



GOVERNO DE
PORTUGAL

MINISTÉRIO DA SAÚDE



ARS NORTE

Administração Regional
de Saúde do Norte, I.P.

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.**

What's a population health plan (PHP)?

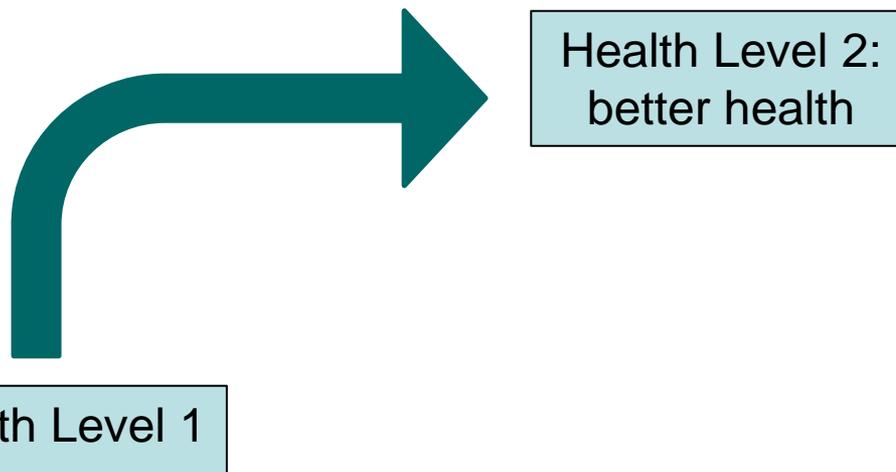
Why do we need a PHP?

What's a PHP made of?

How did we do it?

How can a PHP *produce* better health?

Where are we at?



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**

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A population based health plan is needed because:

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Where are we at?

- **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**

Communication Plan

POPULATION HEALTH PLAN

MAIN COMPONENTS

Health needs identification and prioritization

Health Situation
Diagnosis

Health Goals

Prognosis

Recommendations

Health Strategies

Monitoring and
Evaluation Plan

According to the best possible evidence base and available knowledge, health laws of the country,...

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Adap. Ana Cristina Garcia



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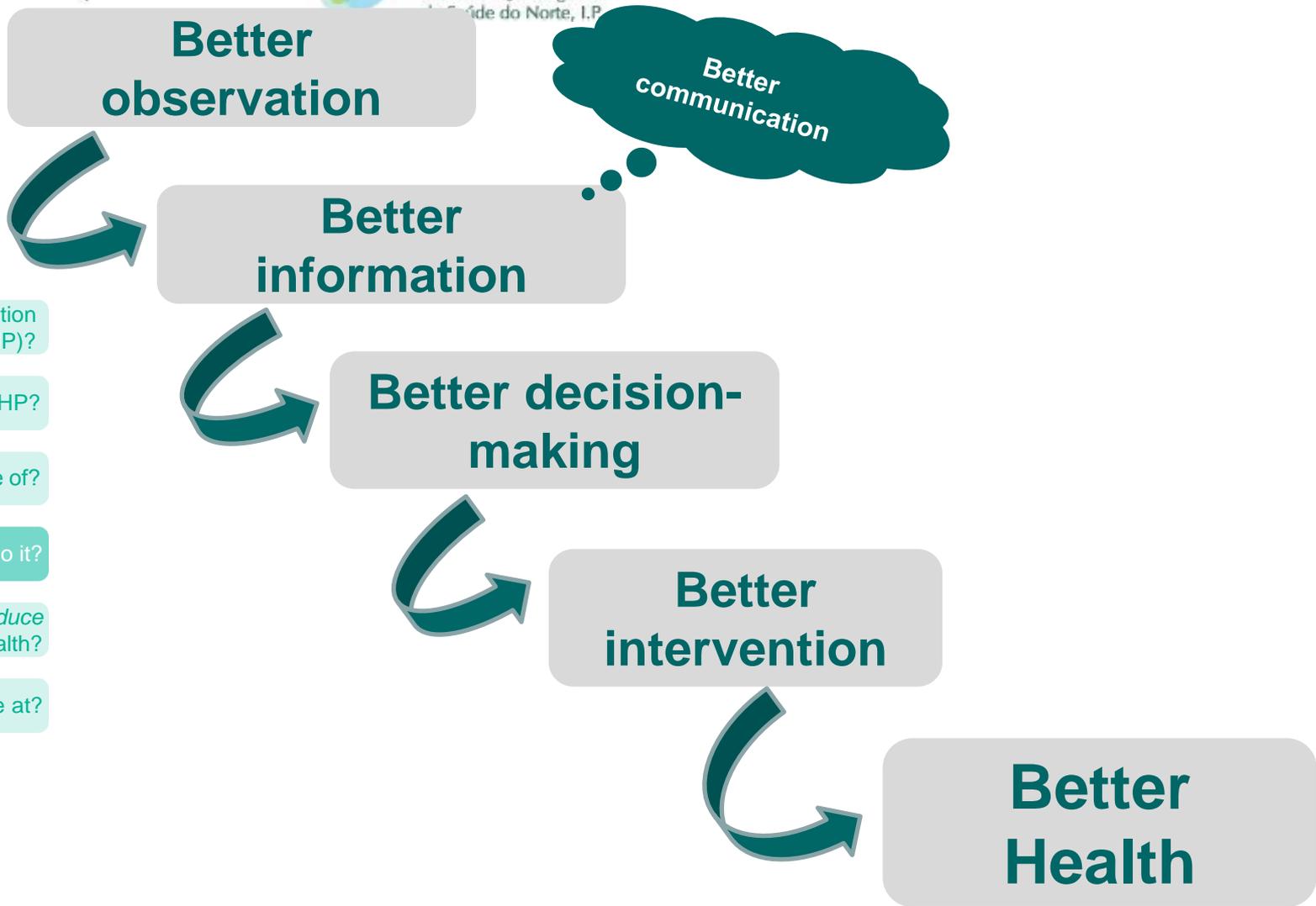
What's a PHP made of?

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Where are we at?

A framework for a strong evidence base



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Webtools and studies for a better population health observation, information and communication, at the regional and local levels.

Northern Region Health Profiles (since 2008)



Mortality Analysis (since 2009)



Trends in Avoidable Mortality (1989-2010)

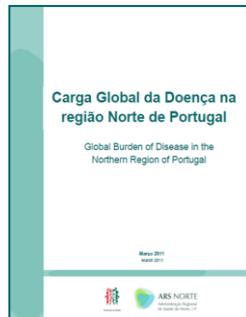
Natality and Child Mortality (since 2010)

Hospital Morbidity (since 2007;

will soon be replaced by another tool)



Health Inequalities analysis (since 2011)



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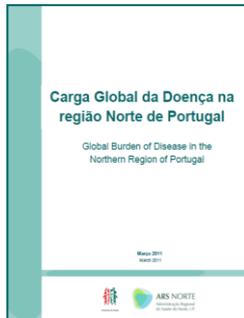
How did we do it?

How can a PHP produce better health?

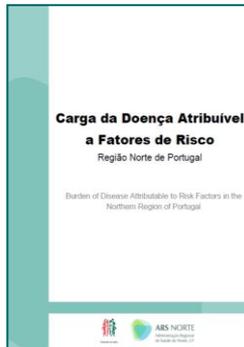
Where are we at?



Global Burden of Disease (2004)



Burden of Disease attributable to risk factors (2004)



Trends in Avoidable Mortality (1989-2010)



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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.

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**Without the main stakeholders
participation and social commitment
towards common health goals, a PHP, by
itself, can't *produce* better health**



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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

Population Health Plan

The path to better health!



Health level 1



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