

SPIMEU newsletter November 2015

The **SPIMEU** research project officially started in May 2015 and this newsletter is the first in a row of **SPIMEU** newsletters, which will be published every 6 months

What is the **SPIMEU** project?

SPIMEU is a trans-European research project with the aim to contribute to the reduction of cardio-metabolic diseases (CMD) in the EU member states. **SPIMEU** is conducted from May 2015-April 2018 by research institutions from 5 EU countries (The Netherlands, Greece, The Czech Republic, Sweden and Denmark). With the **SPIMEU** project we want to increase the collaboration between countries from the EU in the prevention of CMD, and we will ultimately provide a toolbox for a tailored implementation of selective prevention programs for CMD. To create our toolbox we will use existing knowledge from previous research, map existing prevention programs including their strengths and weaknesses, assess the acceptability among GPs and the citizens and test the feasibility of implementing selective prevention programs.

Project startup

In the beginning of June all **SPIMEU** partners met with representatives from CHAFAA in Luxembourg for a kick off meeting and the first steering committee meeting. Since then several activities have taken place...

Project website

As one of the first activities we set up a website (www.SPIMEU.org) with thorough information about the project. The website will follow the project with frequent updates, and the **SPIMEU** newsletters will be published on the website. At the **SPIMEU** website there is an option to register for the mailing list and registered users will be alerted by email about project news.

Project leaflet

Another startup activity on the project was the creation of a project leaflet to be used for dissemination of the project at meetings, conferences, etc.

All **SPIMEU** partners took part and the result was leaflets in 6 different languages (English, Czech, Dutch, Swedish, Greek and Danish.)

All leaflets are available from the project website www.spimeu.org



Project leaflet

Work packages (WP) of the **SPIMEU** project

WP1-3: Project coordination, dissemination and evaluation

WP4: Overview of currently practiced models of selective prevention programs in all 28 EU member states

WP5: Literature review about the attitude of health care professionals and the general population towards selective prevention

WP6: Insight in the attitude of general practitioners and the population towards selective prevention using questionnaires

WP7: Design of selective prevention programs, tailored to the context in five EU member states

WP8: Systematic insight into the feasibility of implementing a tailored selective prevention program

Kick off meeting June 8 and 9, 2015, Luxembourg

The kick off meeting was the official start of the **SPIMEU** project. It was a meeting at CHAFAA (Consumers, Health, Agriculture and Food Executive Agency) with representatives from 5 EU countries with only one goal: Reducing the morbidity and mortality of cardio-metabolic diseases by developing a toolbox to implement selective prevention programs in all EU-member states.

During the kick off meeting, every work package was discussed. Things were clarified, good ideas were suggested, and knowledge and experience were shared. After two very interesting and fruitful days everyone went home filled with energy and enthusiasm to start (or continue) with their part of the project.



SPIMEU partners at Kick-off meeting, June 2015, Luxembourg

From left to right: R. Dessing, Prof. B. Seifert, Prof. F. Schellevis, G. Dalmeijer, T. Thilsing, J. Korevaar, M. Hollander, Prof. C. Lionis, M. Nielsen, A.K.M. de Waard, M. Holzmann, N. Král

Do you know that...

- The **aim of WP4** in the **SPIMEU** project is to make an overview of the organisation and available programs for selective prevention CMD in all 28 EU-member states
- We have already identified one **keyperson** per EU-member state, so 28 in total
- The keypersons are going to complete a questionnaire about the **organization** of selective prevention of CMD **on country-level**
- These keypersons will identify at least 5 **national experts** on prevention of CMD in their country
- These national experts will be asked to complete a questionnaire about available **selective prevention programs of CMD** in their country
- The keypersons also complete the questionnaire about selective prevention programs if possible
- The outcomes of WP4 are:
 - An overview of organization of selective prevention on country-level in every EU-member state
 - An overview of available selective prevention programs for CMD in every EU-member state



SPIMEU partners at WONCA Europe conference 2015, Istanbul

From left to right: Prof. N.J. de Wit, A.K.M. de Waard, Prof. B. Seifert, Prof. C. Lionis, M. Hollander, N. Král, X. Tatzl

SPIMEU at WONCA conference

The WONCA Europe conference in Istanbul was the first big congress in primary care after the start of the **SPIMEU** project. It was a great opportunity to tell people about our project and disseminate leaflets to people who are interested in **SPIMEU**. Furthermore partners of the **SPIMEU** project met each other at the WONCA in Istanbul. We talked about the progress of the project, exchanged new ideas and discussed some details of the execution of **SPIMEU**.

Upcoming SPIMEU meetings

Steering committee meeting, November 2015

More information: www.spimeu.org, spimeu@nivel.nl