Nordic Council of Ministers for Health and Social Affairs

– Round-table Discussions –

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WHO Regional Director for Europe
Why do we need a new health policy for the European Region?

• New era, with rapidly developing global and European trends
• Increasing complexity of drivers that shape health and the determinants of health inequities
• Ongoing & new challenges to health as a human right, a public good and as an asset for development
• Uneven progress in achieving health goals to date
• These demand a new approach to health governance in the 21st century
Health 2020 will address these questions

• Which types of interventions would make the biggest difference to the health and well-being of the people of the Region?
• What opportunities hold the greatest promise?
• How can Member States best use scarce resources to make measurable and equitable health gains?
• How can we prepare for the next 10 years?
• How can we accelerate action to reduce inequalities?
• How can the WHO Regional Office for Europe support decision-makers in their efforts to achieve better health and well-being for their people?
• How can the Regional Office and Member States join forces and work with international partners within a coherent policy framework?
Vision of Health 2020

“A WHO European Region where all peoples are enabled and supported in achieving their full health potential and well-being, and in which countries, individually and jointly, work towards reducing inequalities in health within the Region and beyond”
Health 2020 strategic approaches

- Emphasis on health and wellbeing
- The right to health and access to care
- People at the centre
- Addressing the determinants of health
- Whole-of-society approach
- Whole-of-government approach
- Solutions that work and make a difference in addressing the challenges to public health and health systems in the European Region

The policy will be developed through a highly participatory process and will be informed by a systematic evidence-gathering exercise.
Key elements of the structure of Health 2020

- The case for a new policy for a new era
- The public health challenges and priorities in the Region
- Governance and leadership for health – reaching other sectors and the new role of ministers of health
- Addressing the determinants of health and health inequalities
- The economics of prevention
- Integrated and coherent strategies and evidence-based interventions that work to tackle the systemic risks related to the main burden of diseases
- Healthy people: a life-course approach and focus on vulnerable groups
- Creating environments conducive to health and promoting assets of health approaches
- Strengthening people-centred health systems, public health services and emergency preparedness services
- Making it happen: implementing whole-of-government approaches, working on partnerships and building capacity
Attributes of Health 2020

- Inspiring, challenging and practical
- Interconnecting new evidence on health and its determinants, and effective interventions for better health, equity and well-being
- Providing a value-based framework for health development, strategic goals, realistic targets for the European Region and tools for planning, implementation, monitoring and evaluation
- Relevant to low-, medium- and high-income countries in the Region
- Placing the revival of public health at the centre
Inequalities in life expectancy by regions in Europe, 2006
Recent life expectancy trends in the Nordic countries, by sex

Source: Health for All database. Copenhagen, WHO Regional Office for Europe, 2011.
Life expectancy difference between a “best model” and the Nordic countries, by sex, latest available value

Country

Sweden
Norway
Iceland
Finland
Denmark

Difference of life expectancy (years)

Source: Health for All database. Copenhagen, WHO Regional Office for Europe, 2011.
Proportionate mortality by broad group of causes of death in country groups in the European Region, 2008
Leading causes of lost disability-adjusted life-years (DALYs) in European Union (EU) countries, 2004

- Unipolar depressive disorders
- Ischaemic heart disease
- Hearing loss, adult onset
- Alzheimer and other dementias
- Chronic obstructive pulmonary disease
- Cerebrovascular disease
- Osteoarthritis
- Diabetes mellitus
- Cataracts
- Road traffic accidents
- Trachea, bronchus and lung cancers
- Poisonings
- Alcohol use disorders
- Cirrhosis of the liver
- Inflammatory heart disease
- Self-inflicted injuries

Inequalities in cancer mortality by regions in European countries, 2006

Age-standardized premature mortality from larynx, trachea, bronchus and lung cancer, 0-64 years, by regions of Europe, 2006
Disposable household income and life expectancy by regions of Europe, 2006 (with emphasis on Nordic countries)
Gaining Health
The European Strategy for the Prevention and Control of Noncommunicable Diseases
Noncommunicable diseases (NCD) action plan

Planning & oversight
- National plan
- Health info sys with social determinants disaggregation

Health in all policies
- Fiscal policies
- Marketing
- Salt
- Trans-Fat

Healthy Settings
- Workplace wellness
- Active Transport

Secondary prevention
- Cardio-metabolic risk assessment & management
- Early detection of cancer

Health Promotion
Recent European NCD milestones

High-level Consultation in the European Region on the Prevention and Control of Noncommunicable Diseases, with a Particular Focus on the Developmental Challenges
25–26 November 2010, Oslo, Norway

First global ministerial conference on healthy lifestyles and noncommunicable disease control
28–29 April 2011
Moscow, Russian Federation
### DALYs by causes

<table>
<thead>
<tr>
<th>Condition</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular diseases</td>
<td>22.9</td>
</tr>
<tr>
<td>Neuropsychiatric conditions</td>
<td>19.5</td>
</tr>
<tr>
<td>Malignant neoplasms</td>
<td>11.4</td>
</tr>
<tr>
<td>Unintentional injuries</td>
<td>9.6</td>
</tr>
<tr>
<td>Digestive diseases</td>
<td>4.9</td>
</tr>
<tr>
<td>Respiratory diseases</td>
<td>4.5</td>
</tr>
<tr>
<td>Intentional injuries</td>
<td>4.3</td>
</tr>
<tr>
<td>Sense organ diseases</td>
<td>4.1</td>
</tr>
<tr>
<td>Infectious and parasitic diseases</td>
<td>3.8</td>
</tr>
<tr>
<td>Musculoskeletal diseases</td>
<td>3.7</td>
</tr>
<tr>
<td>Respiratory infections</td>
<td>2.1</td>
</tr>
<tr>
<td>Perinatal conditions</td>
<td>1.8</td>
</tr>
</tbody>
</table>

### DALYs in Europe

**Neuropsychiatric conditions: years lived with disability**

<table>
<thead>
<tr>
<th>Ranking</th>
<th>Condition</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Unipolar depressive disorders</td>
<td>13.7%</td>
</tr>
<tr>
<td>2nd</td>
<td>Alcohol use disorders</td>
<td>6.2%</td>
</tr>
<tr>
<td>7th</td>
<td>Alzheimer and other dementias</td>
<td>3.8%</td>
</tr>
<tr>
<td>11th</td>
<td>Schizophrenia</td>
<td>2.3%</td>
</tr>
<tr>
<td>12th</td>
<td>Bipolar disorders</td>
<td>2.3%</td>
</tr>
</tbody>
</table>
WHO/Europe initiative on health of children and young people with intellectual disabilities and their families
November 2010, Bucharest, Romania
Mental Health Declaration for Europe

WHO European Ministerial Conference on Mental Health: Facing The Challenges, Building Solutions

January 2005, Helsinki, Finland
European mental health strategy (2012)

• Improve mental well-being and prevent mental disorders
• Respect rights and offer opportunities
• Establish safe and effective services
• Tackle co-morbidities
Alcohol-related harm

- Central nervous system effects and changed behaviour
  - Injuries
    - Violence, suicide, homicide, drink–driving fatalities, criminal behaviour
  - Risky sexual behaviour
    - Sexually transmitted infections (STIs), including HIV
- Teratogen
  - Low birth weight, cognitive deficiencies, fetal alcohol disorders
- Dependence-producing drug
- Immunosuppressant
  - Post-operation infections, tuberculosis
- Carcinogen
  - Oral cavity and pharynx, oesophagus, stomach, colon, rectum, breast
- Cardiovascular diseases
Sixty-third World Health Assembly
17–21 May 2010

Endorsed the global strategy to reduce the harmful use of alcohol in resolution WHA63.13
Alcohol: WHO/Europe’s plans

- Implementing new European action plan to reduce the harmful use of alcohol 2012–2020
- Further developing European Information System for Alcohol and Health
- Assisting Member States in implementing the European action plan
- Reporting and monitoring.
### Violence and injuries: among the top 10 causes of death in children and young people

<table>
<thead>
<tr>
<th>Rank</th>
<th>5-14 years</th>
<th>15-29 years</th>
<th>30-44 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Road traffic injuries</td>
<td>Road traffic injuries</td>
<td>Ischaemic heart disease</td>
</tr>
<tr>
<td>2</td>
<td>Drownings</td>
<td>Self-inflicted injuries</td>
<td>Self-inflicted injuries</td>
</tr>
<tr>
<td>3</td>
<td>Lower respiratory infections</td>
<td>Violence</td>
<td>Poisonings</td>
</tr>
<tr>
<td>4</td>
<td>Leukaemia</td>
<td>Poisonings</td>
<td>Road traffic injuries</td>
</tr>
<tr>
<td>5</td>
<td>Congenital anomalies</td>
<td>HIV/AIDS</td>
<td>Tuberculosis</td>
</tr>
<tr>
<td>6</td>
<td>Self-inflicted injuries</td>
<td>Tuberculosis</td>
<td>Cirrhosis of the liver</td>
</tr>
<tr>
<td>7</td>
<td>Lymphomas, multiple myeloma</td>
<td>Drownings</td>
<td>Cerebrovascular disease</td>
</tr>
<tr>
<td>8</td>
<td>Epilepsy</td>
<td>Ischaemic heart disease</td>
<td>Violence</td>
</tr>
<tr>
<td>9</td>
<td>Violence</td>
<td>Cerebrovascular disease</td>
<td>HIV/AIDS</td>
</tr>
<tr>
<td>10</td>
<td>Cerebrovascular disease</td>
<td>Leukaemia</td>
<td>Inflammatory heart diseases</td>
</tr>
</tbody>
</table>

Injuries: leading cause of inequality in child death in Europe

- 5 out of 6 of child injury deaths are in poorer countries.
- There is up to an eight-fold difference between countries with the highest and lowest injury death rates.
- Death rates in the Commonwealth of Independent States are 3 times higher those in the EU.
- Even in high-income countries, unintentional injuries account for 40% of all child deaths.
- Within countries, death rates for the socially disadvantaged can be as much as nine times those of other groups.

Nature and consequences: life-course approach

Death

Scientific gaps

Conception

Adverse childhood experiences

Adoption of health-risk behaviours

Social, emotional and cognitive impairment

Disease, disability and social problems

Early death

Nature and consequences: life-course approach

World Health Organization

Nordic Council of Ministers of Health and Social Affairs

20 June 2011, Vaasa, Finland
Health Behaviour in School-aged Children Study

Provides information on the health and well-being of children aged 11, 13 and 15 years in 43 countries and regions in Europe and beyond

- Adolescents’ general health and well-being
- Family and peer relations
- The school environment and health of adolescents
- Socioeconomic inequalities in adolescent health
- Exercise and leisure-time activities
- Eating habits, dental care and dieting
- Substance use
- Sexual behaviour
Youth and health risks in Europe

• Deaths of 300 young people every day in the European Region from largely preventable causes
• Europe: the largest worldwide differences in mortality rates between:
  – males and females
  – young adults and young adolescents
• Health risks with immediate consequences (i.e. unintentional injuries, violence, mental health problems)
• Health risks affecting healthy adulthood and future generations:
  – behaviours: unprotected sex, physical inactivity
  – social, economic and cultural determinants

*Health is wealth, and young people’s health is our present and future wealth*
WHO/Europe’s contribution to support the implementation of the European strategy on child and adolescent health and development, and *Health 2020*

**Young people’s health as a *whole-of-society* response**

Evidences for gender responsive actions to prevent and manage HIV/STIs