



CHRODIS+

IMPLEMENTING GOOD PRACTICES FOR CHRONIC DISEASES

CHRODIS PLUS Joint Action

General Assembly, Budapest

SUPPORTING IMPLEMENTATION OF MODELS AND PRACTICES IN
CHRODIS PLUS

Janus Gudlaugsson PhD – Lara Janusdottir MBA

Janus Health Promotion

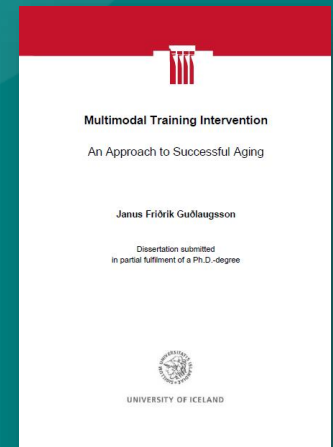
Work Package 5 – Multimodal Health Promotion

Multimodal Health Promotion

An approach to Successful Aging



Janus Guðlaugsson – PhD-Sport and Health Scientist
Lara Janusdottir – MBA
www.janusheilsuefning.is



Collaboration with Directorate of Health in Iceland and European Union - Chordis+ Implementation of the project in Lithuania and Spain



Site Visit in Iceland



Visiting Implementers in Lithuania and Spain



The goal of the project is to



1. enable older age groups, for longer time, to participate in activities of daily living



2. enable older age groups to live longer in their own home, and enjoy their life



3. prevent chronic diseases



4. enable older age groups to work longer in the labor market



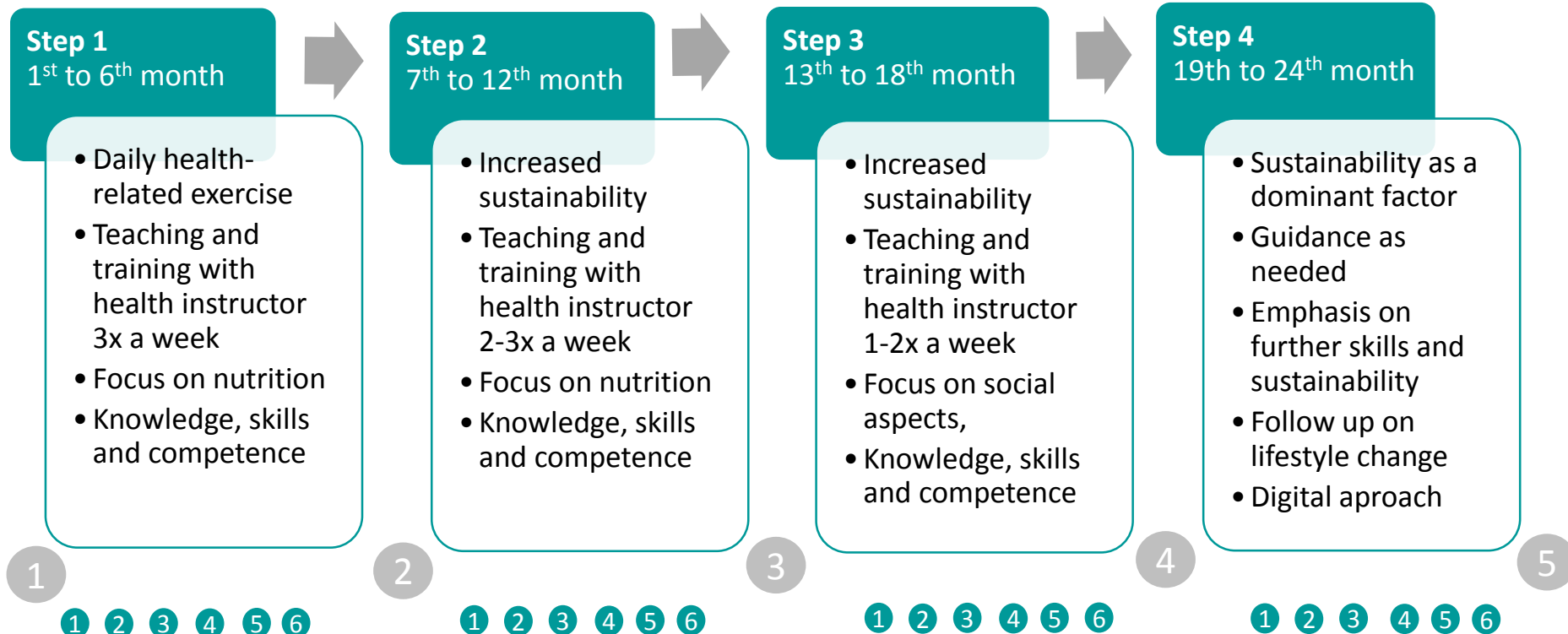
5. prevent or delay the admission of older people into residential and nursing homes

6. assist countries and local authorities to promote the health and quality of life of older age groups – and save them financial resources by doing so!

Methods

Design of the project

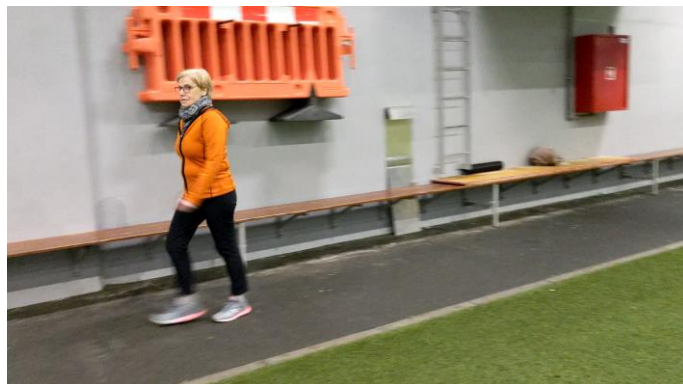
Multimodal Health Promotion 65+ The four steps over two years period



Specialized measurements every 6 months, related to older age groups 65+

Educational lectures, focusing on nutrition, medicine and training, mindfulness and other health related factors

What does the Project Contain?



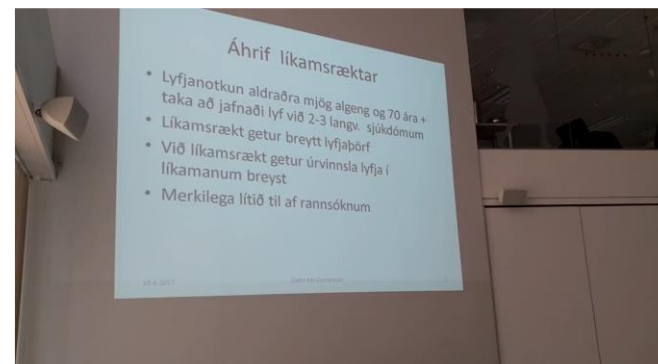
Daily activity – Endurance training



Strength training – Twice a week



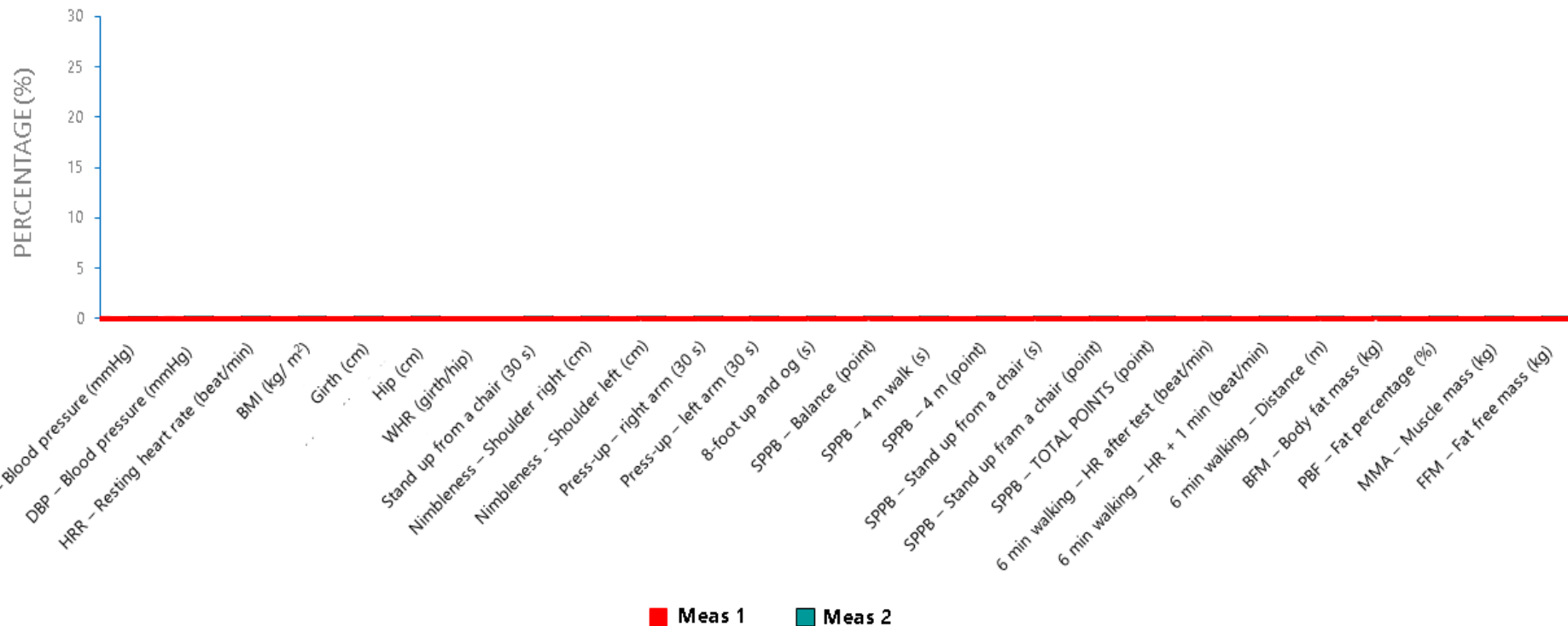
Educational practise – Nutrition and cooking



Educational lectures – Once a month

Benefit (%) of the health promotion

All parameters/measurements moved for the better after 6-month multimodal health promotion

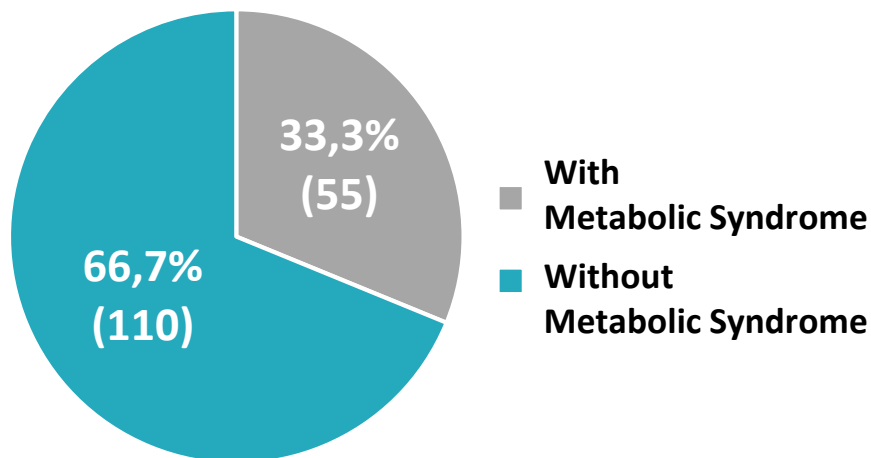




Metabolic Syndrome

Municipality A1 og A2: An Individual with Metabolic Syndrome is at eight times higher risk to get a cardiovascular disease

Measurement 1: Before training (n=165)

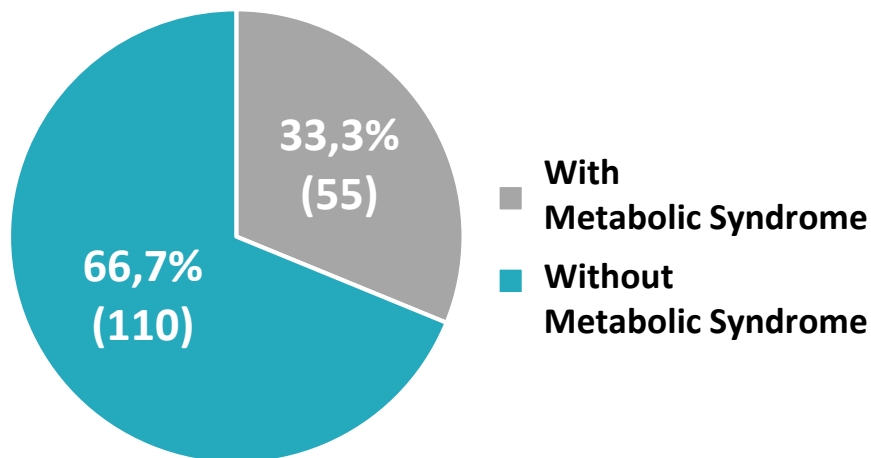


Measurement 2: After 6-month training (n=165)

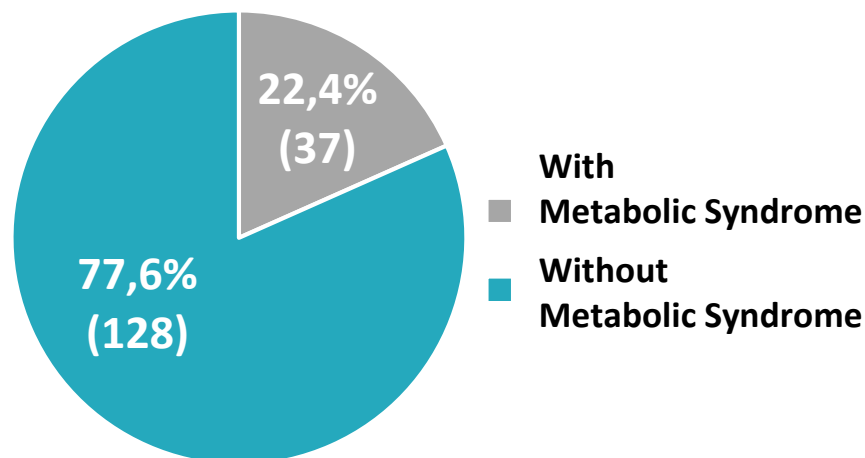
Metabolic Syndrome

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Measurement 2: After 6-month training (n=165)

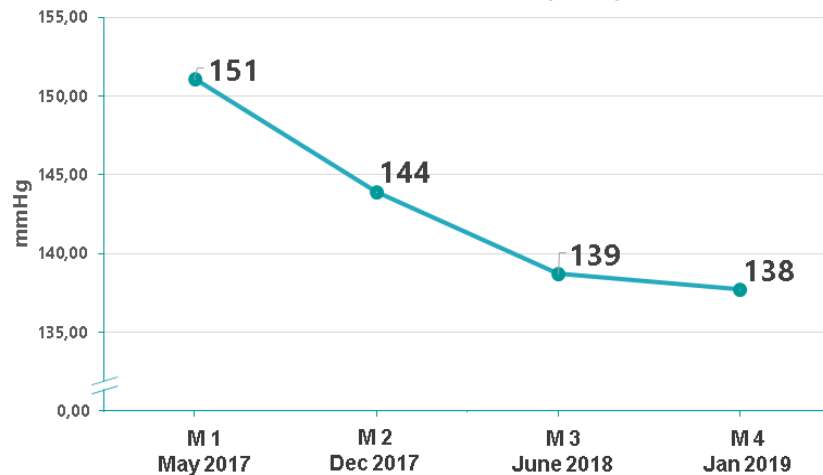


Participants with Metabolic Syndrome **decreased**
from 55 to 37 or **32,7%** after 6-month multimodal health promotion

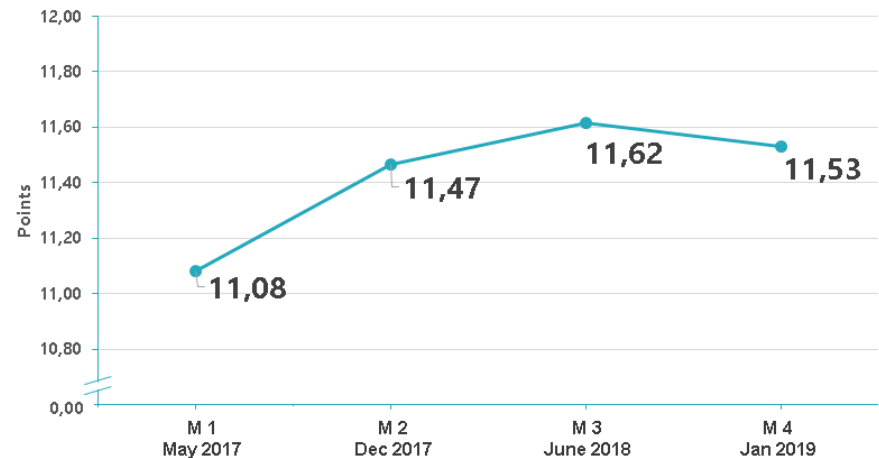
Pioneers 65+ from Keflavik

18 Months Multimodal Health Promotion

Blood Pressure (SBP)



SPPB-test (total score)



* M = Measurement



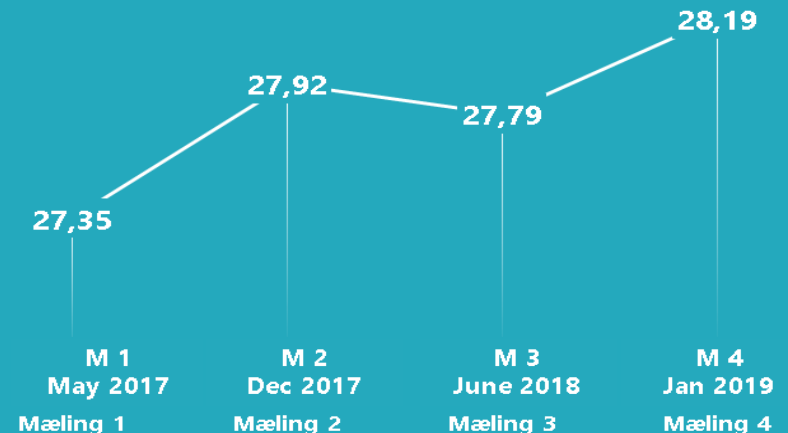
Pioneers 65+ from Keflavik

18-Month Multimodal Health Promotion

FAT MASS (KG)



MUSCLE MASS(KG)



* M = Measurement

Muscle mass and fat mass 18-month health promotion

Muscle mass



N=75
0,84 kg

+62,9 kg

Fat mass



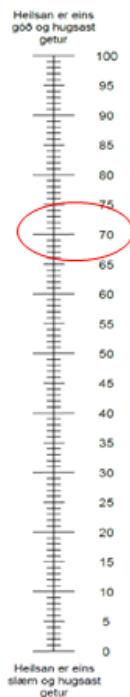
N=75
2,65kg

-198,6 kg

Health and Quality of Life

18-month Multimodal Health Promotion

EQ-5G-5L

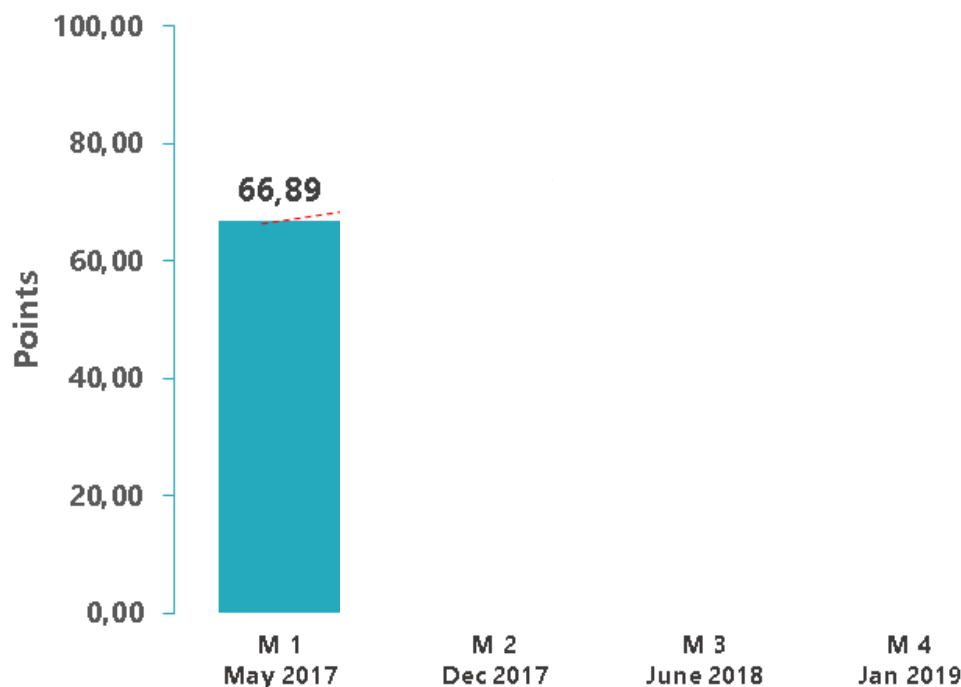


100 = Health as good as possible



0 = Health as bad as possible

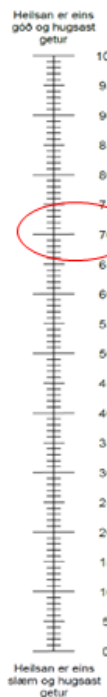
Estimate own health and quality of life



Health and Quality of Life

18-month Multimodal Health Promotion

EQ-5G-5L

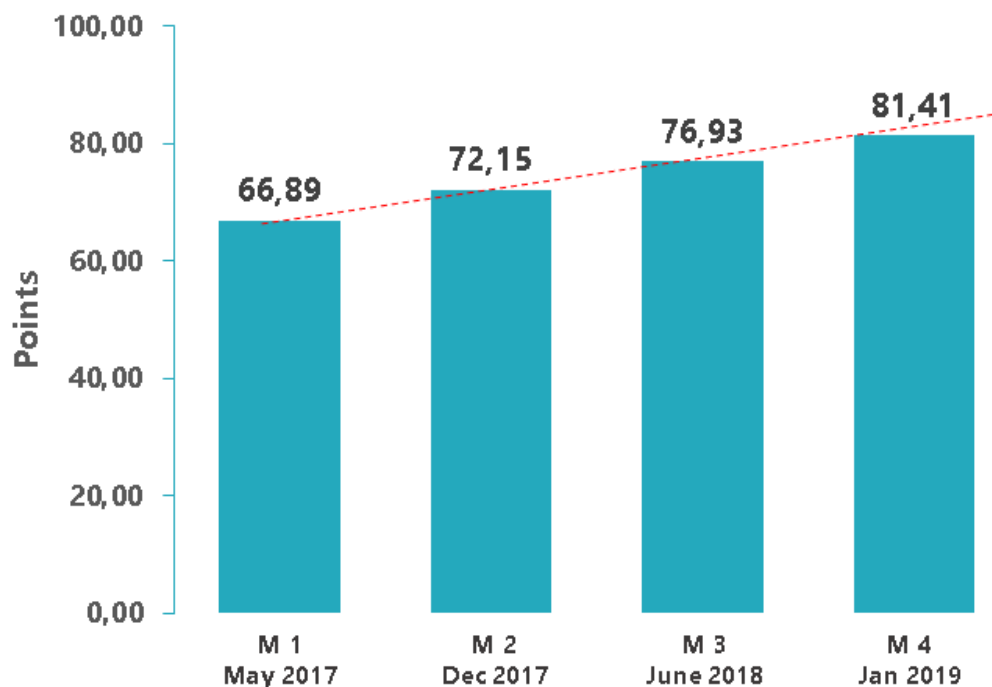


100 = Health as good as possible



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Estimate own health and quality of life



Increase of older people

**Increase of older people, 65+,
in Iceland will be around**

61% over the next 15 years



What is the cost of an annual stay for one person in a residential and nursing home in Iceland?

Answer: About 13-15 million ice krona per year

93–108 thousand €



What is the estimated cost in one year for health care of 80-100 senior citizens in the municipalities Reykjanesbær and Hafnarfjörður?

Answer: About 12–14 milljon ice krona

87–101 thousand €

Health Promotion saves money for the society



**To delay 500 people for a year
in a residential and nursing home =>
 $13.000.000 \times 500 = 6.500.000.000$ kr.
(~47.5 million €)**



**Savings in € are huge
~ 48 million €**

Conclusion – Main Message

Results of this project and other studies, call for action by state and local authorities regarding health promotion of older age groups

1. **Establishing an action plan to support daily exercise and to target health promotion of older age groups**
2. **To form a company for action**
 - Providing older individuals in municipalities the opportunity to participate in prevention strategies – **multimodal health promotion**, social approach and nutritional advice
3. **To formulate health-related prevention policies and restructure funding and services for targeting healthcare of the elderly**

A wide-angle, high-angle photograph of a city, likely Reykjavik, Iceland, during the 'Golden Hour' of sunset. The sky is a deep, vibrant blue with wispy white clouds. A large, bright rainbow arches across the upper half of the frame, its colors vivid against the twilight sky. Below the rainbow, the city is densely packed with buildings. Many of these buildings have brightly colored roofs in shades of red, yellow, blue, and green, creating a patchwork of colors. The streets are visible, with some cars and pedestrians. In the foreground, there's a large, open area that looks like a park or a public square with some geometric patterns on the ground. The overall atmosphere is peaceful and picturesque.

Thank you for your attention

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CHRODIS PLUS

The Joint Action implementing good practices for chronic diseases

This presentation is part of the CHRODIS PLUS Joint Action. This Joint Action addresses chronic diseases through cross-national initiatives identified in JA-CHRODIS, in order to reduce the burden of chronic diseases while assuring health system sustainability and responsiveness, under the framework of the Third Health Programme (2014-2020). The content of this presentation is the sole responsibility of the author. Consumers, Health, Agriculture and Food Executive Agencies cannot be held liable for any use of the information contained within this document.



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