Managing Intersectoral Action for Health and Development: Lessons from Slovenia

Peter Beznec
Centre for Health and Development Murska Sobota

Working together for health equity, Vilnius, Lithuania,
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Pomurje in brief

- Population: 119,146 – micro region
- SDH:
  - Unemployment 18% (SI 13%)
  - GDP 65% of SI, 55% of EU
  - 28.6% of population only primary school or less (SI 20.8%)
  - 10.5% in life long learning (SI 16%)
  - Brain drain
- Life expectancy lower than SI avg for men 3 and women 2 years
- Highest death from CVD 46.1%
- Highest premature mortality for men 32.4% (SI 29.4%)
- Limited data about HI within the region
- CINDI lifestyle surveys show HI
Pomurje in brief

Assets
- Natural resources (thermo-mineral and mineral waters, arable land, water and sun - energy)
- Tradition in health tourism, agriculture, handcraft
- Location & infrastructure (30 min to AT, HU, HR, 5 large cities within 250 km, connected with highway, railroad)

Capacity for tackling HI and SDH
- Partnership
- Understanding health as development potential and vice versa
Health & development in Pomurje

2001-2006: IFH - Program Mura

2007-2013: SDH and HI

2014-2020: Wellbeing/ Q of life
Period 2001-2006

Health and development
REGIONAL DEVELOPMENT PLAN as a framework for policies, programs and projects which relate to social and economic determinants of health
Clear vision of Program Mura

to achieve better health and quality of life for the people in the Pomurje region

to achieve the understanding of health as a development potential of the region and vice-versa: development as the basis for better health

Investing in Regional Partnership

CHD- Centre for Health & Development

IPH- Institute of Public Health Murska Sobota

NGOs

CHD

IPH

Primary Health Care Centres

Hospital

Schools

Kindergartens

Local authorities

Local coordinators

Regional & local development agencies

Employment Service

Chamber of Commerce & Industry

Health spa resorts

Food Industry

Tourist association

Agricultural extension service

Landscape Park Goričko

MEDIA
Governmental working group on health and sustainable development in Pomurje

RDA Mura
RDP Pomurje 2000+

Mechanism also at national level
Clear common objectives

HEALTH

HEALTHY COMMUNITY
HEALTH PROMOTION IN:
• local community
• marginal groups
• schools
• workplace

HEALTHY FOOD
AGRICULTURE
FOOD INDUSTRY
• more fruit & vegetables
• ecological farming
• local supply chain
• safe & healthy food

HEALTHY TOURIST OFFER
• healthy & traditional offer in gastronomy
• recreation programs
• prevention programs in health spas
• Eco-tourism

HEALTHY ENVIRONMENT
Natural, living, socio-economic
PROJECT LET’S LIVE HEALTHY

TO IMPROVE HEALTH OF THE POPULATION

LIFESTYLE:

NUTRITION

PHYSICAL ACTIVITY

TO TAKE SELF RESPONSIBILITY FOR HEALTH

Source: RIPH MS
<table>
<thead>
<tr>
<th>PERCEIVED CHANGE OF LIFESTYLE</th>
<th>% PARTICIPANTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTRITION (any change)</td>
<td>95 %</td>
</tr>
<tr>
<td>More vegetable</td>
<td>67 %</td>
</tr>
<tr>
<td>More fruit</td>
<td>53 %</td>
</tr>
<tr>
<td>Less fat</td>
<td>64 %</td>
</tr>
<tr>
<td>Less salt</td>
<td>36 %</td>
</tr>
<tr>
<td>More physical activity</td>
<td>36 %</td>
</tr>
<tr>
<td>Knowledge about healthy lifestyle</td>
<td>65 %</td>
</tr>
<tr>
<td>Information from workshops distributes further</td>
<td>50 %</td>
</tr>
</tbody>
</table>

Source: RIPH MS
Healthy nutrition

Schools and kindergartens
Local restaurants
Health spas
Shops and markets
Local communities
Production site
Resolution on the National Programme of Food and Nutrition Policy 2005-2010

Pilar 1: Food Safety

Pilar 2: Well-balanced and protective nutrition

Pilar 3: Sustainable local food supply
Guidelines for healthy nutrition in kindergartens, primary schools and secondary schools

launched by the Ministry of Health in 2005

harmonised with the Ministry of Education

implementation in 2006 and 2007

Healthy choice, an easy choice
Pomurje the land of health and friendly people
Achievements by 2006

- Health is included in regional development program
- Partnership network with more than 25 local and regional partners
- Alliances with international partners
- Capacity across the sectors in understanding the SDH and IFH concept

http://www.zzv-ms.si/si/zdravje-razvoj/Strategija-Neenakosti-v-Zdravju.htm

Regional strategy to tackle health inequalities

Regional development program 2007-2013
Period 2007-2013

Social determinants of health and health inequalities
Determinants of health (Dahlgren & Whitehead, 1991)
Health 2007-2013

Health inequalities
- Tackling inter- and intra-regional inequalities in health
- Increasing social inclusion

Healthy food, culinary and development of the countryside
- Fruit and vegetable
- Organic Farming
- Short supply chains
- Safe food from farm to fork
- Alternative income generation

Healthy tourist offer
- Healthy and traditional offer in gastronomy
- Recreational programmes
- Prevention programmes in spas
- Ecotourism
- Culture and handcraft

Nature, environment and health
- Natural living
- Sustainable mobility
- Water
- Biodiversity

Regional Partnership for Health and Development
• identifying and understanding HI
• implementing HIAP approach and cross sectoral action on SDH

• locally, regionally, nationally, internationally
• WHO CC for capacity building in cross-sectoral investment for health
Transfer of good practices

- let’s live healthy
- regional strategies to address HI

Source: RIPH MS
Report on Health inequalities in Slovenia, 2011

- National Institute of Public Health
- Statistical Office of RS
- Institute for Macroeconomic Analysis and Development
- Institute of Oncology Ljubljana
- Centre for Health and Development Murska Sobota
- WHO EURO

- Support from MOH

Mortality by Slovenian administrative units, 2005–2009
(NIPH Database of deaths 2005-2009; SMARS)

Health inequalities in Slovenia, NIPH, 2011
Life expectancy at 30 relative to education and gender, Slovenia, 2008 (Corsini, 2010)

Health inequalities in Slovenia, NIPH, 2011
Tackling health inequalities - challenges

- Health and tackling health inequalities integral part of Slovenian development strategy as well as other development documents
- National strategic framework for tackling health inequalities
- Effective cross-sectoral mechanisms
- Regular monitoring of health inequalities in the context of development progress and wellbeing
- Supporting international initiatives to tackle health inequalities
Focus on Vulnerable groups

**Disabled people**
- Inclusion through sport and recreation
- Building capacity of NGO for disabled people
- Awareness raising for inclusion of disabled people in the society

**Roma population**
- Training for better employability (new skills)
- Promotion of healthy life style
- Promotion of social inclusion of Roma in wider society (tourist product, demonstration of new skills)
From Physical activity to Active Mobility

Promoting healthy and nature friendly way of transport
• Different target groups – focus on early start (Active Access, Bambini, Healthy)
• Long term support – partnership with community (Walking Bus)

Sustainable transport
• Establishment of Local support group – Community
• Sustainable urban mobility plan
• Local Action plan for soft mobility measures
Period 2014-2020

Sustainable society
Health in National development priority for Inclusive growth 2020: Social inclusion, combating poverty & health

- Social activation and tackling health and social inequalities
- Active and healthy aging
- Deinstitutionalisation and community care for elderly, people with mental illness, disabled and vulnerable groups, palliative care
- Strengthening primary care and public health, development of integrated social and health services with strengthening of cross-sectoral provider’s networks
- e-health
**Objective**

- reduced inequalities in health between user groups
- prevention of life-style related diseases
- improved mental health services

- Predefined project implemented by NIPH in cooperation with primary health care on mainstreaming health equity principle into prevention programs
- 130 project applying for grant, basic requirement in the tender was cross-sectoral partnership
Sustainable society

- active and healthy aging
- healthy lifestyle
- social inclusion and health equity
- integrated health and social services

- sustainable tourism
- local food supply
- energy self-sufficiency
- revitalisation of environmental resources

Wellbeing

Green workplaces
New development strategy of Pomurje

focus on specificity of the region

- vision
- potencials
- 5 working groups RDC
- 22 meetings (okt 12 – jul 13)
- Draft of RDP (25.3.2013)
- More than 140 experts
- key projects
- specialisation
- priorities
- strategic objectives

More than 140 experts

RDA Mura
Results

10 measures in the area of health, Q of life, social inclusion and equal opportunities

Pomurje

29 health and social inclusion

223 project proposals

1 development specialisation

10 health and social inclusion

95 measures

19 investment areas

5 development priorities

3.2 health

3.4 soc. inclusion

RDA Mura
Conclusions

• move from sectoral to broader society objectives
• support your arguments with evidence
• build partnerships and alliances on different levels (local, regional, national, international)
• link with established practices and infrastructure
• plan for continuity
• evaluate and document progress and failures
• allow time and resources for capacity building
For more information

peter.beznec@czr.si
tatjana.buzeti@czr.si
www.czr.si