

# EuroHealthNet

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**The European Partnership for improving health,  
equity and wellbeing**

**Stecy Yghemonos**  
Health and Social Investment Manager



# 42 members and partners in 25 European countries



**AUSTRIA**  
**BELGIUM**

Austrian Health Promotion Foundation  
Flemish Institute for Health Promotion and Disease Prevention  
Interface Demography at Department of Sociology, Free University of Brussels

**CROATIA**  
**CZECH REP.**

Erasmus University College, Department of Health and Landscape & Gardening Architecture  
Department of Public Health, Ghent University  
National Institute of Public Health  
National Institute of Public Health  
Public Health Authority of the Olomouc Region

**DENMARK**  
**FINLAND**

Danish Health and Medicines Authority  
National Institute for Health and Welfare (THL)  
Finnish Society for Social and Health – SOSTE

**FRANCE**

National Institute for Prevention and Health Education (INPES)

**GERMANY**  
**GREECE**

Federal Centre for Health Education (BZgA)  
Institute of Preventive Medicine, Environmental & Occupational Health (Prolepsis)  
Society for the Development and Creative Occupation of Children (EADAP)

**HUNGARY**

Hungarian National Institute for Health Development (OEFI)

**IRELAND**  
**ITALY**

Institute of Public Health in Ireland  
Veneto Region  
Tuscany Region

**LATVIA**  
**MACEDONIA**  
**MONTENEGRO**  
**NETHERLANDS**

Riga City Council Department of Welfare  
Institute of Public Health in the Republic of Macedonia  
Institute of Public Health  
RIVM: Netherlands Institute Public Health and the Environment

**NORWAY**

Dutch Institute for Healthcare Improvement (CBO)  
Norwegian Directorate of Health

**POLAND**

National Institute of Public Health - National Institute of Hygiene

**PORTUGAL**

CIEC - Research Centre on Child Studies - University of Minho

**ROMANIA**

National Institute of Public Health

**SLOVENIA**

National Institute of Public Health

**SPAIN**

General Secretary of Public Health (Ministry of Health of Catalonia)  
Universidad de La Laguna

**SWEDEN**

Stockholm County Council  
Swedish Association of Local Authorities and Regions

**SWITZERLAND**  
**UK**

Global Health Equity Foundation  
Department of Health  
North of England EU Health Partnership (NEEHP)  
East of England Brussels Office  
Drug and Alcohol Research Centre - Department of Mental Health, Social Work and Inter-Professional Studies - Middlesex University  
The Health and Europe Centre, NHS Kent & Medway  
NHS Health Scotland  
Public Health Wales Authorities and Regions



**EuroHealthNet**

EUROPEAN PARTNERSHIP FOR IMPROVING HEALTH, EQUITY & WELLBEING

# The way we work

## EuroHealthNet

The European Partnership for Improving  
Health, Equity and Wellbeing

### PHASE

The European  
Platform for Action  
on Health & Social  
Equity

### HPE

Health Promotion Europe  
(The European Network  
for Health Promotion)

### CIRI

The European Centre for  
Innovation, Research  
& Implementation in  
Health & Wellbeing

The EuroHealthNet Secretariat, Executive & General Councils



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# Our Mission

- Contribute to Health Equity between and within EU countries
- Combat Non-Communicable Diseases
- Health Promotion and Disease Prevention for sustainable health systems

## Project Outcomes

- Evidence
- Share good practices among Member States
- Recommendations

→ Implement/Document

## Advocacy

- Partnerships
- Health across policies
- Inform policy makers
- Communication (newsletter, websites)

→ Raise awareness



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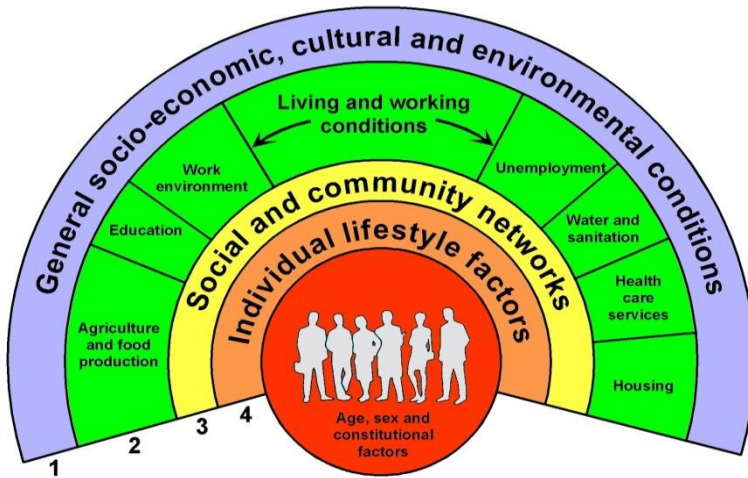
# The situation



→ Doubling of the old-age dependency ratio & threats to the sustainability of health and social protection systems

# The SDH Approach

## The Main Determinants of Health



Source: Dahlgren and Whitehead, 1993

## The Social Investment Package

- Investing in Children
- Active Inclusion
- Social Services of General Interest
- Long-Term Care in ageing societies
- Homelessness
- Investing in Health
- Making good use of Structural Funds

# The Drivers of Healthy Ageing

- **ACTIVE** - Promote participation in meaningful activities: part time or voluntary work, hobbies
- **SOCIAL** - Ensure and strengthen social networks: older peoples clubs, family and friendship relationships
- **LEARNING** - Promote learning opportunities: pre-retirement courses and mentoring , improve employability
- **HEALTH** - Promote healthy eating habits and physical activity, target older smokers, alcohol abuse
- **FINANCIAL SECURITY** - adequate income to ensure healthy standard of living

Paradigm  
change  
needed

Life  
course  
Approach

A holistic approach is needed: Social Determinants of Health + strong equity lens to level up the local gradient

A **compendium** of programmes, good practices and other resources for promoting and sustaining the well-being of “younger” older people, with a specific reference to disadvantaged groups in Europe.

## 7 key thematic areas

- Employment and transition into retirement
- Participation/social inclusion /mental health
- Life-long learning and e-inclusion
- Physical activity and nutrition
- Use of health services/Intake of medication
- Carers





# Healthy and Active Ageing

**Employment:** ...76% of employers perceive the increase in the average age of the workforce as strongly associated with rising labour costs. Only 7% expect a rise in productivity...

A wide range of initiatives aim to encourage improved working conditions, support to older employees in addressing specific health related issues and thereby staying in employment longer



**KESTREL project** - improving employability of 55+ disadvantaged groups in Northern Ireland

## Three-fold approach:

- Increase employability
- Improve work environments
- Improve Health and Well-being

# Healthy and Active Ageing

**Social inclusion/participation:** a large proportion of older people report feelings of loneliness (35% in one Swedish study, with 45% showing reduced subjective health) and women report more loneliness than men. Loneliness has a negative impact on health and wellbeing.

**A City for all Ages** – Edinburgh's plan for older people describing joint working between the City Council, the NHS and partners in the public, voluntary and commercial sectors with older people



- Involve older people in shaping services
- Improve housing and support
- Maintain financial security and employment
- Promote mental and physical wellbeing
- Learning throughout life
- Improve feeling of safety and security
- Transport and mobility
- Age-friendly neighbourhoods
- Support to carers



# Healthy and Active Ageing

“Bien vieillir – Vivre Ensemble”

“Ageing Well – Living together”

Label launched in 2009 by the French Ministry of Health and Sports in partnership with the Association of Mayors of France (AMF) and the Parliamentary Association ‘grow old together’.

National plan to encourage cities to put in place appropriate structures to address issues related to seniors in the city, such as transportation, housing, urban planning, services and strengthening the social bond.

Role of municipalities: promote a local policy for older people. To receive the label, municipalities/cities have to develop an action plan on healthy ageing (5 years min.) + appoint officials dedicated to the programme.

72 cities have received the label since 2011



# EuroHealthNet Actions

- **Healthy Ageing website:** [www.healthyageing.eu](http://www.healthyageing.eu)
- **Report 'Healthy and Active Ageing'**
- **Involved in the EIP on AHA Environments**
- **EuroHealthNet Policy Action Group on healthy and active ageing**
- **Projects:**
  - IROHLA - Intervention Research on Health Literacy among the Ageing Population (2012-2015)**
  - AFE-INNOVNET - Thematic Network Innovation for age-friendly environments in the European Union (2014-2015)**



# Thank You

[www.eurohealthnet.eu](http://www.eurohealthnet.eu)

[www.health-inequalities.eu](http://www.health-inequalities.eu)

[www.healthyageing.eu](http://www.healthyageing.eu)

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