

# Sörmlands Health Program for 40, 50 and 60 Year Olds Sweden

## *Title in original language:*

Sörmlands Hälsoprogram för 40, 50 och 60 åringar

## *Target groups:*

All inhabitants of the county Sörmlands the year they turn 40, 50 and 60 years.

## *Short description of the intervention:*

All Sörmlanders who turns 40, 50 or 60 years will get an invitation sent home with an offer to participate in Sörmlands health programs during the year. To participate in the health program is free of charge. The program includes two visits to the healthcare centre, which includes blood sugar and blood lipid tests, measurement of blood pressure, height, weight, and waist measurements and calculating the Body Mass Index (BMI), a health survey and a conversation about health. The main aim is to prevent common non communicable diseases such as cardiovascular disease, type 2 diabetes and to strengthen public health.

## *To which type of interventions does your example of good practice belong to?*

Individual intervention.

## *How is this example of good practice funded?*

National/regional/local government. County of Sörmland.

## *What is/was the level of implementation of your example of good?*

Local (municipality level). County of Sörmland, about 270 000 inhabitants.

## *Please give a description of the problem the good practice example want to tackle:*

We want to increase the participation to 70% (from 53%) and reach groups with poor socioeconomic and less healthy lifestyle and habits (food, physical activity, alcohol and tobacco).

## *Is your example of good practice embedded in a broader national/regional/ local policy or action plan?*

Yes. Sörmlands health program is based on previous initialised health program in the County of Västerbotten. There is a national network for similar programs in the Swedish HPH (health promoting hospitals).

## *Implementation of your example of good practice is/was:*

Continuous (integrated in the system)

## *Who implements/implemented the intervention?*

Trained nurses who work with the health program is undergoing training in the health program and the communication methodology used in health talks/communication, motivational interviewing, MI

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### *What core activities are/have been implemented?*

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The staff participate in on-line training regarding Sörmlands health programs (hand on/manual), they get basic and advanced training in motivational interviewing and then tutoring once a year. This fall they will get an on-line based knowledge and fact education on physiological aspects of how lifestyles affect the development of cardiovascular diseases.

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### *Who did the evaluation?*

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An internal party (representatives of the intervention, own organisation)

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### *What has been measured / evaluated?*

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Process evaluation and evaluation of the impacts/effects/outcome: ongoing process.

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### *What are the main results/conclusions/recommendations from the evaluation?*

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Ongoing process. This first year will give us a baseline. We are working with the result right now.

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### *What were, in your opinion, the pre-conditions for success? Were there any facilitating factors?*

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We have received good support from the county council of Västerbotten and Västernorrland (above others). The national network has also constituted an important support for the development of the program. Important for increased participation and utilization of excellence in various fields have been engaging relevant professions (nurses, system, communication device etc.)

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### *What are the main lessons to be learned?*

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It is important to create anchoring, participation and a common goal to work. In order to build a sustainable and stable software requires time and commitment from many different activities concerned.

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### *Web page related to the intervention*

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<http://www.1177.se/Sormland/Tema/Halsa/Livsstil---att-andra-en-vana/Sormlands-halsoprogram/>

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### *Contact details of person who may be contacted for further information*

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