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Diabetes: a case study on strengthening health care for people with chronic diseases

Prevention and Management of Diabetes in Norway

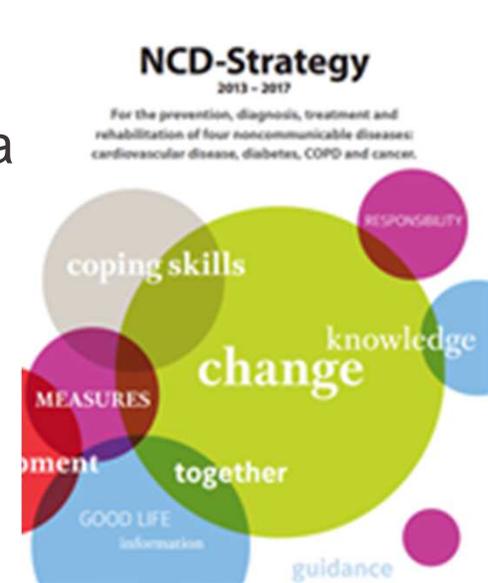


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Prevention

- WHA and WHO goal: Reduce premature death from NCDs by 25 % by 2025
- NCDs cause 2/3 of all deaths globally
- Norway was the first country in the world to launch a communicable disease strategy in 2012

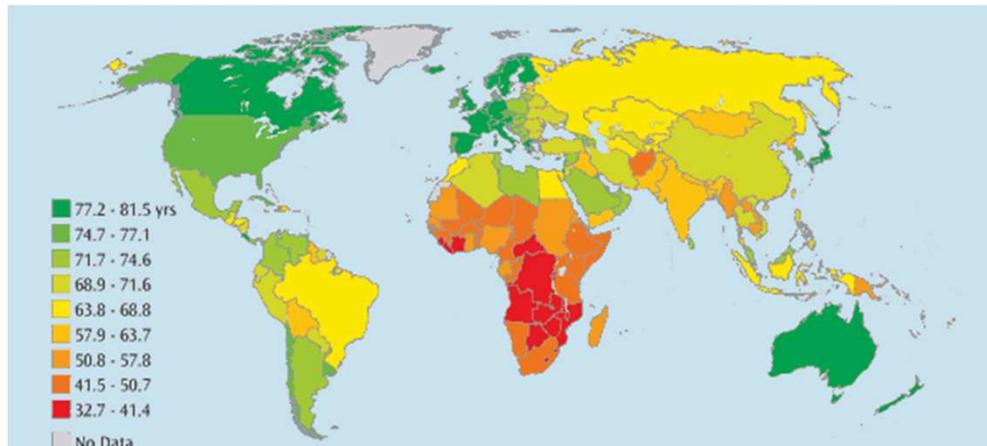
“For the prevention, diagnosis, treatment and rehabilitation of four NCDs: cardiovascular disease, diabetes, COPD and cancer”



The Norwegian government's goals for public health

- *“Norway shall be one of the three countries in the world with the highest life expectancy”*
- *“The population shall enjoy more years of life with good health and well-being and reduced social health inequalities”*
- *“We shall create a society that promotes health throughout the population”*

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Average Life Expectancy Across the
Globe (Years)
<http://www.theglobaleducationproject.org/>

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Background data

- Use of tobacco, an unhealthy diet, physical inactivity and the damaging use of alcohol are central risk factors for all NCDs
- Some stats' from the Norwegian population (2014):
 - 13% of the population are daily smokers
 - Only about 20% eat the recommended quantities of fruit and vegetables
 - 2/3 of all aged >20 years are overweight, and about 20% of the population is obese
 - The alcohol consumption has increased more than 35% between 1991 and 2011
 - Large difference in life expectancy due to social inequalities (9 years within Oslo East and West, 2011)

Goals set to reach 25% reduction in mortality by 2025

- The incidence of high blood pressure shall be reduced by 25 per cent
- The use of tobacco shall be reduced by 30 per cent
- Salt consumption shall be reduced by 30 per cent
- The proportion of people who are physically inactive shall be reduced by ten per cent



GLOBAL 2025 TARGET

PHYSICAL
INACTIVITY

10%
REDUCTION



Initiatives set into action to achieve the goals

Norwegian Public Health Act (2012)

Aim: Coordinate the public health work across various sectors and between authorities at local/regional/national level, and reduce social inequalities in health.

Healthy Life Centres (HLC)

Interdisciplinary primary health care service part of the public health care in the municipalities. Target: People with, or in high risk of disease, who need support in health behaviour change and coping with chronic diseases. Offer education and classes/courses in physical activity, healthy nutrition and tobacco cessation.

The Keyhole for Healthier Food

A food label that indicate that the product has: More whole grain, less saturated fat, less salt and less sugar. Aim: To help make the right choices when doing grocery shopping and stimulate the food industry to develop healthier products.

Initiatives set into action to achieve the goals

- Limited marketing of unhealthy food and drink to children and young people
- Commercials marketing unhealthy food and drink aimed at children <13 years are banned
- Alcohol and cigarettes: advertising prohibited, high taxes



Prevention, early detection and treatment of Diabetes; goals and facts

- “Norway shall be a pioneer in the prevention of type 2 diabetes”
- About 30% of patients with diabetes are undiagnosed
- FINDRISK/NORRISK
- New guideline for diabetes: “No public screening with HbA1c”
- “Norway shall be a pioneer in the prevention and treatment of cardiovascular disease”
- “Norway shall be a pioneer in good, equal follow-up and treatment of diabetes”

Management of diabetes

- Revised, electronic national clinical guidelines for diabetes 2016
- Implementation will focus on 6 problem areas:
 1. The use of monofilament exam in primary care
 2. Systematic retina screening every two year
 3. Increase the awareness and interpreting of eGFR and uACR
 4. Measure and follow-up of blood pressure
 5. Increase awareness of the importance of asking about smoking habits and help with cessation
 6. Intensive lifestyle follow-up/program for overweight and obese patient during a minimum of six months

Challenges met in implementation of the NCD strategy and the guidelines for diabetes

- The strategy are being implemented within current budgets
- Plans for action and evaluation of the strategy do not exist
- Quality indicators for diabetes not part of the guideline revision
- 9% of the GP's report data to the National Diabetes Register
- 1/3 of the population in Oslo have immigrant background – need for a strategic plan for cross-cultural training for health professionals
- Re-organization of the primary care – start rewarding HC personnel to prevent and treat chronic diseases



Co-funded by
the Health Programme
of the European Union

The Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle (JA-CHRODIS)*

* This presentation arises from the Joint Action addressing chronic diseases and healthy ageing across the life cycle (JA-CHRODIS), which has received funding from the European Union, under the framework of the Health Programme (2008-2013). Sole responsibility lies with the author and the Consumers, Health, Agriculture and Food Executive Agency is not responsible for any use that may be made of in the information contained therein.

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