



Rijksinstituut voor Volksgezondheid  
en Milieu  
*Ministerie van Volksgezondheid,  
Welzijn en Sport*

# Dutch Public Health System and support for local public health practitioners and policymakers

Dr. Djoeke van Dale



# Programme

- Introduction RIVM and Healthy Living
- Public Health System in the Netherland
- Support local health practitioners and policymakers
- Quality Assessment System for interventions in the public health
- Implementation of best practices
- Developments in the Netherlands



# National Institute of Public Health and Environment

Committed to *health and sustainability*

RIVM supports society in the challenge of staying healthy and keeping our environment healthy, now and in the future.





# National Institute of Public Health and Environment

*Improving public health and a clean, safe environment*

Public Health & Health Services



Environment & Safety



Infectious Diseases (and Vaccinology)





# Public Health and Health Services

## Health and Society

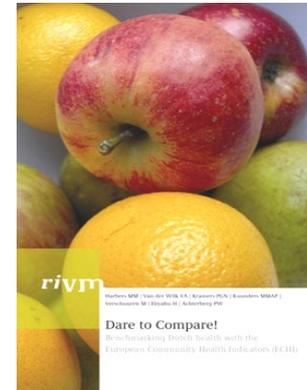
- Healthy Living
- Forecasting
- Health Information

## Nutrition, Prevention and Health Services

- Determinants Chronic Diseases
- Prevention and Nutrition
- Food Safety
- Monitoring & Exposure
- Quality of Care & Health Economics

## Health Protection

- Pharmaceutical & medical products
- Reproduction and immune toxicology, nanotoxicology
- Tobacco and drugs
- Alternatives to animal testing

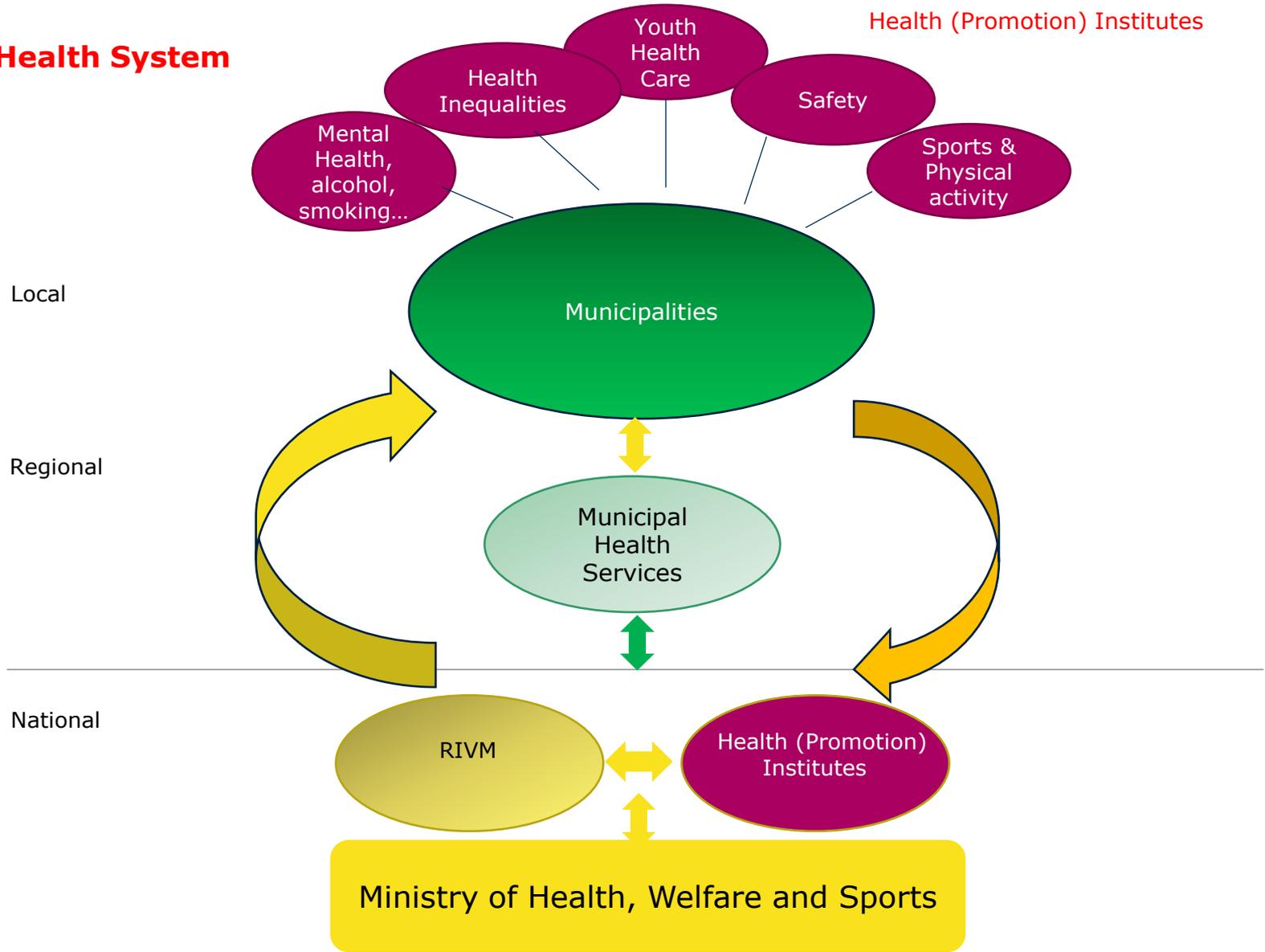


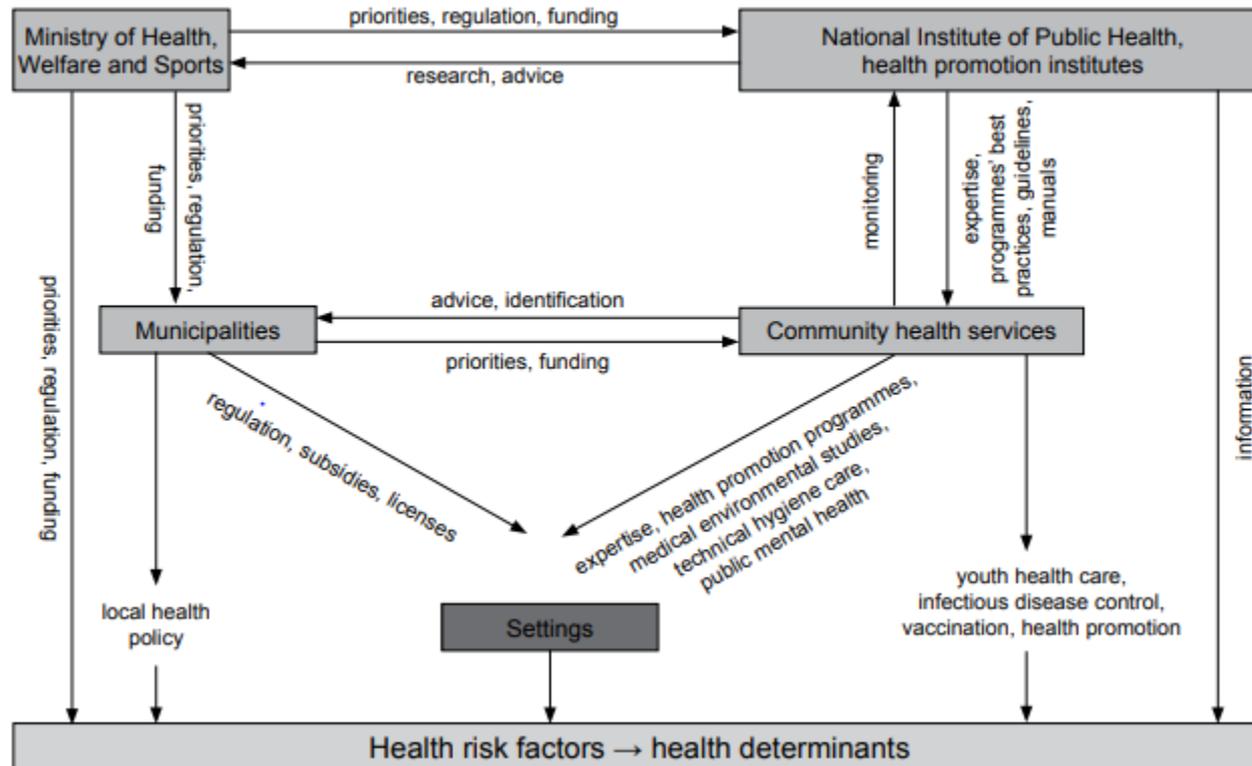


# Public Health System in the Netherlands

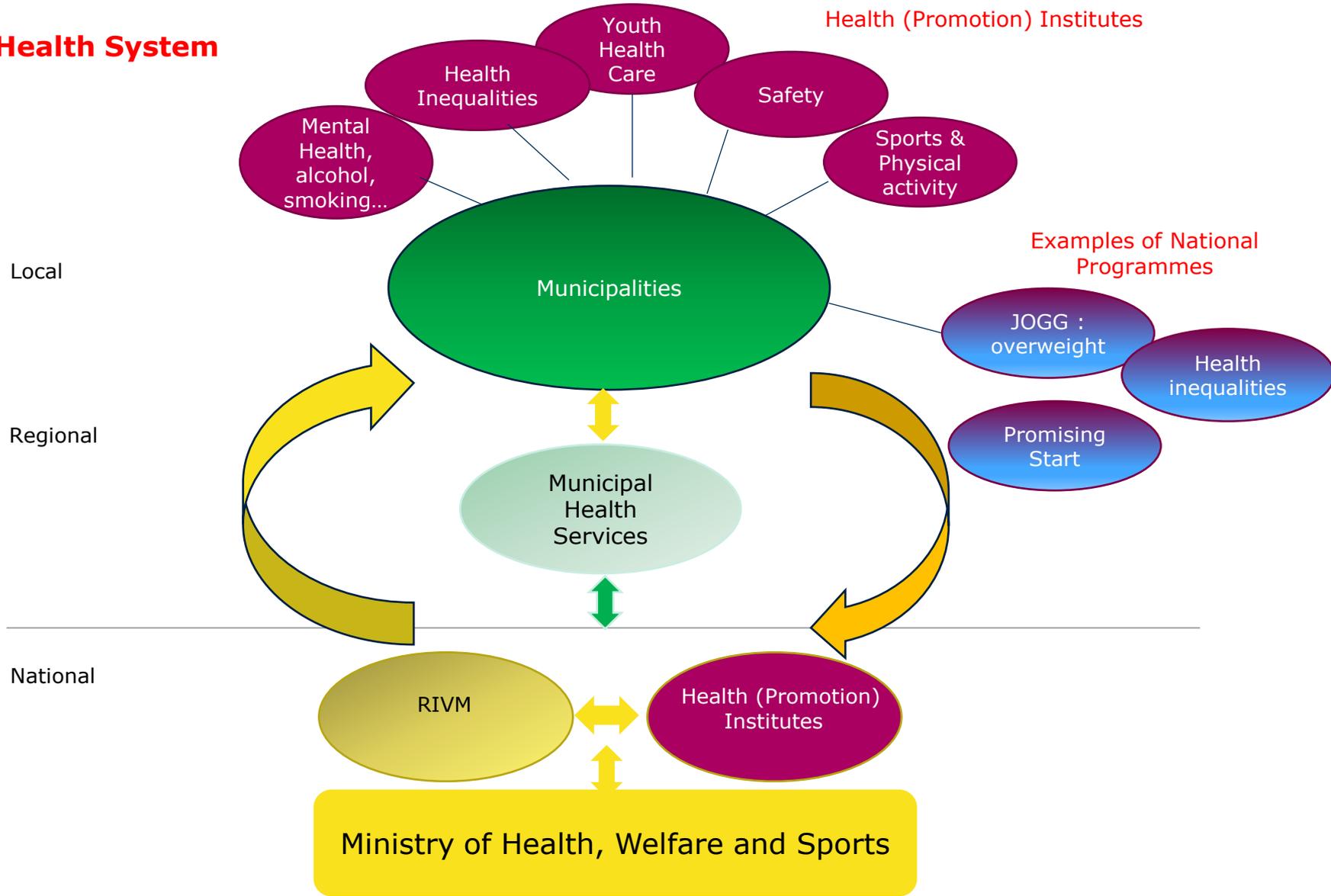


# Public Health System





# Public Health System





# Support local actors health promotion





# RIVM Healthy Living



**Aim:**  
**Health improvement of all  
Dutch citizens**

Promoting a healthy lifestyle in a healthy environment:

- Collect and disseminate knowledge (eg HiaP), interventions and examples/good practices.
- Support health professionals and policymakers



## How?

### **Process:** how do you promote a healthy lifestyle?

- Provide tools and information for a local implementation in different settings:
  - Municipality, school, daycare and healthcare.
- Support: webinars, tailored advice, learning networks.
- In collaboration with the national partners

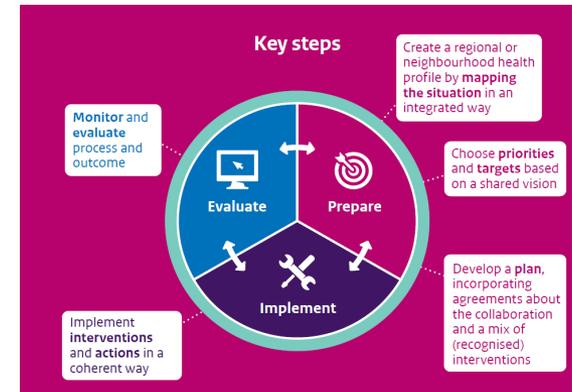
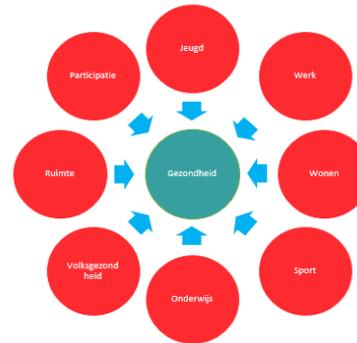
### **Content:** quality and effectiveness of interventions

- Database with recognized interventions
- Interventions overviews for different themes and target groups

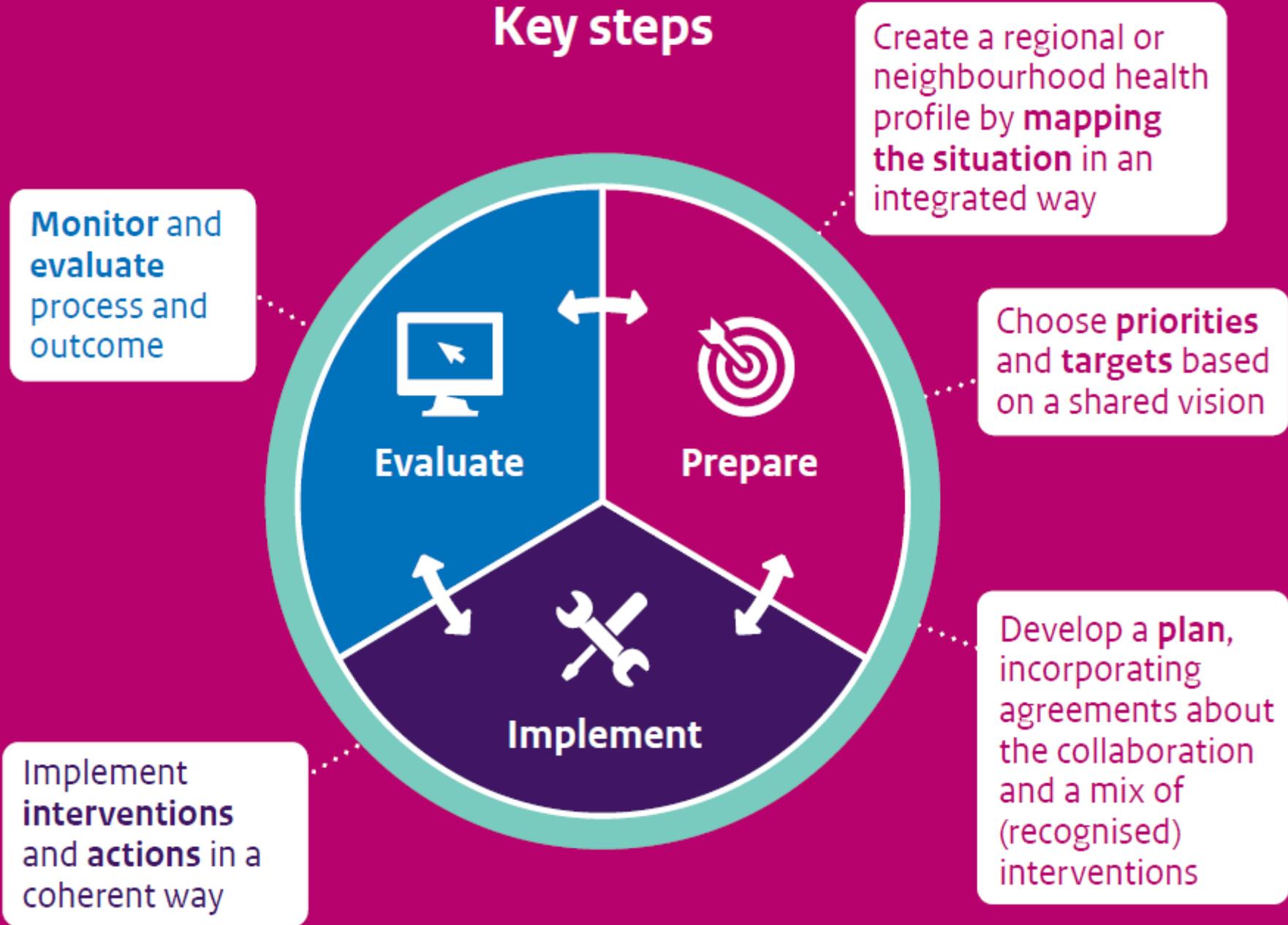


# Principles for our support

- Planned
- Cross domain collaboration
- Integrated approach (mix of interventions)



# Key steps





# Key steps

1. **Prepare:** Neighbourhood health profile and needs assesment
  - Vzinfo: figures/ data also for on level of neighbourhood
  - Needs-priorities of the communities and stakeholders: manual to formulate objectives
  - Develop a shared vision (eg according the concept Positive Health)
  - Organize collaboration (checklist starting a collaboration)
  
2. **Implementation**
  - Make an integrated plan together with stakeholders/community Manual community involvement
  - Choose interventions (Checklist Choosing interventions)
  - Mix of interventions (integrated approach/ HiAP): database of interventions
    - Physical and social environment
    - Education and information
    - Early detection, advice and support
    - Regulation and enforcement
  - Recognized interventions: database with interventions and programmes
  - Implement interventions (checklist implementation of interventions)



# Key steps (2)

## 3 . Monitor and evaluate

- Process and outcome (Checklist evaluation)
- Instruments for monitoring and evaluation
- Checklist integrated approach
- Good practices of municipalities

## 4. Safeguard (sustainability of activities): realize

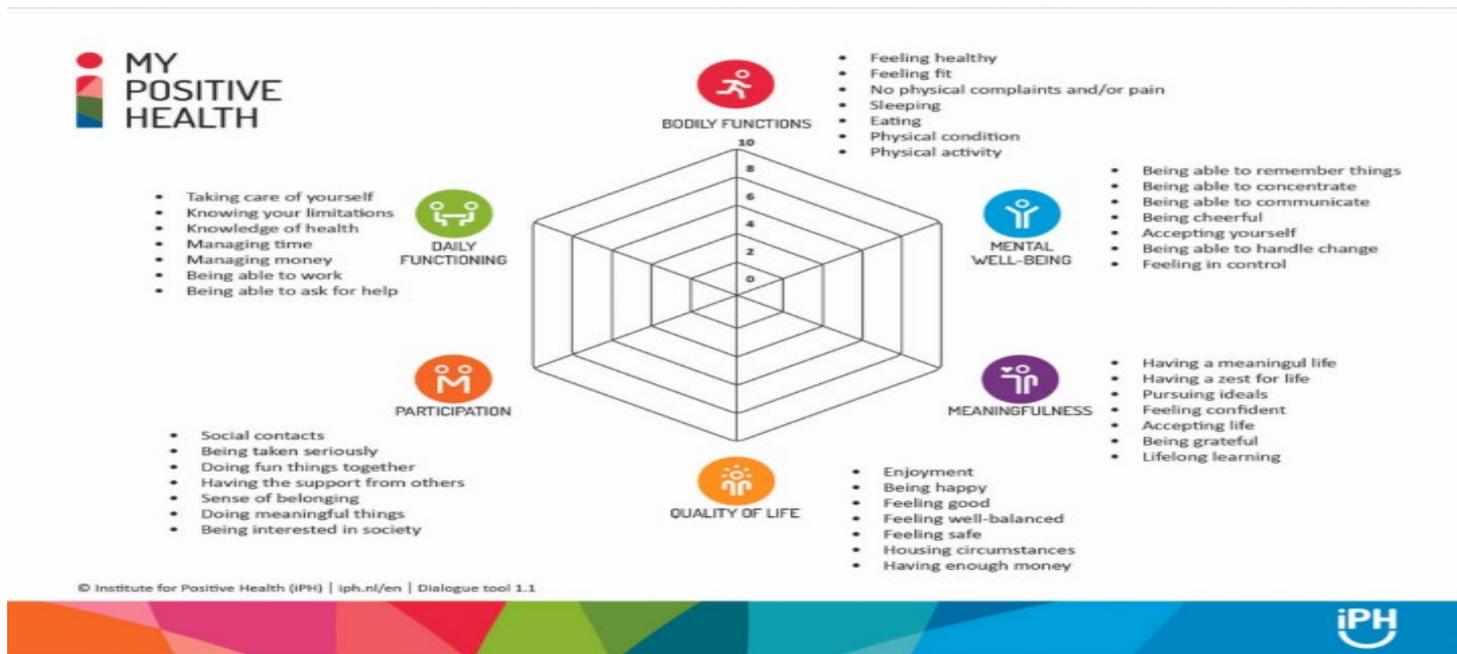
- Policy support and support of de local actors (eg communication/shared vision)
- Structural finance (align with existing policy)
- Quality of the implementation of the plan (agreements, monitor and act on relevant changes)



# Positive Health

Positive Health is a broader perspective on health, elaborated in six dimensions.

This broader perspective contributes to people's ability to deal with the physical, emotional and social challenges in life.





# Quality assessment system: recognition system





# The Recognition System

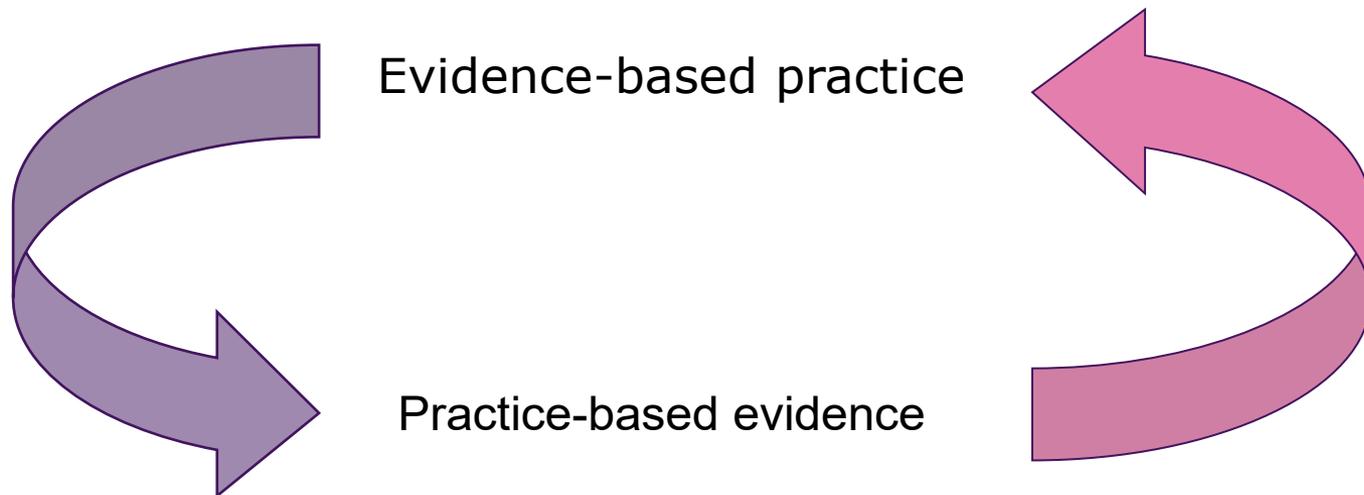
## Objectives

- to provide policy makers and professionals with sound information on the quality and effectiveness of available health promotion interventions
- to promote the use of good-practice and evidence-based interventions at local, regional and national level
- to promote the quality of the interventions (research)





# Recognition of interventions



"If we want more evidence-based practice...  
...we need more practice-based evidence"\*  
*AJPH 96(3): 406-409, 2006*

# Select effective interventions from database



## Effective



Proven effectiveness  
in theory and practice

Strong indications  
Good indications  
First indications  
for  
Effectiveness



## Theoretically sound



Sound underpinning based on theory, modelling  
of research outcomes. Now let's move on to  
understand effectiveness level

**Feasibility**  
All recognised  
interventions are  
ready for  
implementation

## Well described



Good description of goals, target group, approach,  
preconditions. Good starting point in quest for  
underpinning and evidence

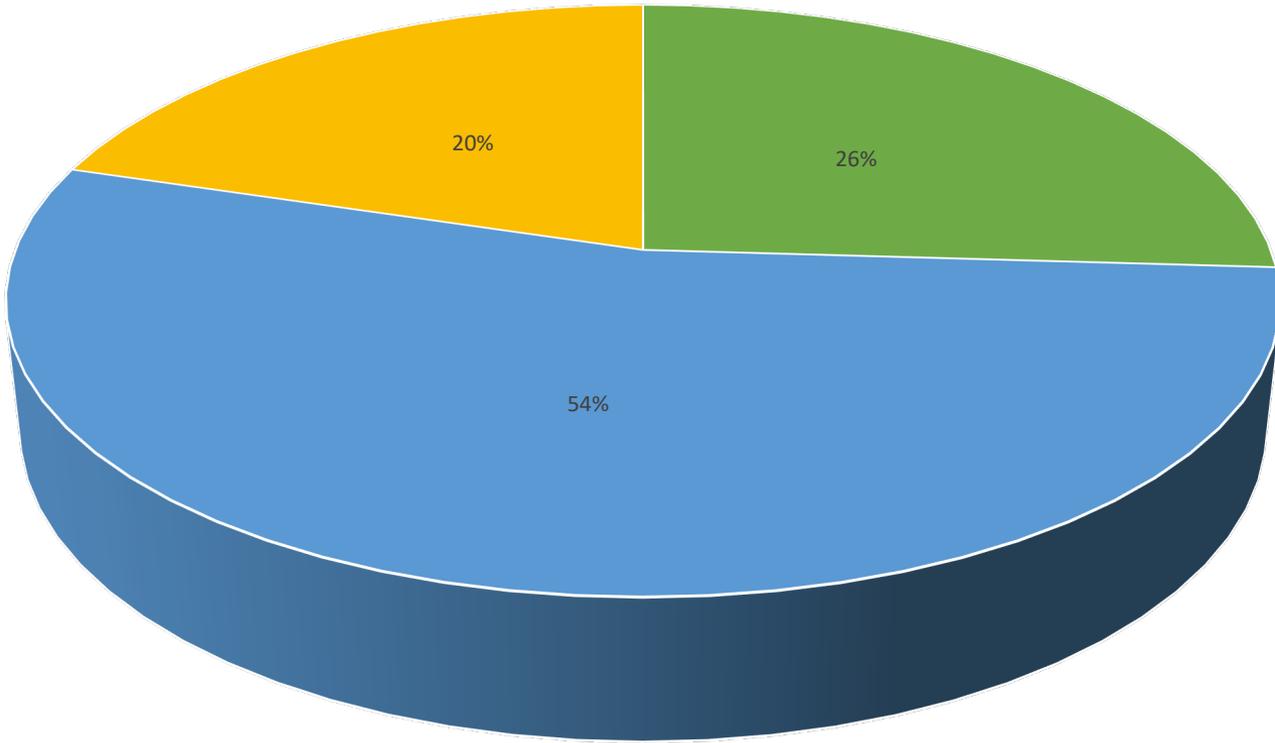


# Overview of interventions per topic, targetgroup and school setting

 <b>Alcohol</b> Alcoholgebruik	 <b>Drugs</b> Drugsgebruik	 <b>Gehoer</b> Preventie van gehoorschade	 <b>Leefomgeving</b> Groen, leefomgeving, duurzaamheid
 <b>Mentale gezondheid</b> Welbevinden, depressie, eenzaamheid, stress, psychische stoornissen	 <b>Overgewicht</b> Gezonde leefstijl, voeding, diabetes, mondgezondheid	 <b>Roken</b> Stoppen met roken, verslaving, rookvrije omgeving	 <b>Seksuele gezondheid</b> Seksuele en relationele ontwikkeling, veilig vrijen, LHBT IQ+
 <b>Sport en bewegen</b> Lichamelijke activiteit, beweegvriendelijke omgeving, blessurepreventie, bewegen	 <b>Valpreventie</b> Voorkomen van vallen, valangst, ongevalsletsel	 <b>Valpreventieve beweginginterventies</b> Ouderen met verhoogd valrisico, bewegen, gefinancierd	 <b>Zwangerschap en opvoeding</b> Gezond zwanger, opvoeding, probleemgedrag en kindermishandeling



### Total of recognized interventions 2023



■ Effectiveness   ■ Theoretically Sound   ■ Well described



# Implementation of good and best practices

Overview of interventions per topic, targetgroup and school setting

 <b>Alcohol</b> Alcoholgebruik	 <b>Drugs</b> Drugsgebruik	 <b>Gehoer</b> Preventie van gehoorschade	 <b>Leefomgeving</b> Groen, leefomgeving, duurzaamheid
 <b>Mentale gezondheid</b> Welbevinden, depressie, eenzaamheid, stress, psychische stoornissen	 <b>Overgewicht</b> Gezonde leefstijl, voeding, diabetes, mondgezondheid	 <b>Positieve gezondheid</b> Interventies rond de (6) dimensies van positieve gezondheid	 <b>Roken</b> Stoppen met roken, verslaving, rookvrije omgeving
 <b>Seksuele gezondheid</b> Seksuele en relationele ontwikkeling, veilig vrijen, LHBT IQ+	 <b>Sport en bewegen</b> Lichamelijke activiteit, beseegvriendelijke omgeving, blessurepreventie, bewegen	 <b>Valpreventie</b> Voorkomen van vallen, valangst, ongevalsletsel	 <b>Zwangerschap en opvoeding</b> Gezond zwanger, opvoeding, probleemgedrag en kindermishandeling



# Implementation of the best and good practices





# Dissemination and implementation

## **Dissemination**

- Newsletters, website, social media,
- presentations, meetings
- Infographic and digital magazine
- Story telling about submitting and adapting interventions

## **Adoption/implementation**

- Collaboration with research Institute
- Interventions are part of insurance package
- Incentive programs Ministry (e.g. financial support for schools for implementing recognized interventions)

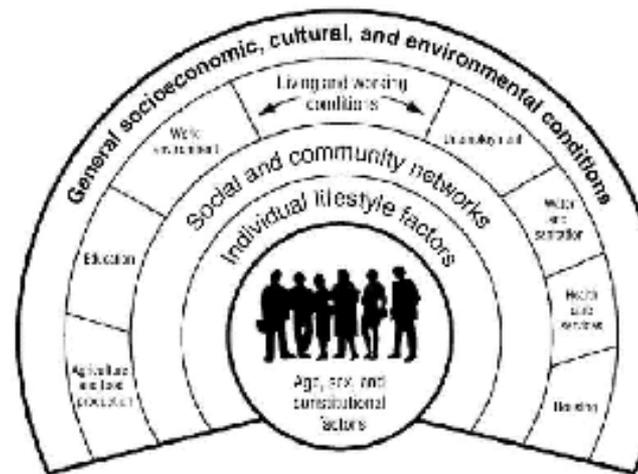


# Example of support for local actors:

Toolkit prevention in the neighbourhood: practical tools for an integrated approach

Health and wellbeing influenced by different factors

To prevent health problems an integrated approach is needed



Model of Whitehead & Dahlgren, 1991



# Aim

- to promote an integrated approach by promoting cooperation between different domains -> combine public health, physical environment, social environment and primary care
- By tailoring available knowledge on a national level to local needs



# District types

## Major towns and cities

## Small towns

## Villages



Urban centre



Pre-war working-class district



Small-town district



Large-village centre



Village or hamlet



Post-war district with high-rise buildings



Leafy district (incl. modern 'VINEX' districts)



Leafy small-town district



Scattered housing in rural area





# Data guide

## Integral health profile

In deze Toolkit is een datawijzer opgenomen om wijkenmerken kwantitatief in beeld te brengen en een wijkprofiel voor uw eigen situatie te maken.

Het wijkprofiel (wijk in beeld) geeft een omschrijving van een wijk aan de hand van indicatoren die informatie geven over die wijk, zoals bevolkingskenmerken (bijvoorbeeld leeftijdsopbouw) of kenmerken over de gezondheid en leefstijl van de inwoners in de wijk (bijvoorbeeld het percentage rokers). Om wijkenmerken kwantitatief in beeld te brengen kunt u gebruik maken van landelijke databronnen en regionaal of lokaal beschikbare bronnen. Dit is ook aan te vullen met kwalitatieve gegevens, bijvoorbeeld gesprekken met sleutelpersonen uit een wijk. De landelijk beschikbare gegevens maken het mogelijk om een wijk te vergelijken met het landelijk gemiddelde.

## Available data

In deze datawijzer zijn indicatoren opgenomen waarvoor cijfers uit landelijke bronnen beschikbaar zijn op gegevens op wijkniveau. Om aan te sluiten bij bestaande indicatorensets is gebruikgemaakt van indicatoren die al in meerdere sets voorkomen. In deze datawijzer zijn de indicatoren ingedeeld naar zes domeinen.



### Health and lifestyle

See indicators



### Amenities/ facilities

See indicators



### Physical environment

See indicators



### Social environment

See indicators



### Participation

See indicators

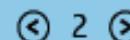


### Demographics

See indicators



# Post-war district with high-rise buildings



## Integrated approach: *overweight amongst children*

This approach concerns children and their environment (school, neighbourhood) where the healthiest choice is made the easiest choice. Underlying factors such as poverty and climate in which children are raised require attention too (family). This requires collaboration between different policy areas and between public-sector and private-sector parties. There is the possibility of tying in with programmes such as JOGG ('Youngsters at a Healthy Weight'), health at schools and childcare.

Selection of recognised interventions appropriate for district type and target group (those aimed at people with low SES or immigrant background are in italics)

Block	Description	Possible interventions	Target group	Possible partners
 Education and information	Interventions aimed at informing children about a healthy diet and exercising enough.	<ul style="list-style-type: none"> <li><a href="#">Lekker Fit! Lespakket</a> **</li> <li><a href="#">Jump-in</a> **</li> <li><a href="#">Beweegkriebels</a> **</li> </ul>	Children	<ul style="list-style-type: none"> <li>Municipality</li> <li>Schools</li> <li>Regional public health services</li> <li>Primary care</li> <li>Neighbourhood sports coach</li> <li>Sports clubs and other clubs</li> <li>Welfare</li> <li>Shops</li> <li>Local community centres</li> <li>District manager</li> <li>Children and parents</li> </ul>
 Alerting, advice and support	Interventions aimed at reducing overweight and obesity among children. These interventions often consist of a diet programme and an exercise programme. The involvement of parents is also a key aspect.	<ul style="list-style-type: none"> <li><a href="#">BeSlim</a> **</li> <li><a href="#">Cool2bfit</a> **</li> <li><a href="#">Club Fit 4</a> **</li> <li><a href="#">Wijs wat is jouw stijl</a> **</li> <li><a href="#">LEFF</a> ***</li> </ul>	Overweight or obese children	
 Physical and social environment	Interventions aimed at persuading children to exercise and adopt a healthy diet via the living environment, with the aim of preventing overconsumption. Interventions could also target parents' child-raising skills.	<ul style="list-style-type: none"> <li><a href="#">Lekker Fit! BO</a> ***</li> <li><a href="#">Gezond gewicht Overrecht</a> ***</li> <li><a href="#">De Gezonde Schoolkantine</a> **</li> <li><a href="#">sCOOLsport</a> **</li> <li><a href="#">EU schoolfruit en groentenprogramma</a> **</li> <li><a href="#">Eetplezier en beweegkriebels workshop</a> **</li> <li><a href="#">Voor je het weet zijn ze groOt</a> **</li> <li><a href="#">Simpel Fit</a> **</li> <li><a href="#">Armoede en gezondheid van kinderen</a> **</li> </ul>	Entire target group	
 Regulations and enforcement	Measures aimed at creating a healthy and safe living environment.	<ul style="list-style-type: none"> <li>No fast food in school environment</li> <li>Safe play spaces for children</li> </ul>	Entire target group	



## Reflection and future developments





# Reflection on implementation of support for local actors

## Support on process

- Our support is well appreciated
- Municipalities know us (webinars)
- Collaboration and Coherence between national partners is a challenge

## Recognition of interventions

- Well and not appreciated
- Some municipalities demand recognized interventions
- Prevention is part of the insurance package (we have a role in the assessment of the effectiveness of these interventions)
- Discussions about the study designs (other designs are needed eg option of qualitative evaluation studies)
- Implementation (use by local actors) remains a challenge



# Present and future

## Current situation

- Prevention is in the spotlight (national/European level and medical sector (also in insurance package))
- HiAP and cross domain collaboration is improving but structural funding and system hinders
- Collaboration between prevention, primary health care and welfare most important for impact on health inequalities
- Climate changes / healthy environment offers opportunities for integrated approaches
- The problem of health inequalities remains

## What is needed?

- More guidance (governance) and intersectoral collaboration on national, regional and local level (eg Finland)
- Structural funding on local level which is allocated for Health Promotion
- System changes and legislation are needed (New Environmental Act in which local actors must take in to account for health in all spatial changes)



# Little steps forward





# Health and Active Living Agreement

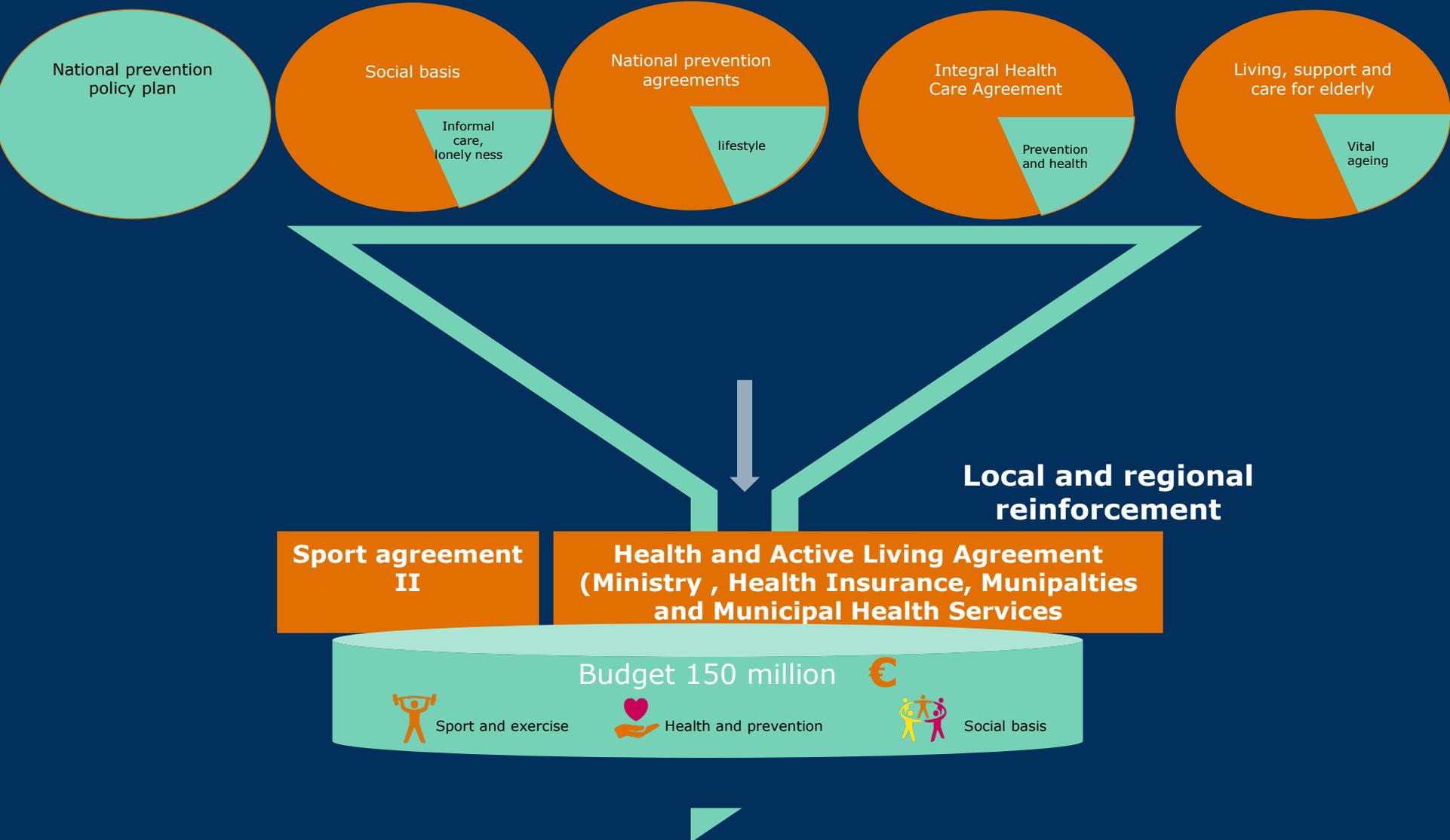
Agreement between Ministry of Health, Health Insurance company, Municipalities and Municipal Health Services towards:

- Less non-committal on achieving common goals
- Movement to the front (prevention)
- Integrated approach (HIAP and Positive Health)
- Concretizing agreements national-regional-local (prevention infrastructure)
- Structural and earmarked budget (long-term plans)



Different national plans and programmes are combined in one agreement and one budget

A Healthy Generation in  
in 2040





# Plan based on data and in collaboration

## **Regional level**

- Regional profile of health and other important determinants for health and well being
- Regional plan (collaboration of health insurance companies, Municipalities, health care professionals, Municipal Health Services and communities and patients)
- Prevention infrastructure

## **Local level**

- Based on this regional plan municipalities submit an integrated plan on healthy and active living for the next 3 years (aim is to extend this)
- Topics: promising start, fall prevention, overweight for children and adults, Healthy Environment, health inequalities, mental health, early detection excessive alcohol consumption, welfare on receipt, loneliness, sports/physical activity, coach for sport and culture



## Conclusion

Next years we will work on

- Integrated plans (combined with funding)
- Better **governance** in public health with **structured collaboration**
- **Fixed budget** for health promotion topics
- Monitoring of the results of Health and Active Living
  
- And looking forward to 2040

A Healthy Generation in  
in 2040



- [Loketgezondleven.nl](https://loketgezondleven.nl)
- [Loketgezondleven.nl/interventies](https://loketgezondleven.nl/interventies)
- [Djoeke.van.dale@RIVM.nl](mailto:Djoeke.van.dale@RIVM.nl)