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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

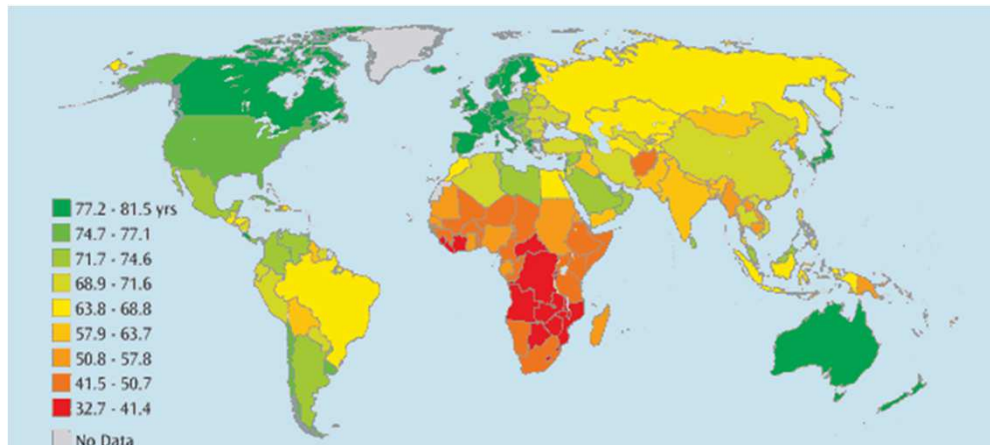
- WHA and WHO goal: Reduce premature death from NCDs by 25 % by 2025
- NCDs cause 2/3 of all deaths globally
- Norway was the first country in the world to launch a communicable disease strategy in 2012

“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”*



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



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