

12th Mediterranean Conference of the Red Cross and Red Crescent Societies

12^{ème} Conférence Méditerranéenne des Sociétés de la Croix-Rouge et du Croissant-Rouge

XII Conferencia Mediterránea de las Sociedades de la Cruz Roja y de la Media Luna Roja

المؤتمر المتوسطي الثاني عشر للهلال والصليب الأحمر



Our Principles, our Move
Nos Principios, nos Actions
Nuestros Principios, nuestra Acción
مبادئنا، حركتنا



CROCE
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25-28 May 2015
Republic of San Marino



SEGRETERIA DI STATO SANITÀ E SICUREZZA SOCIALE
SEGRETERIA DI STATO AFFARI ESTERI
SEGRETERIA DI STATO TURISMO



Generalitat
de Catalunya



Ajuntament de
Barcelona



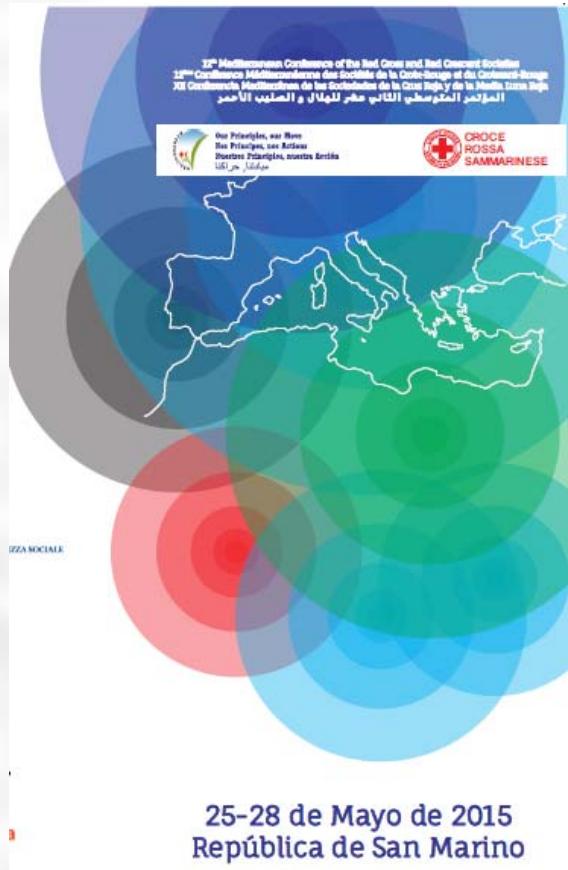
Cruz Roja Española



Croce Rossa Italiana



Generalitat de Catalunya
Departament de Salut
Secretaria de Salut Pública



Social Effects of Economic Crisis: The view from Catalonia

**Dr. Antoni Mateu
Public Health Secretary**

Outline

- Catalonia: key indicators and context
- The approach: HiaP
- PINSAP and related strategies and actions:
 - The observatory on health and crises
 - Collaboration with the Red Cross in action on people in vulnerable situations
 - The actions in the context of mental health focused on three particular priority groups such as the elderly living alone, the long-term unemployed, people at risk of suicide.
 - The migration and health plan



We share your values and commitments...



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 International Federation
of Red Cross and Red Crescent Societies

- Share** knowledge, experience and ideas in response to the economic crisis;
- Strengthen and expand** existing social programs that assist those in greatest need
- Find **creative solutions** to new humanitarian challenges caused by the economic crisis;
- Continue to **actively involve those affected** by the economic crisis in finding solutions;
- Continue to **highlight the challenges** faced by individuals and communities most severely affected by the economic crisis;
- Cooperate** with governments and other partners to mitigate the humanitarian consequences of this economic crisis

Catalonia: an Autonomous Community of Spain

Catalonia is one of the 17 Autonomous Communities of Spain, and has full powers regarding citizens' health care, including public health.



Government: Generalitat de Catalunya

Area: 32.106,5 km²

Population (2012): 7.570.908

Life expectancy (2010): 82,3 (79,2m-85,2f) years ←

Birth rate (2010): 11,33

Crude Mortality rate (2010): 7,96

Infant mortality (2010): 2,60

Immigrant population (2012): 15,8% ←

(2001: 4,4%; 2005:11,4%); 2009:15,9%

Unemployment rate : 23,94% (2012) ←

Population over 65 years (2011): 16,7% ←

GDP/Capita (2011): 27.236,81€

Medical expenditure/capita (2011): 1251,5 €/year

Public health expenditure/capita (estimation): 23 €/year (1,9%)

High urban concentration

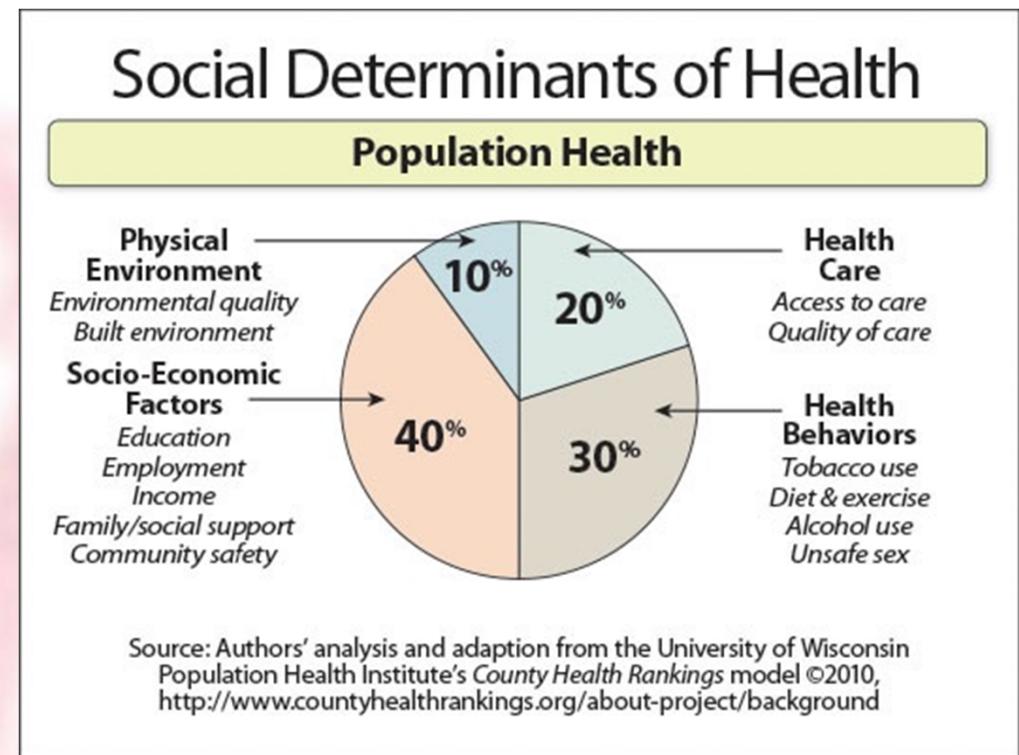
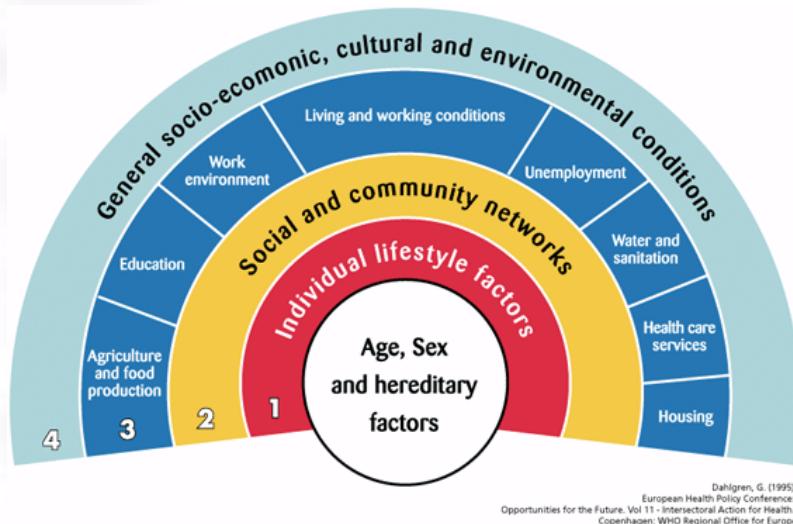
Own official language and culture



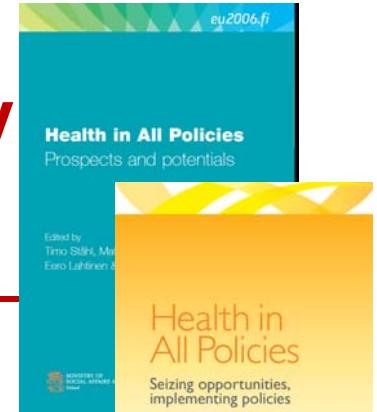
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Source: IdesCat

The health of the Population is largely determined by the social determinants of health: 80% of health determinants reside outside the health system !



Health in all policies is an strategic priority at a national and international level

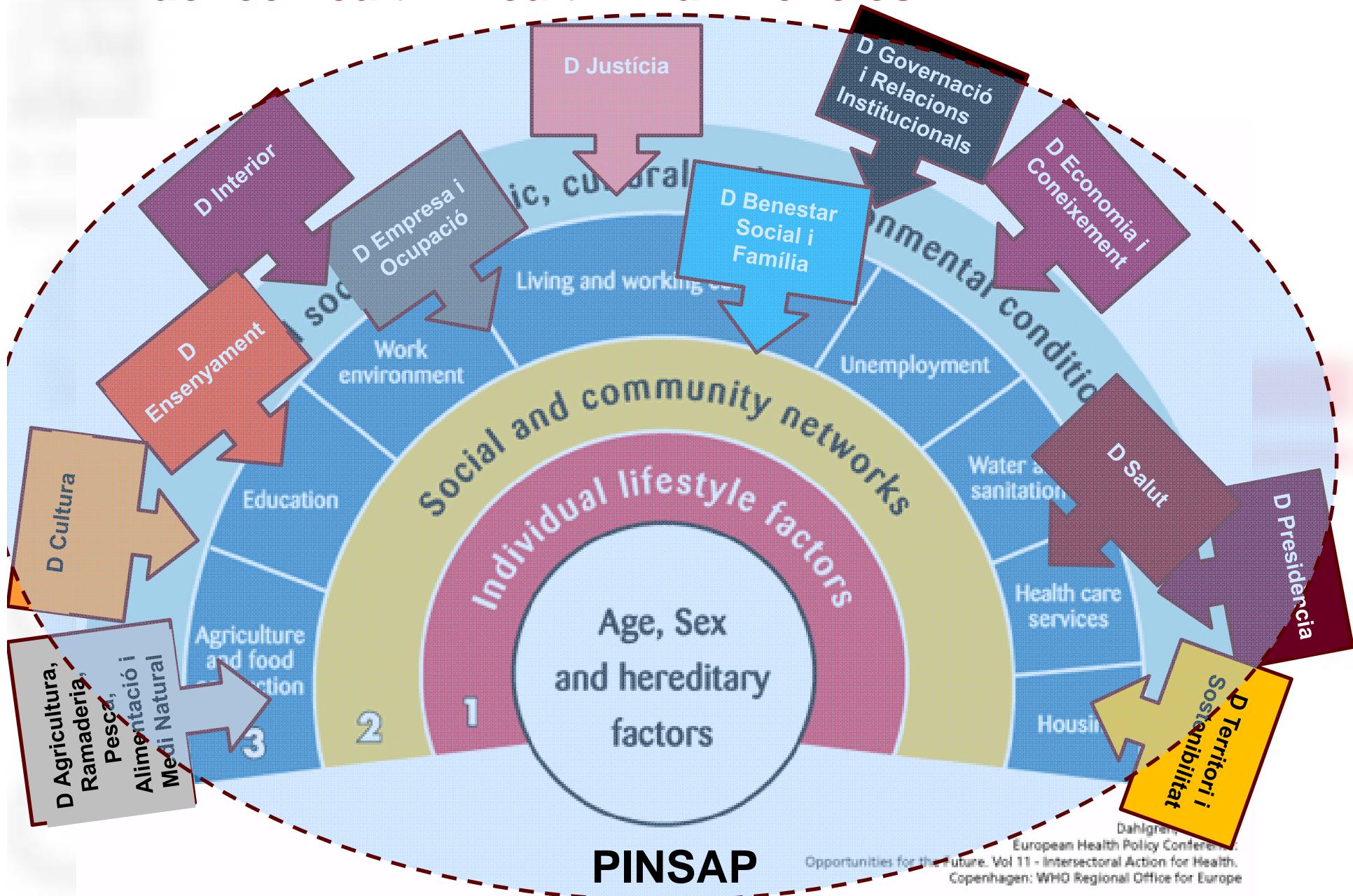


Strategic objectives of Health 2020: stronger equity and better governance for health

12. **Health 2020** recognizes that successful governments can achieve real improvements in health if they work across government to fulfil two linked strategic objectives:

- improving health for all and reducing health inequalities
- improving leadership and participatory governance for health.

The Policies of all Government departments influence health: Health in all Policies



Public Health Interdepartmental Plan |PINSAP|



Coordinated with the Health Plan of Catalonia, is the government tool and the framework of public health actions. The plan proposals bind the Government. The time framework is 2014-5 (Horizon 2020)



A legal mandate: The Public Health Act of Catalonia (18/2009) approved unanimously, includes the PINSAP. It is the vehicle for the HiaP strategy.



The Health Department, through the Public Health Secretariat and the DGPRS, leads the Plan, in coordination with the CatSalut.



An Interdepartmental Health Council (CIS) was created, by a Government agreement on the 20th November 2012. The Council includes representatives of all government departments, and is lead by the Public Health Secretary.



February 2014: Official Presentation and Government Agreement

Generalitat de Catalunya
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Sala de premsa



Inici > Notes de premsa > President Mas: "L'acció del Govern en...

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14-02-2014 15:54

President Mas: "L'acció del Govern en matèria de salut passa necessàriament per la prevenció"

El Govern presenta un pla estratègic i pioner a Europa per millorar la salut de la població

Diari Oficial de la Generalitat de Catalunya Núm. 6566 - 20.2.2014

CVE-DOGC-A-14049116-2014

The president of Catalonia, Artur Mas, the Ministry of Health, Boi Ruiz, and the Regional Director of the WHO Regional Office for Europe, Ms. Zsuzsanna Jakab

video english



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DISPOSICIONS

DEPARTAMENT DE SALUT

ACORD GOV/24/2014, de 18 de febrer, pel qual s'aprova el Pla interdepartamental de salut pública de 2014-2015.

L'article 4 de la Llei 18/2009, del 22 d'octubre, de salut pública, regula el Pla interdepartamental de salut pública i estableix que la salut pública, per desenvolupar totes les seves activitats de manera efectiva, necessita eines de govern que permetin garantir la coordinació de les accions que incideixen en la salut de la



Public Health Interdepartmental Plan [PINSAP]



- Participation of 42 entities
- Taskforces with:
 - NGO (including Red Cross)
 - Municipalities
 - Scientific Societies



**Elaboration of PINSAP (2013)
Follow-up of Implementation (2014-5)**



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Main goals / Strategic axis **PINSAP**

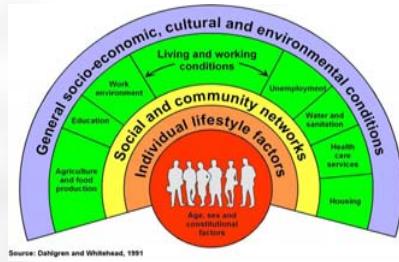


- To incorporate effectively health at the core of government policy (Health in all policies)
- To involve all government departments, so that they can capitalize on their positive influence on health and
- To improve coordination and to promote synergies involving an increase in the effectiveness, efficiency and equity of policies on health and wellness.

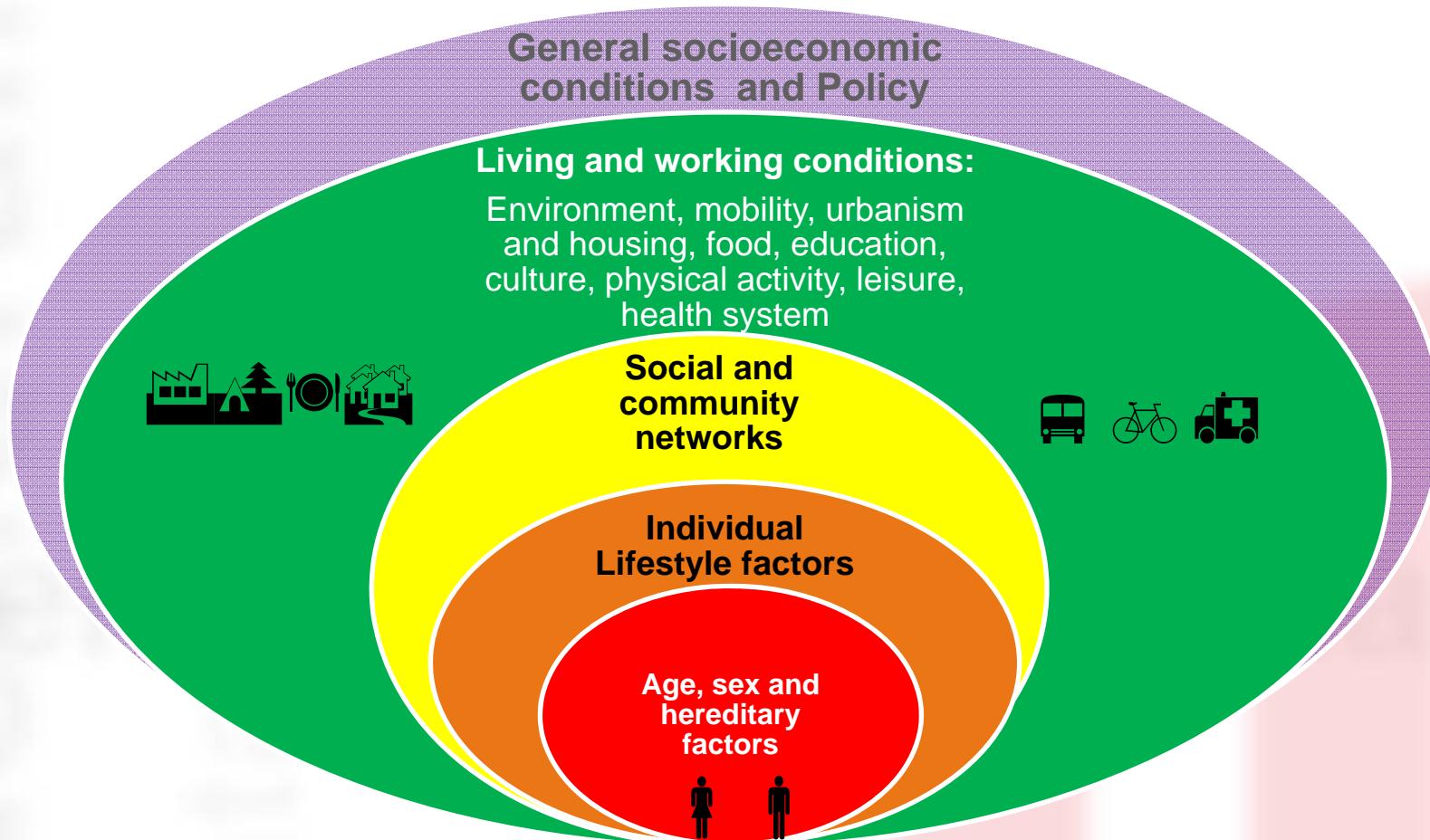
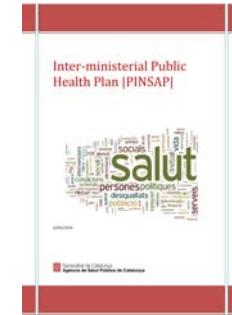
With the Horizon 2020, the plan includes 30 interventions in 14 areas grouped in two strategic directions:

- To increase the years of healthy life for the population of Catalonia
- To incorporate a health perspective in the design and evaluation of public policies





Conceptual Framework of PINSAP | Interministerial Public Health Plan



In relation to the health status of the Catalonian population, **five challenges** 2014-5 were identified



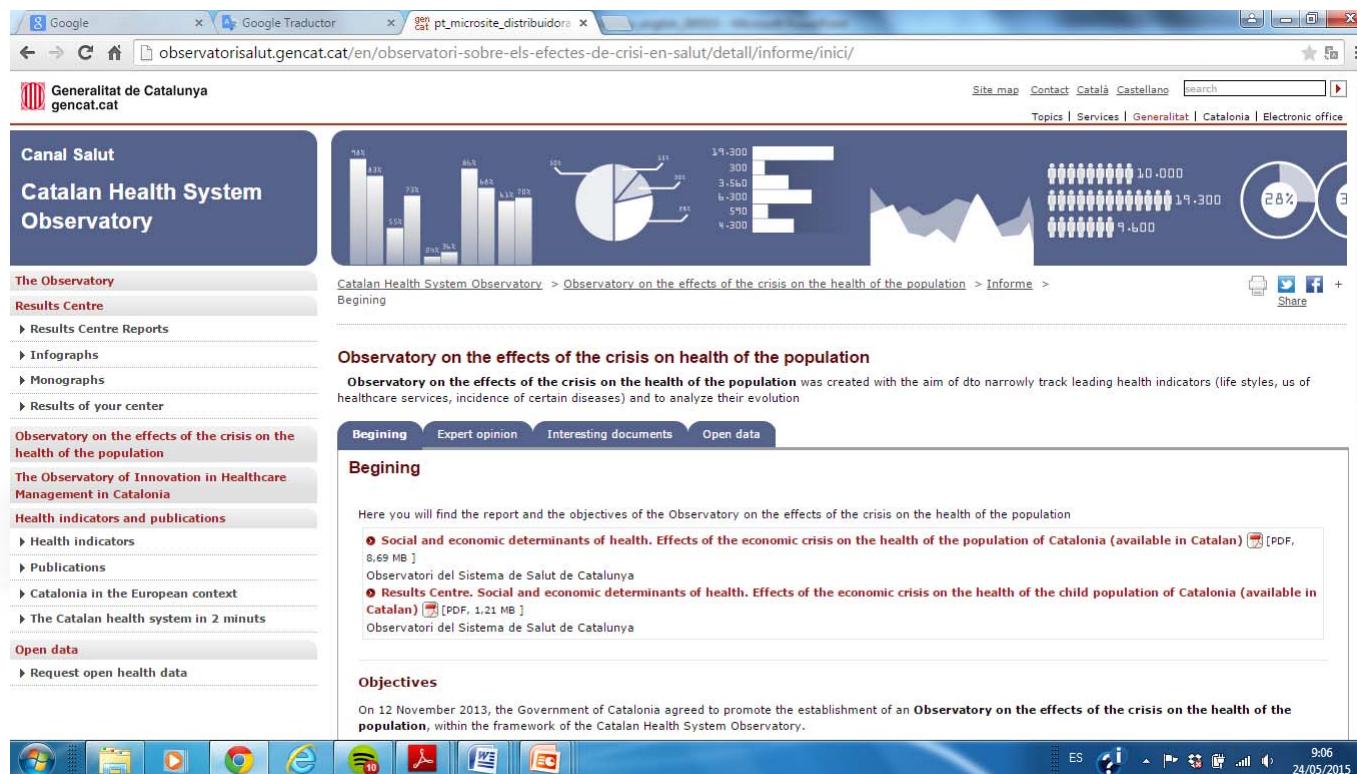
Pes → overweight
Infeccions → infections
Nsalut mental → mental health
Addiccions → addictions
País → environment of the country



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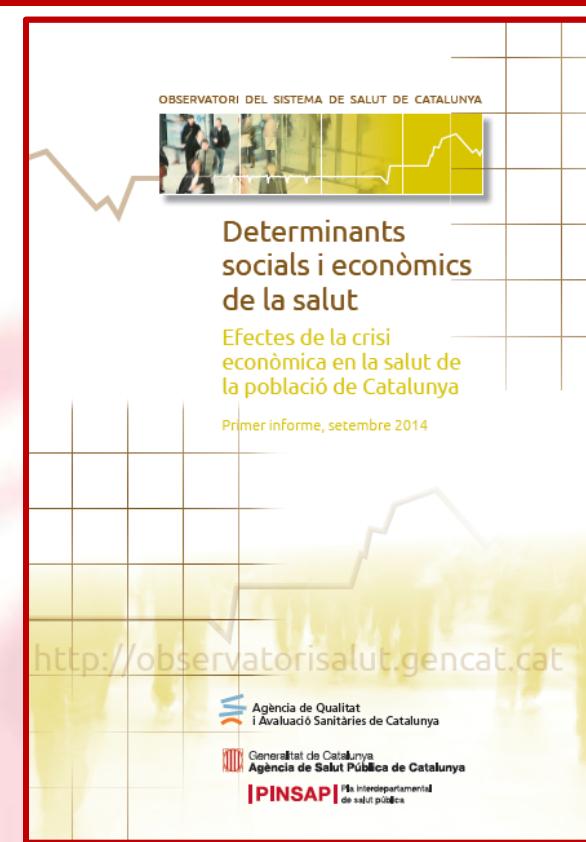
Observatory on the effects of the crisis on health of the population

- Created with the aim of narrowly track leading health indicators (life styles, us of healthcare services, incidence of certain diseases) and to analyze their evolution



Social and economic determinants of health. Effects of the economic crisis on the health of the population of Catalonia

- First Report of the Observatory on the effects of the crisis on health of the population. October, 9th of 2014
 - The report concludes that the deterioration of social and economic indicators in the context of crisis has a negative impact on the health of vulnerable population groups at risk of social exclusion.
 - However, the evolution of health indicators remained stable for the whole population



Collaboration with the Red Cross in actions on people in vulnerable situations

Eat **healthier** and spend **less** 10 **tips** to make the most of your Euros

There are many ways to save money when buying food.
The three main steps are:

plan before buying
purchase items at the best price
cook your meals at home

1

Very important: make a plan!

Before heading to the grocery store, plan your meals for the week. This will help you to avoid impulse purchases of unnecessary food, the "extras" that often increase the bill. You should often include dishes like stews and ragouts made from beans and vegetables. These dishes are cheap and nutritious. Don't forget about the food stocks that you may have already stored at home (in the pantry, in the refrigerator or the freezer) and make a list of what you need to buy.



2

Look for the best price and compare

Check your local newspaper, the advertisements in the local shops, markets and supermarkets looking for special deals and discounts. Ask for loyalty cards that offer additional savings, and ask if there are special discounts on certain days. Look for special daily or weekly deals. Ask or look for the unit price (price per kg) posted on the shelf below the product. It's useful to compare different brands and different sizes of the same brand in order to identify the best price/quality ratio.



3

Buy seasonal food

Buying seasonal fruit and vegetables can reduce the cost and increase the freshness and flavour of the products. If you're not going to use everything you bought, you can cook some of the vegetables and freeze them, or else make fried, stewed, roasted or stir-fried vegetables that can come with the main dish during the whole week. If you can, buy food in bulk, which is often cheaper.

4

Food items designed to save time in the kitchen... may be more expensive

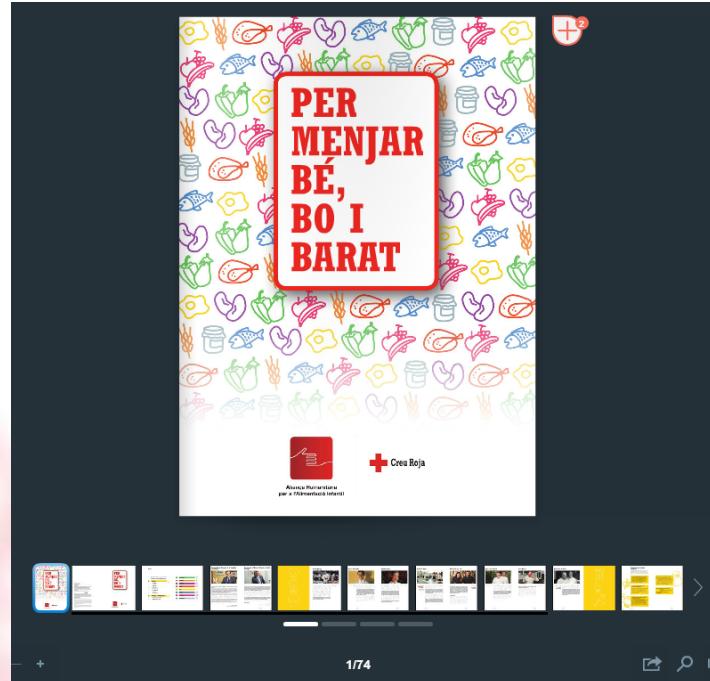
The so-called convenience food items (fourth range, processed food, etc.) such as frozen meals, precooked meals, precut vegetables and salads ready to eat, instant rice – all designed to save time in the kitchen – may cost you more than unprocessed food items.



5

The most interesting food items are... nutritious, cheap and taste well

There are certain food products that are usually inexpensive throughout the year. For example, beans offer a rich nutritional value at a very low price, and eggs contain a large quantity of animal protein, and they are cheaper than meat or fish and excellent substitutes for these. Among dried fruit, hazelnuts are usually the cheapest. There's currently a big choice of high quality fish raised on fish farms for a very good price. Among cheap and nutritious types of fish are mackerel, sardines and anchovies. Chicken and rabbit are kinds of lean meat that can be considered too. As for vegetables, we should always pick those that are

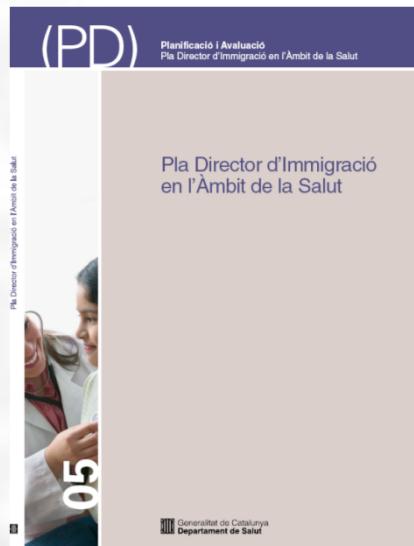


Mental Health Activities

- The actions in the context of mental health focused on three particular priority groups such as the elderly living alone, the long-term unemployed, people at risk of suicide:
 - Social prescription of community activities for elderly people that lives alone
 - Sports activities for young people at risk
 - Collaboration with Employment Services in order to improve the health and the skills of unemployed people
 - Suicide Risk Code



Health and migration Plan

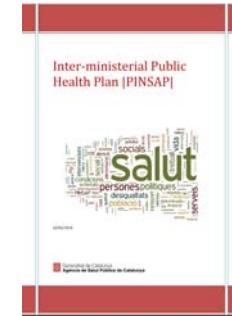


- **Welcome and Reception Plan for migrant people**
 - **Training for Health Professionals**
 - **Translation services (by phone)**
 - **Intercultural Mediation Plan**
Supported partially by “La Caixa” Foundation



Interministerial Public Health Plan

PINSAP



- A specific plan including government actions that have results in health** (*allowing all governmental sectors to capitalize any influences on health of the policies they promote*)
- With **defined objectives that can be assessed**, prioritizes and collects a series of intersectoral and interdepartmental initiatives that act upon the key determinants of health
- A set of concise indicators which allow** to render an account / and transparency of results
- A dynamic product** able to incorporate new activities and stop others In line with other international experiences.
- Bearing particular attention to the **socioeconomical situation** and inequality axes



A healthier and more productive Catalonia



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PINSAP website



Cit Pla Interdepartamental de Salut Pública (PINSAP). Departament de Salut. Generalitat de Catalunya - Windows Internet Explorer

gen cat http://www20.gencat.cat/portal/site/salut/menuitem.003a2436be9bc6ec3bfd8a10b0c0e1a0/?vgnextoid=043c07814fdb2410VgnVCM1000008d0c1e0aRCRD&vgnext= Live Search

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Agència de Salut Pública de Catalunya (ASPCAT)

Actualitat

Sobre l'Agència

Qui som

On som

Organigrama

Consell Assessor

Eixos estratègics

Pla Interdepartamental de Salut Pública

Actualitat

El PINSAP i informes relacionats

El PINSAP als mitjans

Actes PINSAP

La Salut Pública al Parlament de Catalunya

Col·laboracions amb el tercer sector

Publicacions, formació i recerca

Promoció i prevenció

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Pla Interdepartamental de Salut Pública (PINSAP)

La salut està influenciada per nombrosos determinants, molts dels quals estan fora del sistema sanitari. Al mateix temps, mantenir un bon estat de salut de la població impulsa el desenvolupament i benestar de la societat. Per aquests motius, per millorar la salut de la població es necessita l'acció conjunta de tot el Govern, amb un enfocament de salut en totes les polítiques.

El Pla interdepartamental de salut pública (d'ara endavant, PINSAP) és la figura que estableix la Llei 18/2009, de 22 d'octubre, de salut pública per tal de dur a terme les intervencions sobre els determinants de la salut de la població, que requereixen un abordatge conjunt des de molts sectors socials i de l'Administració pública, tant l'autonòmica com la local. Té l'objectiu d'assolir els propòsits de millora i protecció de la salut de la forma més equitativa i eficient possible. És, per tant, un instrument de governança que vincula tot el Govern.

Són exemples molt directes de problemes de salut que requereixen intervencions intersectorials l'obesitat, les lesions per trànsit, la violència de gènere o el consum de drogues.

Destaquem

PINSAP El PINSAP explicat en un vídeo d'animació Febrer 2014

Pla Interdepartamental de Salut Pública Document final (PDF). Febrer 2014

Determinants de la salut i l'enviualat



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Thank you!

<http://salutpublica.gencat.cat>



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