Portugal’s Northern Region
Population Health Plan
2014-2016

The path to better health

Oporto, June 2014
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A Population Health Plan (PHP) is an instrument used by the health sector, together with all other sectors and the whole of society, in order to achieve better health and well being.
For a certain time frame (usually, 3 to 5 years), a PHP:

- defines the **main population health needs** (in terms of mortality, morbidity and health determinants)
- identifies **effective strategies** to meet those needs and who will implement them
- defines population **health goals**
- makes **recommendations** for its implementation
A population based health plan is needed because:

- Resources are scarce and we need to use them efficiently
- We need to intervene, in partnership, in the determinants of health
- It is urgent to act upon the best possible evidence base and the best available knowledge
How did we do it?

How can a PHP produce better health?

Where are we at?

What’s a population health plan (PHP)?

Why do we need a PHP?

What’s a PHP made of?

How did we do it?

How can a PHP produce better health?

Where are we at?
A framework for a strong evidence base
How can a PHP produce better health?

Where are we at?

What's a population health plan (PHP)?

Why do we need a PHP?

What's a PHP made of?

How did we do it?

How can a PHP produce better health?

Where are we at?
Webtools and studies for a better population health observation, information and communication, at the regional and local levels.
Population Health Plan

Northern Region Health Profiles (since 2008)

Mortality Analysis (since 2009)

Trends in Avoidable Mortality (1989-2010)

Natality and Child Mortality (since 2010)

Hospital Morbidity (since 2007; will soon be replaced by another tool)

Health Inequalities analysis (since 2011)

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Population Health Plan


Burden of Disease attributable to risk factors (2004)

Trends in Avoidable Mortality (1989-2010)

What's a population health plan (PHP)?
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How did we do it?
How can a PHP produce better health?
Where are we at?
Regional and **Local PHP** were based upon a common framework, according to population health planning state of the art and experience (including Portugal’s experience) and involved **public health professionals training**.
Population Health Plan

What’s a population health plan (PHP)?

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How did we do it?

How can a PHP produce better health?

Where are we at?
Without the main stakeholders participation and social commitment towards common health goals, a PHP, by itself, can’t produce better health.
Population Health Plan

What’s a population health plan (PHP)?

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What’s a PHP made of?

How did we do it?

Where are we at?

How can a PHP produce better health?

Better Health
Why it produces better health

Population Health Plan Implementation

NATIONAL
- Evidence base
- National Health Plan 2012-2016
- Community participation
- Health General Directorate

REGIONAL
- Evidence base
- Regional Health Plan 2014-2016
- Community participation
- Northern Region Health Administration

LOCAL
- Evidence base
- 23 Local Health Plans 2011-2016
- COMMUNITY PARTICIPATION
- PHC Groups/Local Health Units
Health level 2: *Better Health!*

Community resources

Health level 1

Population Health Plan
The path to better health!

Health in all agendas…
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