SPIMEU

"Selective prevention"

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On behalf of the SPIMEU-research team
Background

• Cardiometabolic diseases (CMD)
  - Cardiovascular diseases
  - Diabetes
  - Chronic kidney failure

• No EU-wide plan for organisation of selective prevention of CMD

• **SPIMEU:**
  - Primary care
  - Selective prevention of CMD
Different types of prevention
Cardiovascular prevention

Universal prevention

Selective prevention
Different types of prevention
Cardiovascular prevention

Indicated prevention

Care-related prevention
Selective prevention

Universal prevention

Selective prevention

Indicated prevention

Care-related prevention
Selective prevention programs

Selective prevention: Targeted to identifying and treating individuals or a population subgroup without a known disease whose risk of developing disease(s) is significantly higher than average. This subgroup may also be people within a certain age group (e.g. people from 40-70 years old).
<table>
<thead>
<tr>
<th>Country</th>
<th>Program</th>
<th>Target population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bulgaria</td>
<td>1 x</td>
<td>Age 30-80, BMI &gt; 25</td>
</tr>
<tr>
<td></td>
<td>2 x</td>
<td>Men and women at (very) high risk of CV disease</td>
</tr>
<tr>
<td>Croatia</td>
<td>1 Love your heart</td>
<td>Men and women between 40 and 75 years old</td>
</tr>
<tr>
<td></td>
<td>2 x</td>
<td>Men and women 50+ years old that not contacted physician 3 or more years</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>1 Post-MONICA study</td>
<td>1% of the general population, i.e. men and women aged 35-65 y., in the latest study also people older than 65 y.</td>
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<tr>
<td>Denmark</td>
<td>2 Your life your health</td>
<td>Men and Women between 45 and 69 years old</td>
</tr>
<tr>
<td>Germany</td>
<td>Gesundheitsuntersuchung nach § 20 SGBV</td>
<td>Men and women 35 years and above</td>
</tr>
<tr>
<td>Country</td>
<td>Program</td>
<td>Target population</td>
</tr>
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<tr>
<td>Hungary</td>
<td>1 Hungarian National Cardiovascular Program</td>
<td>Men and woman between 14-99</td>
</tr>
<tr>
<td></td>
<td>2 x</td>
<td>Diabetic patients at early phase of their own disease.</td>
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<tr>
<td></td>
<td>3 x</td>
<td>Obese or overweight patients between 18-80 years old</td>
</tr>
<tr>
<td></td>
<td>4 x</td>
<td>Men and women between 40-69 years</td>
</tr>
<tr>
<td>Lithuania</td>
<td>Lithuanian High Cardiovascular Risk (LitHiR) primary prevention programme</td>
<td>Men between 40 and 54 years old, women between 50-64 years old without overt CVD</td>
</tr>
<tr>
<td>Netherlands</td>
<td>Prevention Consultation</td>
<td>Men and women from 45 years and older</td>
</tr>
<tr>
<td>Poland</td>
<td>1 Program Prewencji Chorb Sercowo-Naczyniowych</td>
<td>Men and Women aged 35-55</td>
</tr>
<tr>
<td>Portugal</td>
<td></td>
<td>Men and women above 45 years old</td>
</tr>
<tr>
<td>Country</td>
<td>Program</td>
<td>Target population</td>
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<tr>
<td>-----------</td>
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</tr>
<tr>
<td>Slovakia</td>
<td>Preventive checks for adults</td>
<td>Men and women of 40 years old and above</td>
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<td></td>
<td></td>
<td>Men and women above 40 years old with atrial fibrillation</td>
</tr>
<tr>
<td>Slovenia</td>
<td>Program for prevention of cardiovascular and other chronic noncommunicable diseases</td>
<td>Men 35-65, women 45-70</td>
</tr>
<tr>
<td></td>
<td>Referenčne ambulante družinske medicine</td>
<td>Enlisted patients over 30 years old</td>
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<tr>
<td>Spain</td>
<td>Programa de actividades preventivas y de promoción de la salud (PAPPS)</td>
<td>Men and women older than 18</td>
</tr>
<tr>
<td></td>
<td>PAPPS- Programa de Actividades Preventivas y de Promoción de la Salud</td>
<td>Men and women &gt;35 years old attended in primary care</td>
</tr>
<tr>
<td>Sweden</td>
<td>Västerbotten Intervention Program (VIP)</td>
<td>Men and women 40-50-60 y</td>
</tr>
</tbody>
</table>
Conclusion & Take Home Message

- Different opinions about the definition of selective prevention
- Age most often used as first factor to find people with an increased risk on CMD

- Kahoot
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Question 1

• Prevention meant for a specific age group (eg. 40-70 years old) is selective prevention

• Yes [ ] No [ ]
Kahoot 2

• Prevention meant for people with visible risk factors (eg. smoking) is selective prevention

• Yes  No
Kahoot 3

• Patients should select themselves for selective prevention, by asking for it at the GP

• Yes  No
Countries
Austria
Belgium
Bulgaria
Cyprus
Czech Republic
Estonia
Finland
France
Germany
Greece
Ireland
Italy
Latvia
Lithuania
Malta
Poland
Romania
Slovakia
Slovenia
United Kingdom

No national experts responded
1-2 national experts responded
3 or more national experts responded

www.nivel.nl/program