



Picture 1

## Community systems for NCD prevention and control

- based on experiences from Västerbotten County, Sweden




Dr. Maria Nilsson, Epidemiology and Global Health  
Centre for Global Health Research, Umeå University



Picture 2


## Presentation over view

- Why do we need community systems for NCD prevention and control?
- Why should local governments care?
- Three examples of interventions
- Joint criteria's
- Some lessons learnt



Picture 3

## The County of Västerbotten




**15 municipalities**  
**260 000 inhabitants**

- sparsely populated,
- 70% lives in the major two cities
- 80% lives by the coast
- Range: 0.4 – 48.4 inhabitants per km<sup>2</sup>

**55 200 km<sup>2</sup> (1/5 of Sweden)**

- Second largest in Sw., as large as the Netherlands

**Varied landscape with mountains and coastal areas**



Picture 4

## Why do we need community systems for NCD prevention and control

- **To reach out – maximize the potential**
  - systems enables a combination of population-based and individually based strategies
- **For capacity and response**
  - infrastructure/organisation, policies and plans, access to key actors and partnerships
- **For sustainability**
  - coordination, resources and mandate



Picture 5

## Why should local decision makers care?

- **Healthy citizens - local communities most important resource**
- **To reduce costs for health care**
- **To identify and reduce local gaps**
- **Can enact policies and plans to reduce NCD:s**
  - be part of the solution

**They have the means for**

- surveillance
- reducing exposure levels of risk factors
- management through strengthening local systems




Picture 6

## Three examples of interventions

- tradition of sustainability

- **Västerbotten Intervention Program (VIP)**
  - started in 1985
- **Tobacco Free Duo**
  - started 1993
- **Salut**
  - started 2005

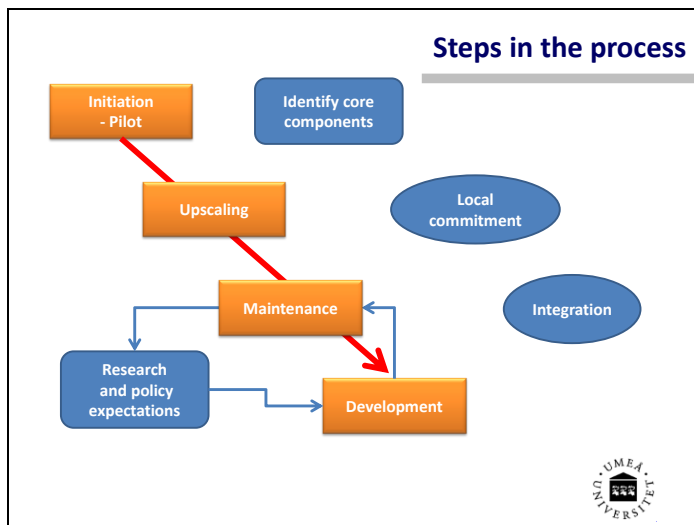


Picture 7

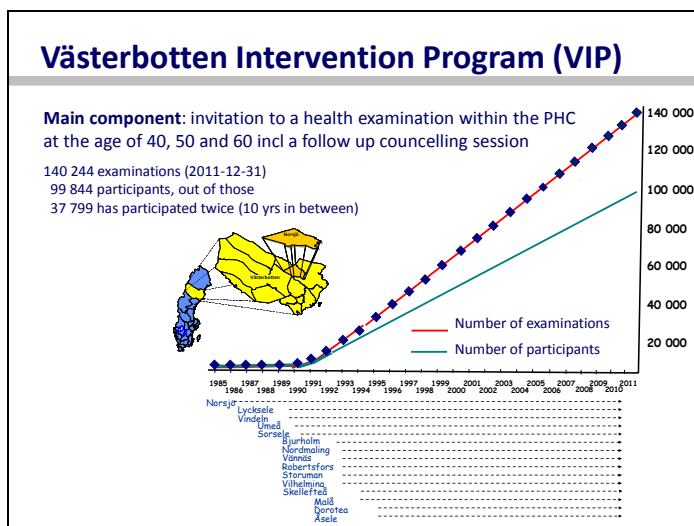
### The start – looking back

- **A problem**
  - CVD-mortality,
  - Cancer,
  - Obesity, oral health problems and mental illness
- **Political decision**
  - do something!
- **Targetgroups and pilot areas selected**
  - middle aged
  - youth 12-15 yrs
  - unborn baby – 18 yrs
- **Key functions and partnerships identified**
  - health care,
  - health care incl dental care, schools, local business, NGO:s, churches
  - health care incl dental care, pre-schools, schools, NGO:s, churches
- **Core components identified, discussed and decided with partners**

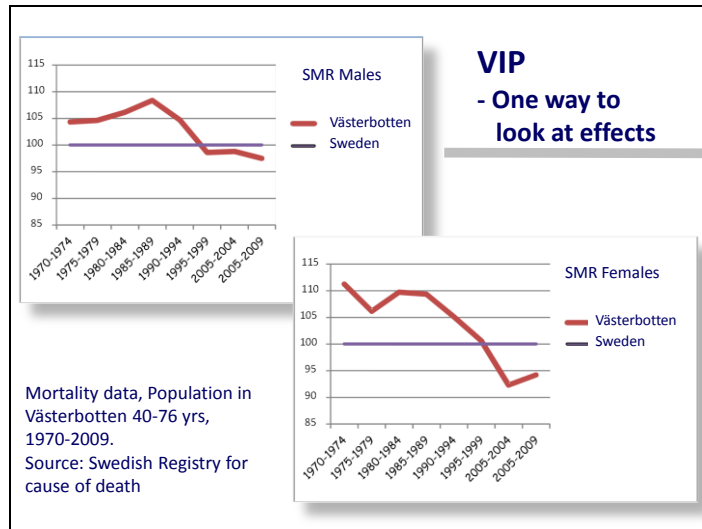
Picture 8



Picture 9



Picture 10



Picture 11

**tobaksFRI duo**

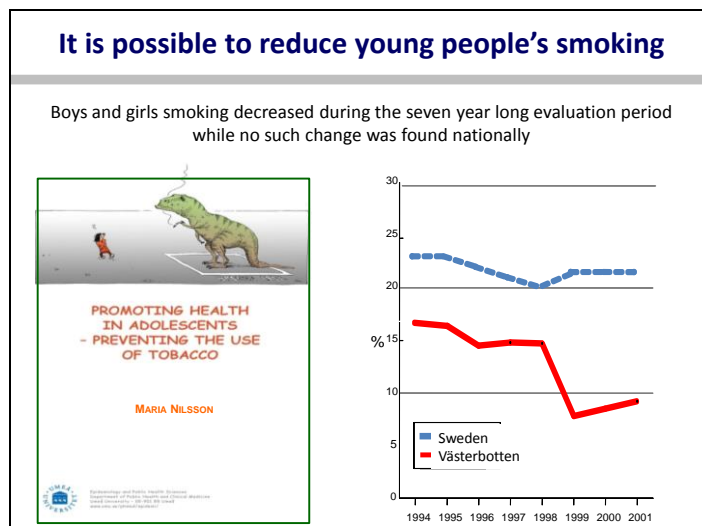
**Tobacco free Duo**  
- Organisation within the county council  
- The school is the arena

**Main components:**

- Tobacco free partnership (12 yr old and adult)
- Signs a contract valid till the end of grade 9
- Membership card – discounts and lotteries
- Interactive information, education
- Active young role models – coaches
- Web ([www.tobaksfri.se](http://www.tobaksfri.se))
- Annual newspaper

Umeå University logo

Picture 12



Picture 13

### A Child health promoting program

Moduls based on the childs different ages  
 Selected intervention components and partnerships judged most appropriate for the age

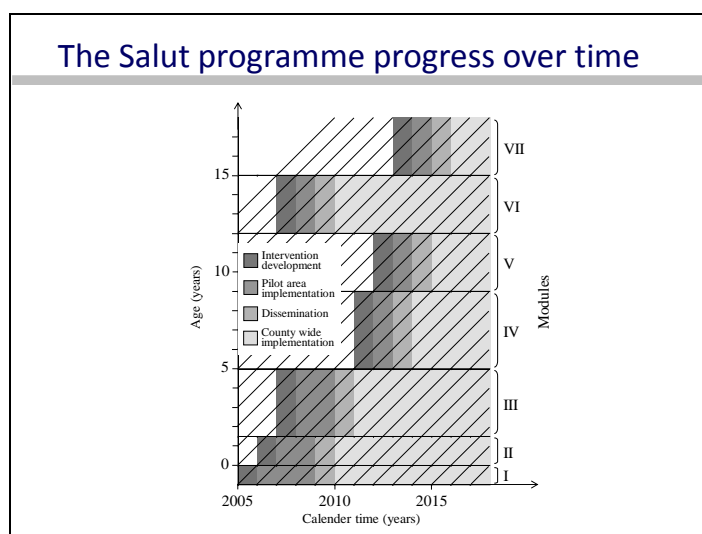
salut  
For a healthier county

The unborn baby    6 – 9 years    16 – 18 years

0 -18 months    1- 5 years

10 – 12 years    13 – 15 years

Picture 14



Picture 15

### Joint criteria's

- Start based on an identified health problem
- Dialogues between politicians and population
- Infrastructure for prevention with a base in on going work
- Identified core competencies
- Carefully selected intervention components
- Inform, educate and train
- Keep it "modern"
- Evaluate – Interventions in focus – research to support

Picture 16

## Some lessons learnt

- One must understand and meet the public's expectations
- Prevention is a team sport
- Intervention providers need feed back
- Every partner also has an agenda of their own
- Joint venture researchers and health care: a good combination
- Without impetus from decision makers the journey will be short

