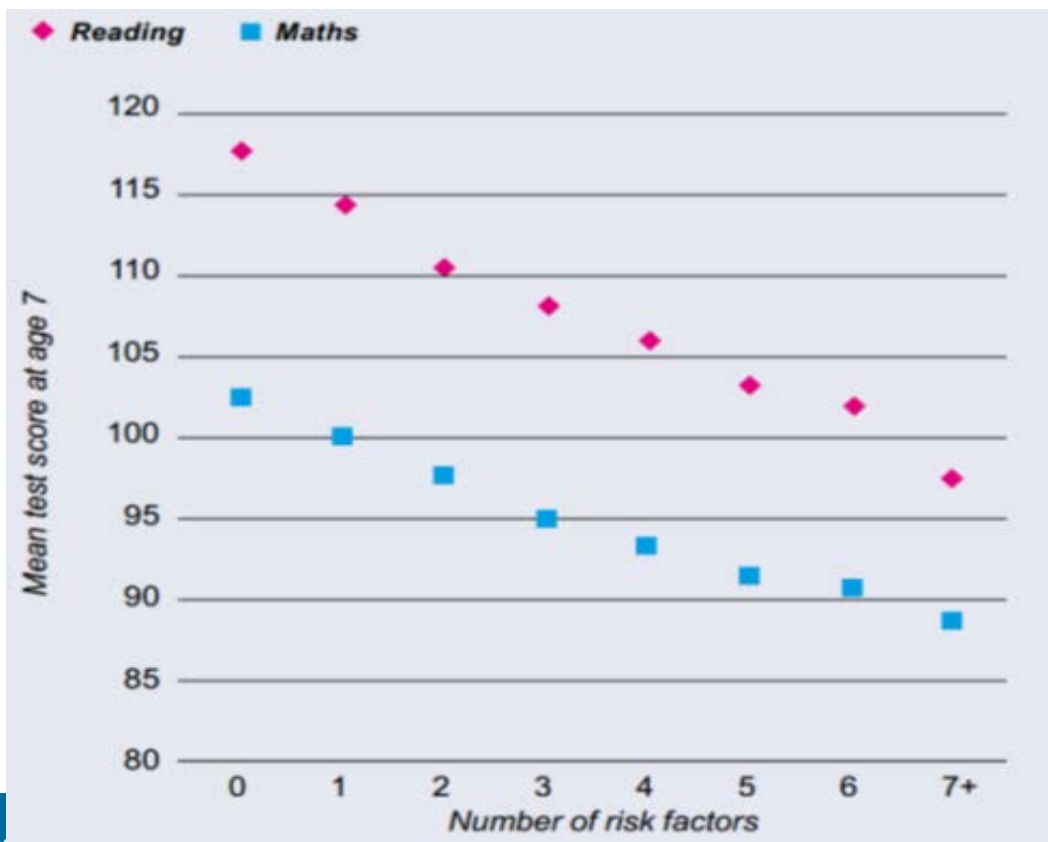
- Take a life-course approach to health equity.
- Address the intergenerational processes that sustain inequities.
- Address the structural and mediating aspects of exclusion.
- Build the resilience, capability and strength of individuals and communities.





Inequality in cognitive development due to multiple factors, United Kingdom

Cognitive test scores at age 7 years



- Low birth weight
- Not having been breastfed
- Maternal depression
- Having a single parent
- Low median family income
- Parental unemployment
- Poor maternal qualifications
- Damp housing
- Social housing
- Multiple deprivation

Employment and working conditions have powerful effects on health and health equity

When they are good, they can provide:

- financial security
- paid holidays
- social protection, such as sick pay, maternity leave, pensions
- better social status
- personal development
- better social relations
- improved self-esteem
- protection from physical and psychosocial hazards

... all of which have protective and positive effects on health

Source: Commission on Social Determinants of Health, final report (WHO, 2008)

10 essential public health operations



European Action Plan for Strengthening Public Health Capacities and Services



1. surveillance and assessment of the population's health and well-being
2. identification of health problems and health hazards in the community
3. health protection services (environment, occupation, food safety)
4. preparedness and planning for public health emergencies
5. disease prevention
6. health promotion
7. a competent public health and personal health care workforce
8. governance, financing and evaluation of quality and effectiveness of public health services
9. communication for public health
10. health-related research

Health system strengthening and the Tallinn Charter

- *Supports Member States in maintaining or moving towards universal health coverage (guided by the mission and vision of Health 2020)*
- Transform financing arrangements to ensure sustainability and universality.
- Position primary health care as the basis for other levels of care.
- Ensure coordination among all health care services.
- Reinvigorate and modernize public health services.
- Revitalize a flexible, multi-skilled workforce with aligned task profiles by training and continuous development.
- Use modern technology and medicines for maximum benefits.

Today's health services

- Ensure patients' participation and feedback in designing, implementing and evaluating health policies and services.
- Form partnerships and share decision-making by patients and health care providers.
- Provide patients with information about treatment options and their rights.
- Train and develop skills.
- Map barriers to access to information, care, rehabilitation and assistance for people with diseases and disabilities.
- Find measures of the degree to which care in organizations and systems is people-centred.
- Ensure organizational and financial sustainability for future generations.
- Publish comparable performance indicators.

Inter-sectoral action: elements for success

High-level commitment and champions

- Mayors, prime ministers, celebrities

Dedicated resources

- Taxation, private sector
- Coordination requires resources
- Health promotion agencies, advisory task forces, local government

Institutional structures

- Valorize informal relationships and the power of the community.

Joint planning

- The quality of planning can be more important than the plan.

Legislative tools

- Set up structures for health promotion; address trans-fats

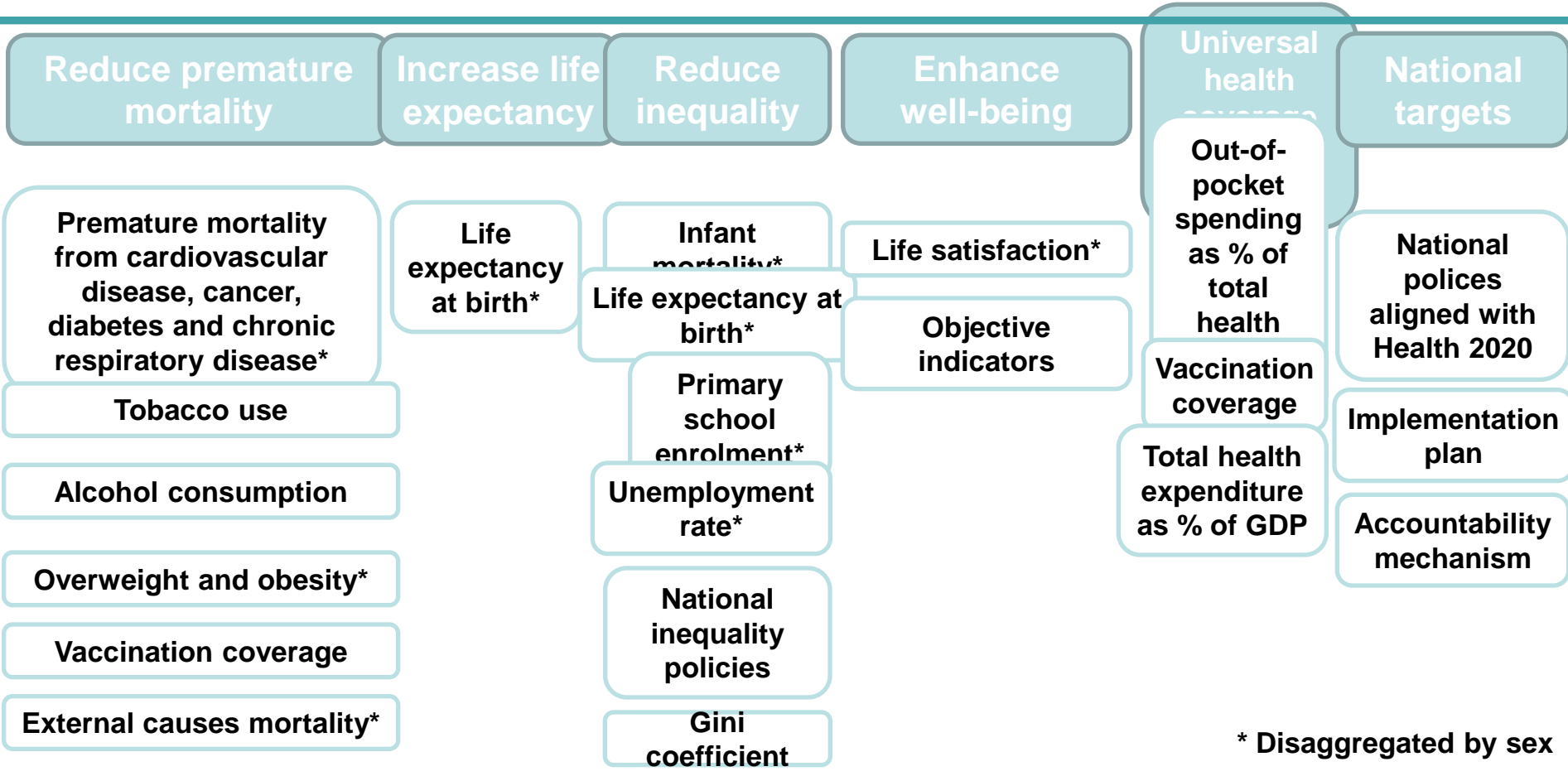
Accountability

- Clarify roles and responsibilities (shared or not, health or non-health)

Monitoring and reporting

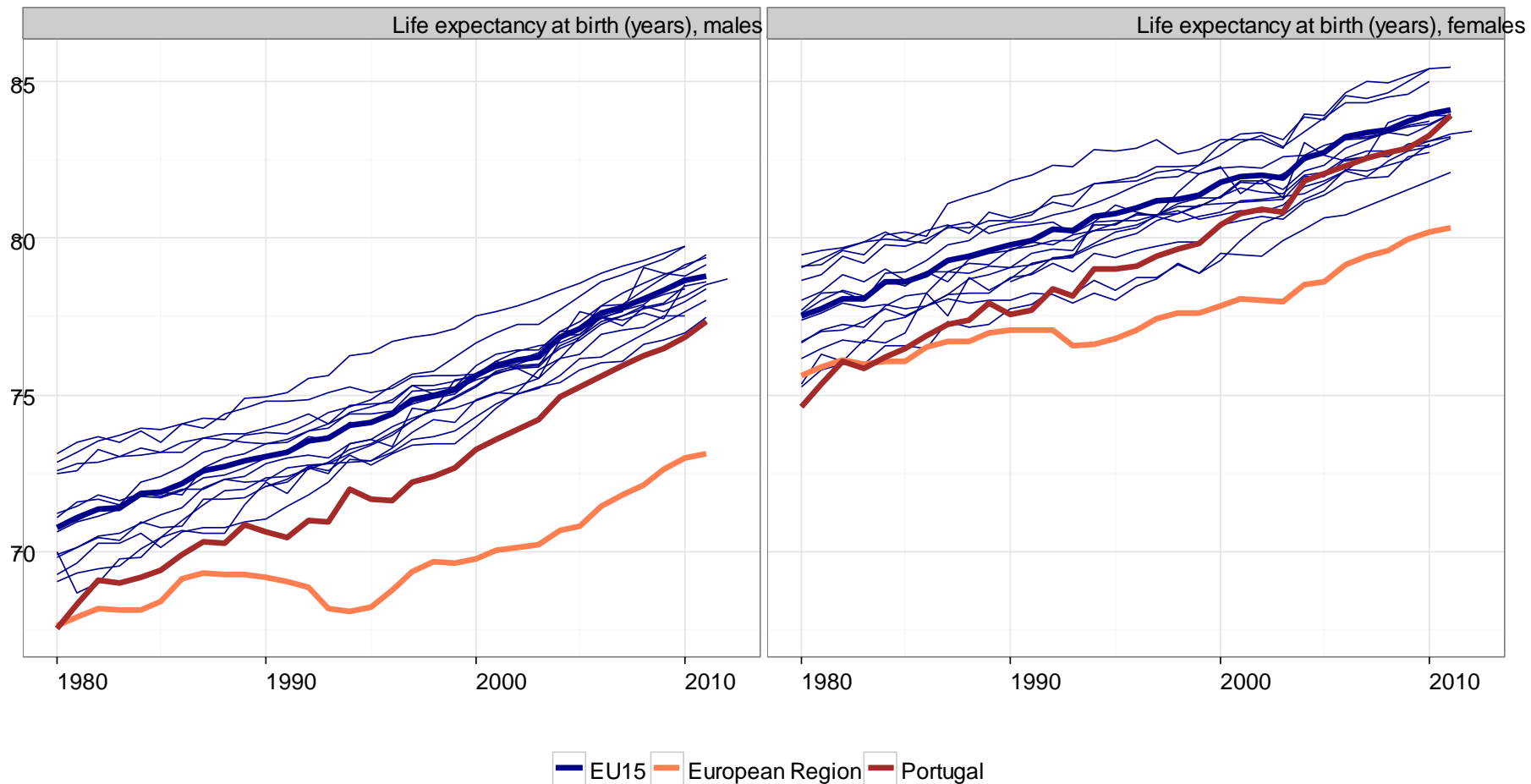
- Focus action.
- Results are important for advocacy.

Health 2020 monitoring framework: targets and core indicators



* Disaggregated by sex

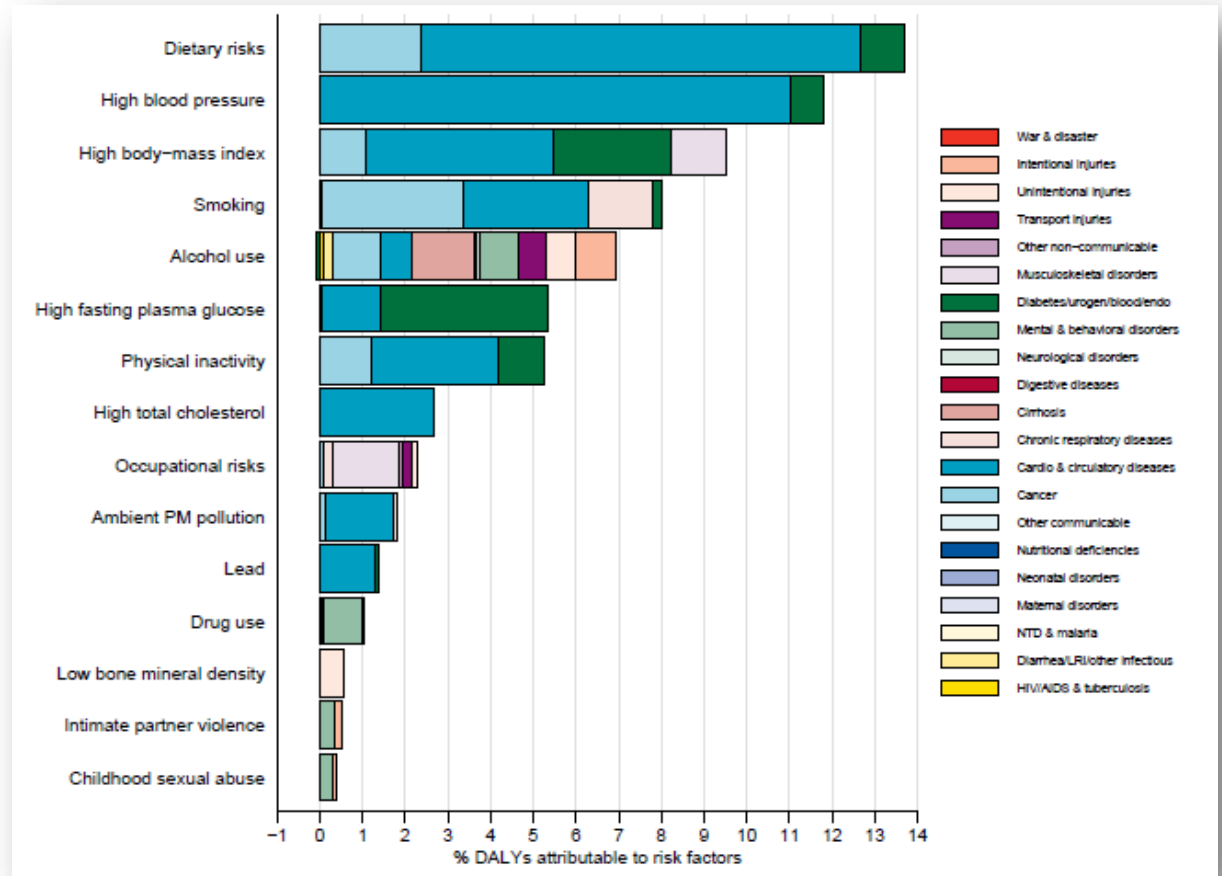
Trends in life expectancy, Portugal and the European Region



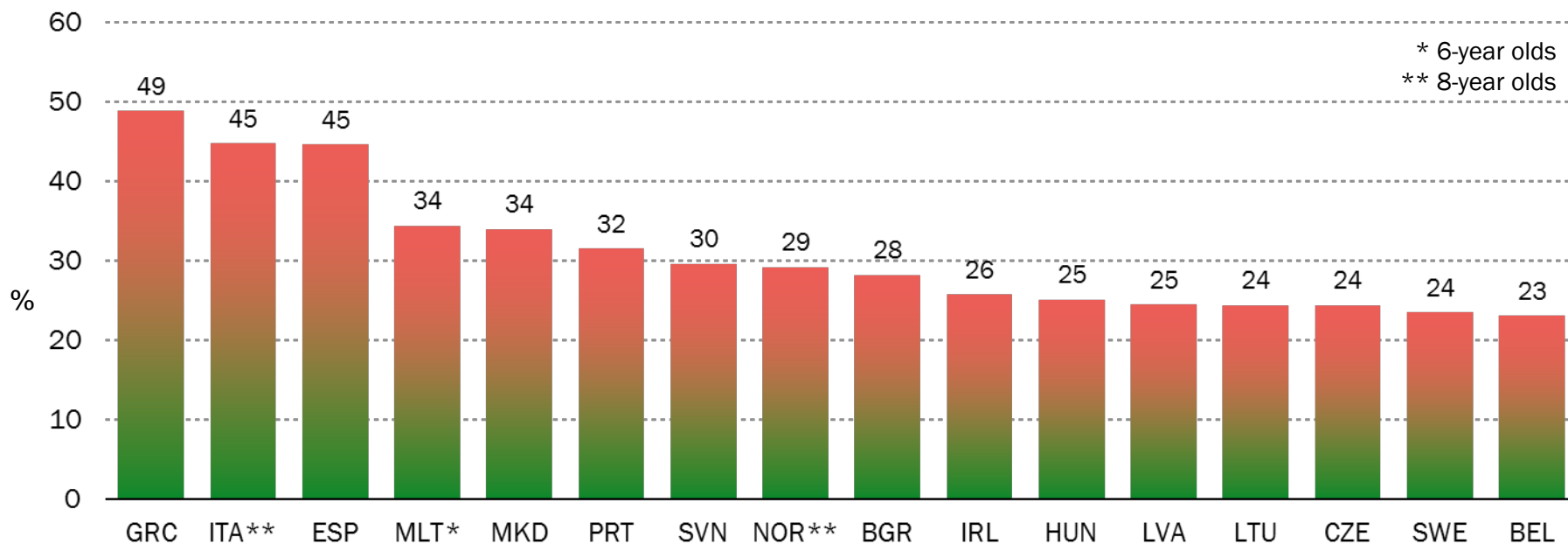
Source: WHO/Europe: European Health for All database

Portugal. Global burden of disease, 2010

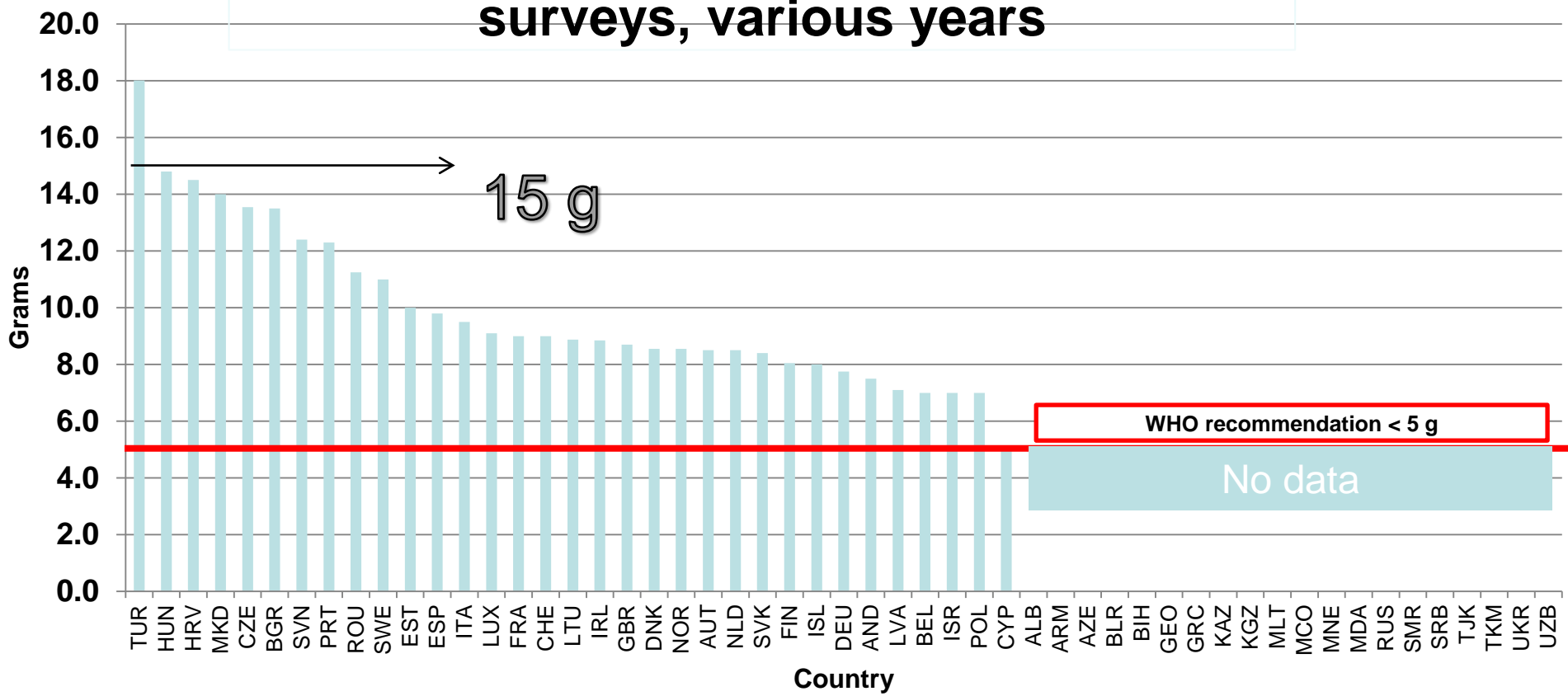
The leading risk factor in Portugal is poor diet.



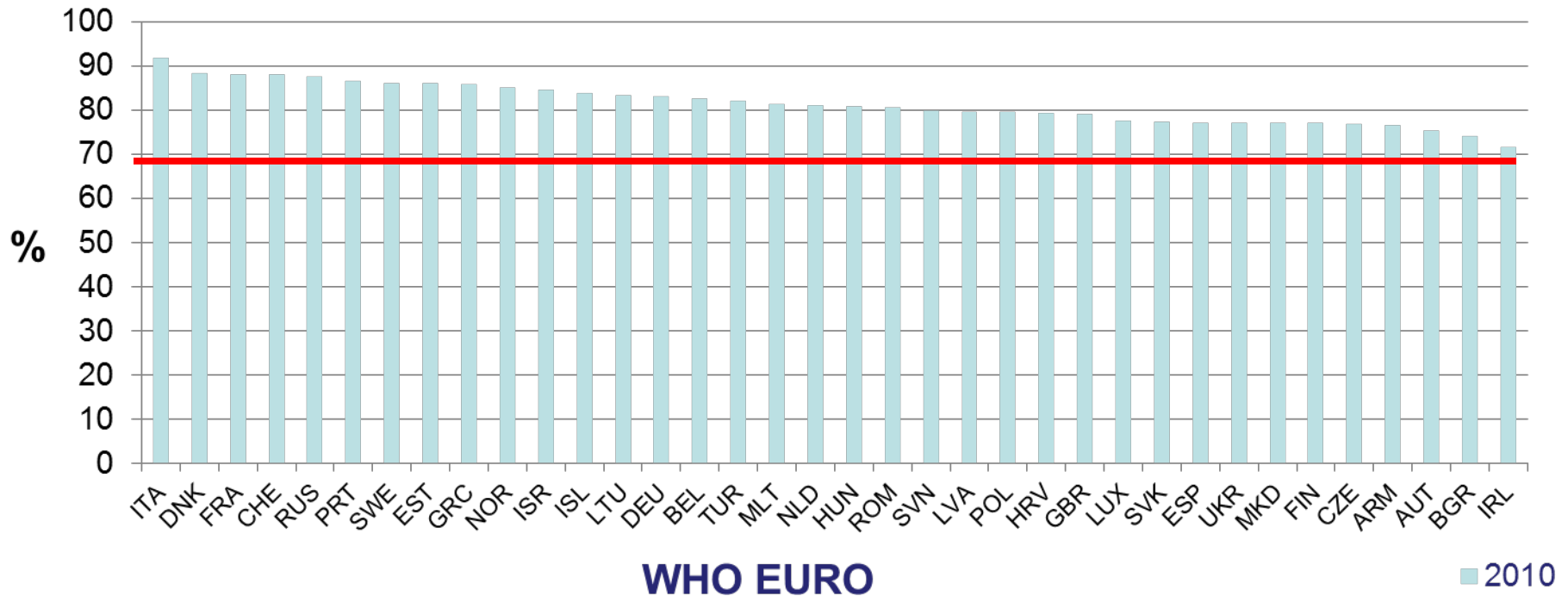
Prevalence of overweight among boys aged 7 years



Salt intake per adult per day in the WHO European Region, from individual country surveys, various years



Prevalence of insufficient physical activity among adolescents at school (11–17 years)



<http://apps.who.int/gho/data/view.main.2463ADO?lang=en>

Addressing diet, physical activity and obesity in Portugal through Health 2020

- **Portugal was one the first countries to adhere to and support the WHO Childhood Obesity Surveillance Initiative (COSI)**
- **Good collaboration in the previous biennium, notably in:**
 - preparing physical activity guidelines for the Portuguese population
 - evaluating the salt intake of certain population groups (e.g. adolescents)
 - stakeholder workshop on salt reduction strategies
 - evaluation of trans-fatty acids in foodstuffs
- **Renewed and new areas of collaboration in diet, physical activity and noncommunicable diseases:**
 - salt, sugar and fat reduction in the population, with a focus on vulnerable groups
 - nutrient profiling and labelling
 - iodine status of vulnerable groups and iodine content of foodstuffs

What does “tobacco-free” mean?



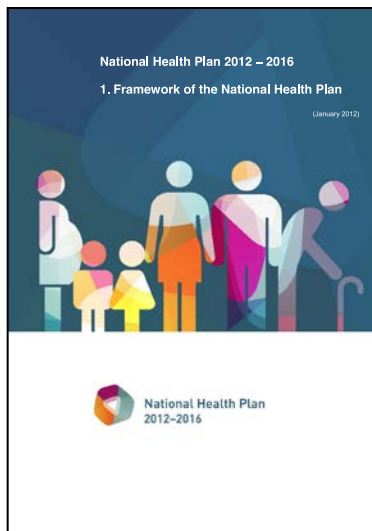
Cost-effective public health interventions

- Anti-tobacco interventions
 - Taxes, tobacco-free environments, health warnings, advertising bans
- Reduce harmful alcohol use
 - Taxes, health warnings, advertising bans
- Improve diet and physical activity
 - Reduce salt intake and salt content, reduce trans-fats, promote public awareness.

The Portuguese National Health Plan, 2012–2016



The National Health Plan and Health 2020



Focus on health and well-being
Participatory governance
Whole-of-government
Whole-of-society
Life-course approach
Focus on equity
Social determinants
Citizen empowerment
Health impact assessment
Focus on the health system

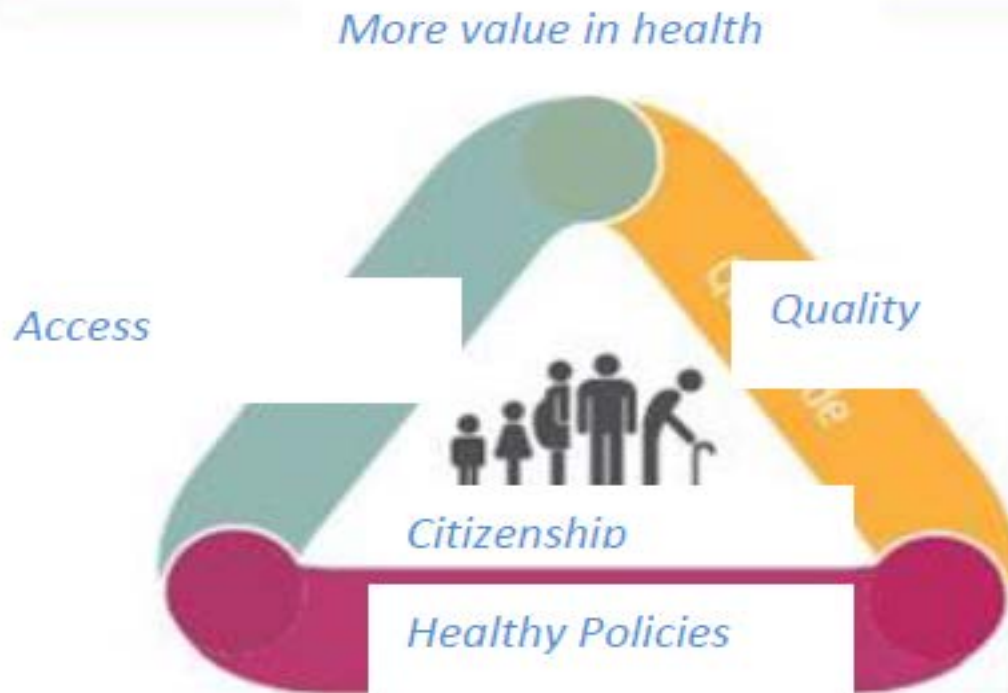


Goals of the National Health Plan

1. Increase healthy life expectancy at 65 years of age by 30%.
2. Reduce premature mortality (at < 70 years) to below 20%.
3. Reduce the prevalence of smoking in the population aged ≥ 15 , and eliminate exposure to environmental tobacco smoke.
4. Control the incidence and prevalence of overweight and obesity in children, limiting any further increase by 2020.

Conceptual model of the National Health Plan

Figure 6 Conceptual Model of NHP



Guidelines for implementing the National Health Plan

- Prevention and disease control
- Health promotion and protection
- Promoting healthy environments
- Empowerment of citizens
- Dissemination and implementation of best practices
- Global health strengthening

Calendar of debate and consultation, including with WHO

1. Assessment of the draft Plan
2. Forum in Lisbon, 30 June 2014
3. Seminar on governance, 30 April 2015
4. Seminar on local health strategies, 24 September 2015
5. Seminar on monitoring (date to be confirmed)



**Health systems strengthening for better
noncommunicable disease outcomes**

February 23, 2015

Three pillars of country assessments

NCD outcomes

Assessment of past time trends

Potential to achieve the 25-by-25 targets

NCD core services

Population interventions

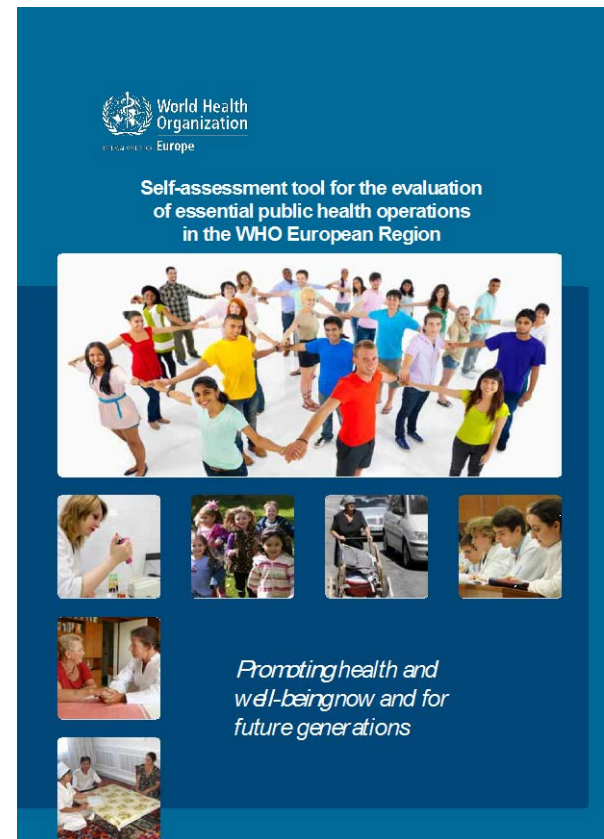
Individual services

Health system challenges and opportunities for scaling up coverage of core interventions and services



Self-assessment of essential public health operations

- Comprehensive questionnaire
- Minimum checklist of public health services
- Support for systematic self-assessment of capacity in all 10 operations
- Mobilizing community public health and inspiring dialogue are as important as the final reports.
- Tool to support capacity-strengthening for implementation of the National Health Plan



Thank you