



UMC Utrecht

SPIMEU

"Selective prevention"

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On behalf of the SPIMEU- research team



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University Medical Center Utrecht

Background

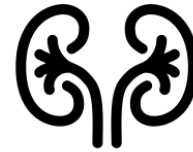
- Cardiometabolic diseases (CMD)



Cardiovascular diseases



Diabetes



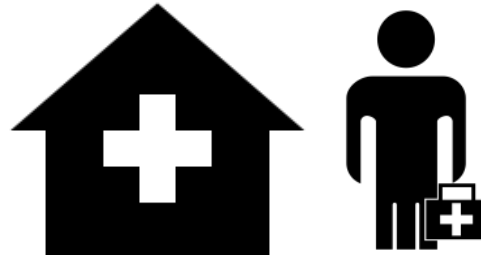
Chronic kidney failure



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

- SPIMEU:**

- Primary care
- Selective prevention of CMD

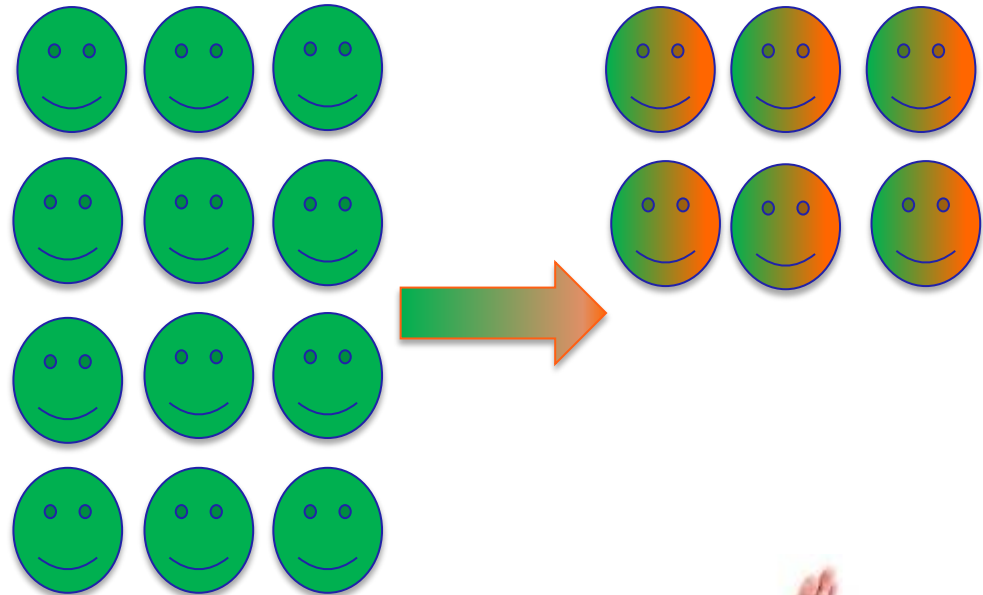


Different types of prevention

Cardiovascular prevention



Universal prevention

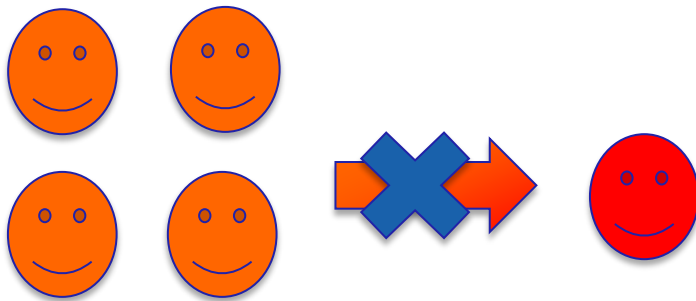


Selective prevention

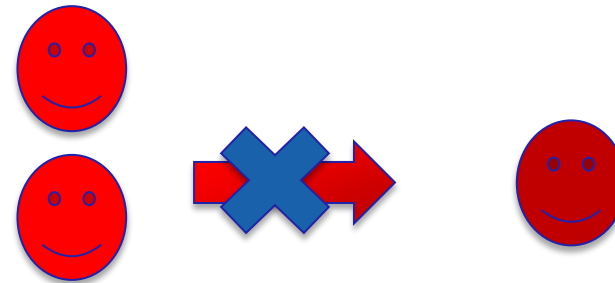


Different types of prevention

Cardiovascular prevention



Indicated prevention



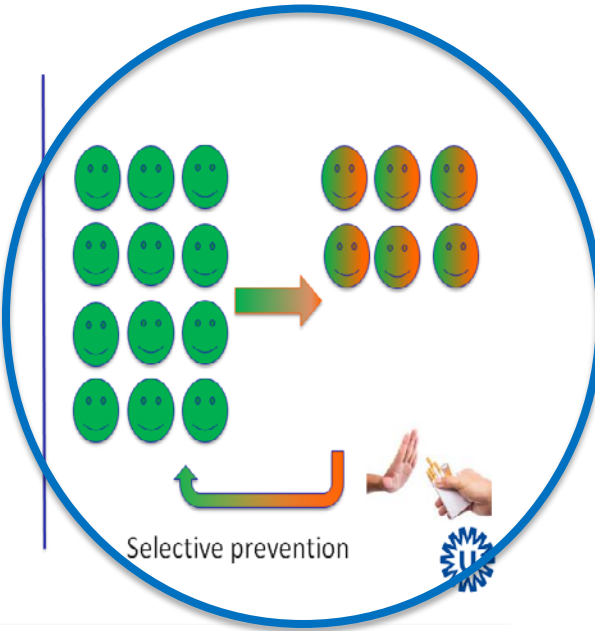
Care-related prevention



Selective prevention



Universal prevention



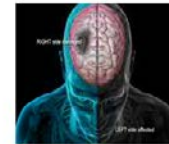
Selective prevention



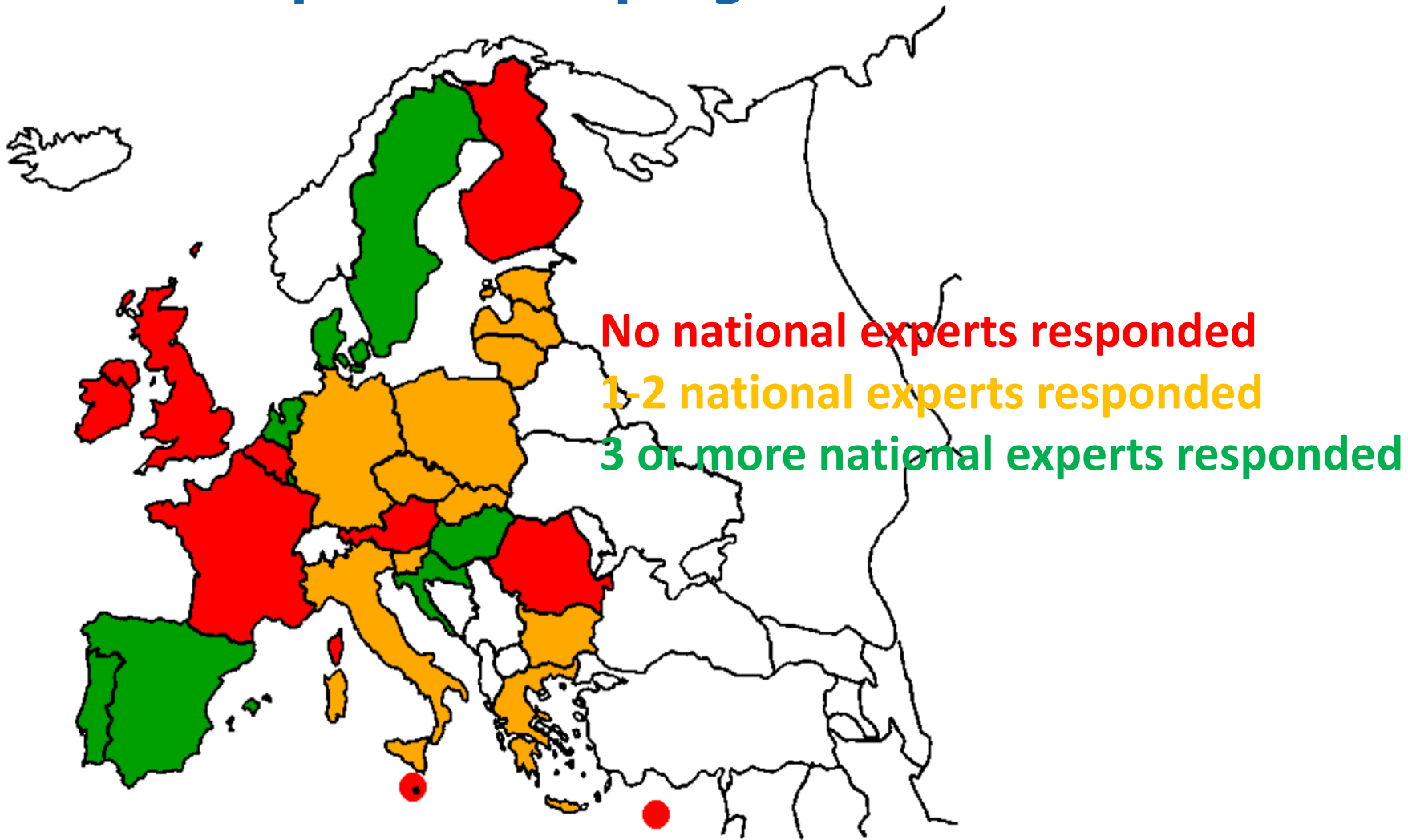
Indicated prevention



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)



Country	Program	Target population
Bulgaria	1 x	Age 30-80, BMI > 25
	2 x	Men and women at (very) high risk of CV disease
Croatia	1 Love your heart	Men and women between 40 and 75 years old
	2 x	Men and women 50+ years old that not contacted physician 3 or more years
Czech Republic	1 Post-MONICA study	1% of the general population, i.e. men and women aged 35-65 y., in the latest study also people older than 65 y.
Denmark	2 Your life your health	Men and Women between 45 and 69 years old
Germany	Gesundheitsuntersuchung nach § 20 SGBV	Men and women 35 years and above



Country	Program	Target population
Hungary	1 Hungarian National Cardiovascular Program	Men and woman between 14-99
	2 x	Diabetic patients at early phase of their own disease.
	3 x	Obese or overweight patients between 18-80 years old
	4 x	Men and women between 40-69 years
Lithuania	Lithuanian High Cardiovascular Risk (LitHiR) primary prevention programme	Men between 40 and 54 years old, women between 50-64 years old without overt CVD
Netherlands	Prevention Consultation	Men and women from 45 years and older
Poland	1Program Prewencji Chorb Sercowo-Naczyniowych	Men and Women aged 35-55
Portugal		Men and women above 45 years old



Country	Program	Target population
Slovakia		Men and women above 40 years old with atrial fibrillation
	Preventive checks for adults	Men and women of 40 years old and above
Slovenia	Program for prevention of cardiovascular and other chronic noncommunicable diseases	Men 35-65, women 45-70
	Referenčne ambulantne družinske medicine	Enlisted patients over 30 years old
Spain	Programa de actividades preventivas y de promoción de la salud (PAPPS)	Men and women older than 18
	PAPPS- Programa de Actividades Preventivas y de Promoción de la Salud	Men and women >35 years old attended in primary care
Sweden	Västerbotten Intervention Program (VIP)	Men and women 40-50-60 y



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

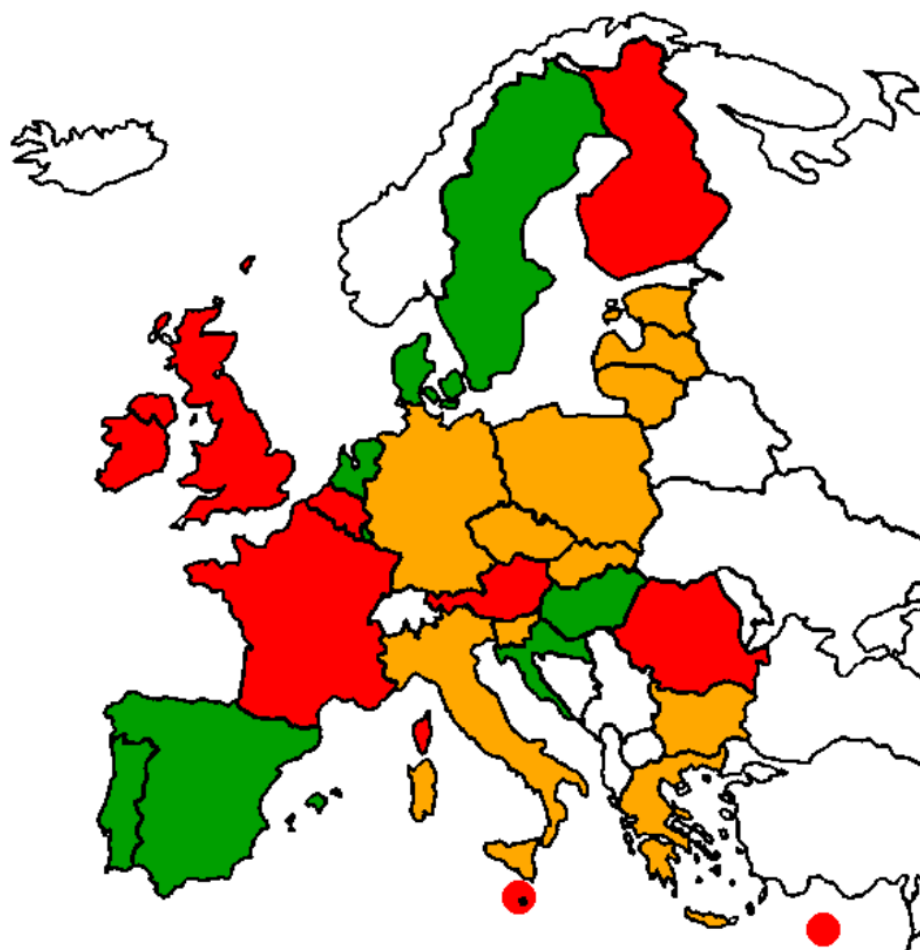
- Yes



No



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Countries

Austria	Ireland
Belgium	Italy
Bulgaria	Latvia
Cyprus	Lithuania
Czech Republic	Malta
Estonia	Poland
Finland	Romania
France	Slovakia
Germany	Slovenia
Greece	United Kingdom

www.nivel.nl/program



No national experts responded

1-2 national experts responded

3 or more national experts responded