

The integration of Social Determinants in Future Health Care – Social Prescribing

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Director

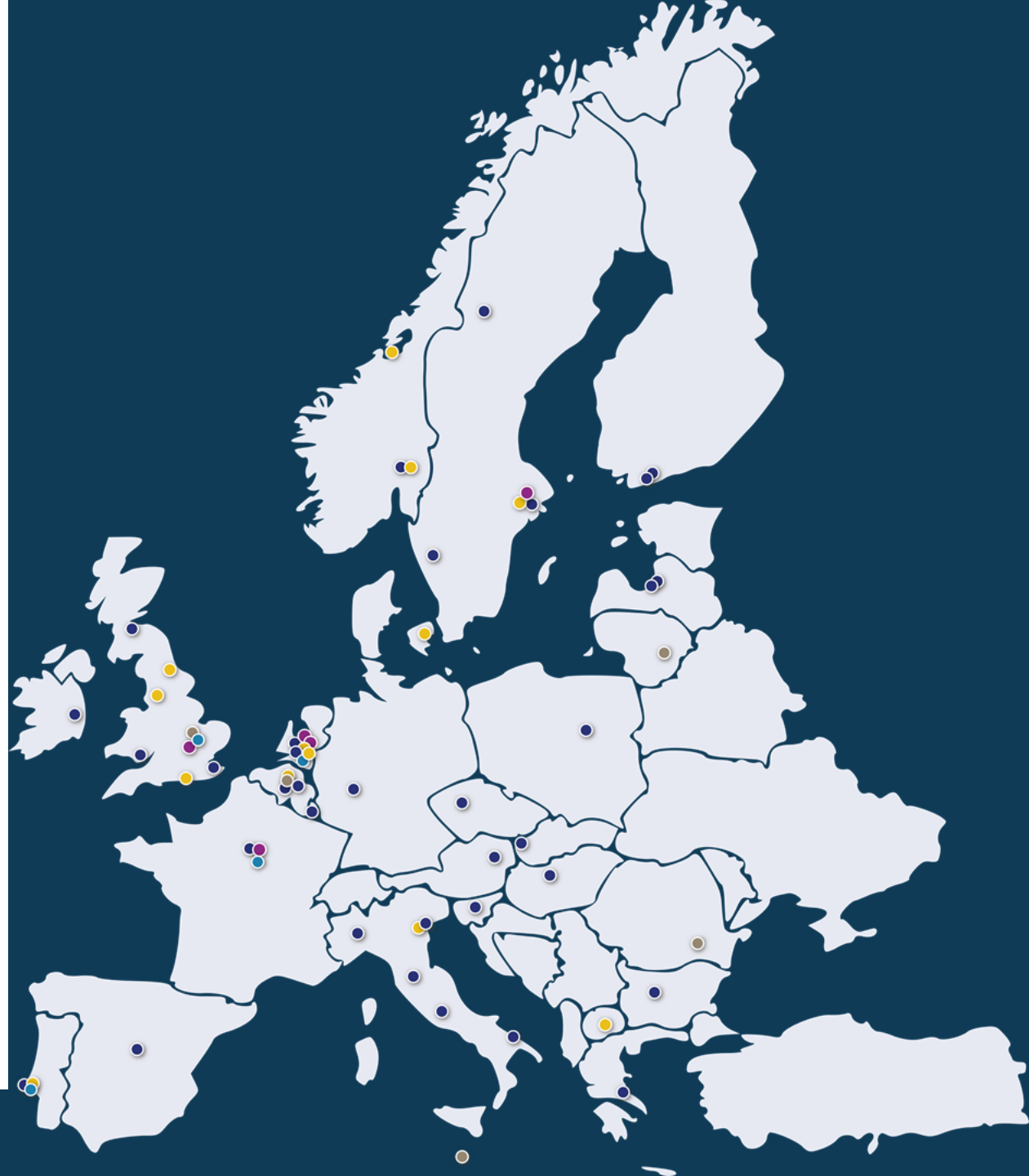
29th International conference on Health
Promoting Hospitals and Health Services,
22 September 2023

EuroHealthNet

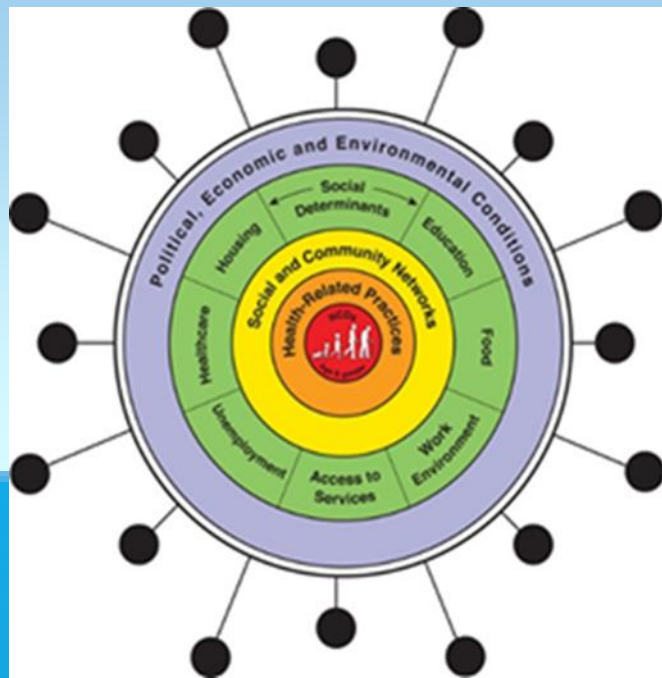
European Partnership
of 64 Members
in 23 EU MS/28 countries

Our Mission:

- Health Promotion/Prevention
- Reducing Health Inequalities
- Social Determinants of Health



Health and disease



Economic and social structures

power & wealth distribution, fiscal policy, gender & class



Lifestyle risk factors



Daily living conditions such as housing, education, employment, working conditions, social support

Poly-crisis

- Climate & biodiversity crisis, pollution
- NCDs burden and increase in obesity rates
- Ageing and migration
- War and conflicts
- Cost-of-living crisis and poverty
- Inequalities
- ...
- Health systems collapsing



AN ECONOMY OF
WELLBEING FOR
HEALTH EQUITY

Transformation in health systems needed

FROM

- Ego
- Repair and fixing
- Silo thinking
- Fragmented budgets
- Individual lifestyle focus
- Centralized action (hospital focus)
- Traditional public health skills



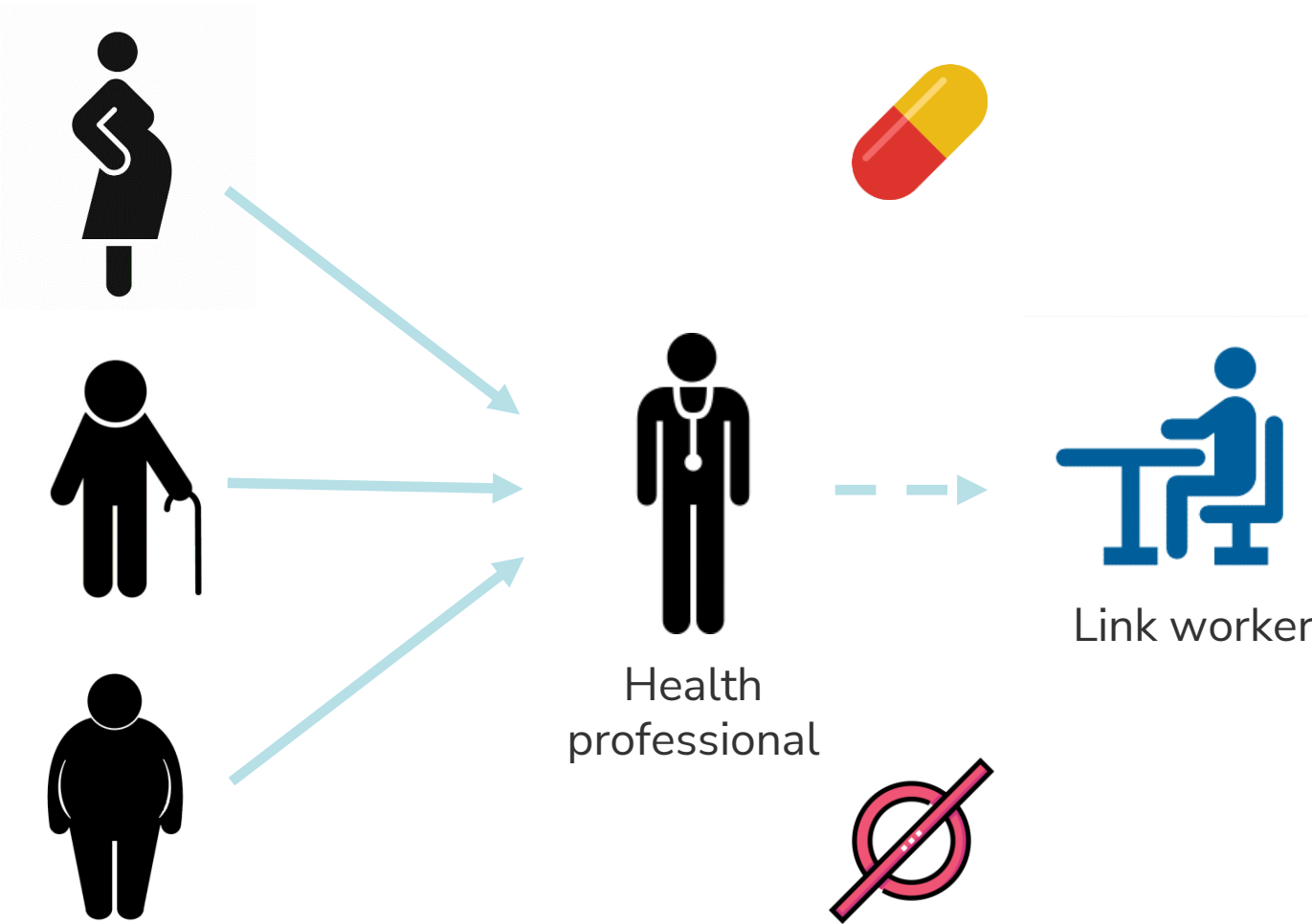
TO

- Eco
- Prevention and health promotion
- System thinking
- Joint budgeting and programming
- Healthy & sustainable living environments
- Community action and participation
- Multi-disciplinary blend of capacities

Community based, health promoting health services & reach out to other sectors



Social prescribing



Austria

- Pilot in 9 primary care facilities since 21/22.
- Wide range of services (incl legal advice and career counselling)
- Quality assurance (evaluation and documentation is key)
- Training for link workers

Gesundheit Österreich
GmbH

Finland

- Physical activity on prescription since 2001 - Arts and culture on prescription since 2015
- Pilot in Lapland in 2020-22 to address loneliness.
- Evaluation: costs 33.000 EUR for 60-80 referrals in community with 10.000 people



LAPIN SAIRAANHOITOPIIRI
LAPPI BUOHCCEDIKŠUNBIIRE

Netherlands

- 30% of municipalities apply social prescribing
- Welfare coaches (for older people) fall prevention, loneliness
- Accredited lifestyle coaches (for obese people) – as part of health insurance



National Institute for Public Health
and the Environment
Ministry of Health, Welfare and Sport

Portugal

- Since 2018 in USF Baxia, Lisbon (16.000 patients) poorer community – older people and migrants



Slovenia

- Long tradition of community health workers (often nurses)
- Health Promotion Centres (as part of primary care) with multi-disciplina

NIJZ Nacionalni inštitut za javno zdravje

Several countries

- Social prescribing of dance lessons for people with Parkinson's disease

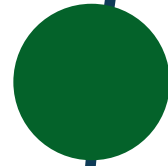


UK

- Building a social prescribing blueprint
 - evidence base
 - standardise
 - mainstream into care pathways
 - pricing and reimbursement

UK National Academy of Social Prescribing since 2019

Social Prescribing Country Exchange Visit



Innovative!! – it encourages sectors to work together



Monitoring, quality control, measuring effectiveness and a robust evidence base – still to be resolved.



Upskilling professionals & training needs of all stakeholders



Finances & ensure adequate capacities of social and other services in the community



Engaging children and hard-to-reach communities



Pathways for progress

- WHO Collaborating centre Austria - Health Promoting Primary Health Care
- EuroHealthNet new TWIG – Thematic Working Group on health promoting and sustainable health systems
- RESONATE HorizonEurope project on Nature based therapies – to build a stronger causal evidence base – University of Vienna & EuroHealthNet and others
- EC Health Systems Performance Assessment (HSPA) working group of Member States and recent report on health promotion and disease prevention
- EC DG REFORM Technical Support Instrument
- WHO/Europe Astana – primary health care conference (23 October 2023)
- WHO/Europe Tallinn - health systems conference (12-13 December 2023)

Take away messages

1. In a Wellbeing Economy, we need to shift to **community based, health promoting health systems**, with a strong focus on prevention and wellbeing. This takes time. But can and must be done.
2. **Social prescribing** is a promising approach to include the **social determinants of health** in health systems reform. It is changing clinical pathways with **upstream, person-centred interventions**.
3. Social prescribing bridges health systems with **community assets**. It also contributes **to community engagement**. Social movements and civil society are the cornerstone for transformation.
4. **Advocate and influence health leaders and policymakers** to invest in social prescribing (and evaluation)– as part of resilient and future proof health systems. Use relevant EU and WHO processes to achieve change.



Thank you

Contact us


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Strengthening strategies and skills for health promoting systems

Annual report
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