

Addressing Chronic Diseases and Healthy Ageing across the Life Cycle (JA-CHRODIS)

Carlos Segovia

A Gallinat¹, A Haarmann², E Jureviciene³, T Kunkel², M Maggini⁴, F Mammarella⁵, R Navickas³, G Onder⁵, A Pierson⁷, C Segovia⁶, J Zaletel⁷, P Cediel⁸, E Bernal⁹, R Launa⁹, M Espallargues

¹EuroHealthNet, Brussels, Belgium

²Federal Centre for Health Education, Cologne, Germany

³Vilnius University Hospital Santariskiu Klinikos, Vilnius, Lithuania

⁴National Institute of Health, Rome, Italy

⁵Italian Medicines Agency, Rome, Italy

⁶Institute of Health Carlos III, Madrid, Spain

⁷National Institute of Public Health, Ljubljana, Slovenia

⁸Spanish Foundation for International Cooperation, Health and Social Policy, Madrid, Spain

⁹Institute for Health Science in Aragon, Zaragoza, Spain

¹⁰Agency for Health Quality and Assessment for Catalonia, Barcelona, Spain

¹¹Portuguese Diabetes Association, Maia, Portugal

on behalf of JA-CHRODIS

Contact: csegovia@isciii.es

Issue

Chronic diseases affect 8 out of 10 people aged over 65 in Europe. Approximately 70% to 80% of health care budgets across the EU are spent on treating chronic diseases. The prevalence of chronic diseases increases with age, and persons affected frequently have more than one chronic disease, many of them with common determinants. The burden of these diseases is not only economic, but also organisational and a challenge for policy making since they require the coordination of diverse actors in health and social care. Learning from each other across Europe opens new possibilities.

Problem description

JA-CHRODIS aimed at promoting the exchange of good practices on primary prevention, health promotion and management of chronic diseases across Europe. JA-CHRODIS has conducted: a) reviews of the scientific literature; b) reports on national prevention practices, models of care and plans; c) quality criteria for practices, and guides for training, and for national plans; d) study visits to selected cases in order to assess and foster the transferability of practices; e) a platform to upload and exchange good practices.

Results

The results of JA-CHRODIS have been assessed and are beginning to be used by 17 Ministries of Health across Europe. A multimorbidity care model has been defined, a guide to implement national diabetes plans designed, a large selection of good practices chosen, and a platform for knowledge exchange has been established.

Lessons

Chronic diseases share common health determinants and challenge health and social systems in a similar

way. They demand a system approach covering different diseases, health determinants and the reorganization of health care and its coordination with social care. In this context, exchanging good practices across Europe bears the hitherto unexploited potential to improve disease prevention, disease management, healthcare services, and to yield efficiency gains.