SPIMEU: Reaching frail groups

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Frail groups

• Increased risk of:
  – Diabetes
  – Cardiovascular diseases
    • Coronary heart disease
• Increased risk of worse outcomes
Identified frail groups

- Socio-economic low status groups
- Immigrants from non-Western countries
- Individuals with psychiatric disorders
- Individuals with intellectual dysfunction
Socio-economic weak groups

– Characteristics
  • Low educational level
  • Low income
  • Living in deprived neighbourhood areas

– Unhealthy life-style
  • Smoking
  • Physical inactivity
  • Bad dietary habits

– Other factors
  • Psycho-neuro-endocrinological factors
Immigrants

- Increased risk of:
  - CVD, especially CHD, in many groups
  - Diabetes in non-European immigrant groups
  - Unhealthy behaviours
    - Smoking
    - Physical inactivity
Individuals with psychiatric disorders

• People with psychotic disorders:
  – Dramatically increased mortality and decreased life expectancy
    • Especially in CVD and CHD
  – Increased risk of diabetes
    • Antipsychotic drugs one factor

• People with depression or anxiety disorders
Individuals with intellectual dysfunction

• Different major groups
• In general high frequency of cardiovascular-metabolic risk factors earlier than people in the general population
In summary

• The identified frail groups:
  – Higher rate of cardio-metabolic risk factors
  – Higher risk of diabetes and CVD
  – May be hard to reach with preventive measures

• How should we manage this?
Questions:

- How could we reach these frail groups?
- Do we need specific approaches to reach these frail groups?
- Are there other frail groups in need of measures that should be identified?