

SPIMEU

- A Trans-european research project on selective prevention actions against cardio-metabolic diseases



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The **SPIMEU** project

The continuously increasing prevalence of cardio-metabolic diseases (including cardiovascular disease, diabetes mellitus, and chronic kidney disease) is a major health problem. Cardio-metabolic diseases are mainly caused by an unhealthy lifestyle with smoking, obesity and physical inactivity among the most important lifestyle related causes. Increasing rates of obesity and physical inactivity in combination with smoking will lead to an increase in the number of patients with cardio-metabolic diseases in the coming decades.

There is, therefore, an urgent need to establish strategies to identify citizens at high risk of disease, and to develop and implement interventions to prevent or delay the onset of these diseases.

What is the **SPIMEU** project?

The **SPIMEU** is a Trans-european research project with the aim to contribute to the reduction of cardio-metabolic diseases in the EU member states. This will be pursued by establishing the feasibility of implementing selective prevention actions in five EU member states representing various health systems.



Who takes part in the project?

The **SPIMEU** project is conducted in a collaboration between the following research institutions:

- NIVEL: Netherlands Institute for Health Services Research, The Netherlands
- Julius Center: The Julius Center for Health Sciences and Primary Care, The Netherlands
- Karolinska Institutet, Sweden
- University of Southern Denmark, Denmark
- Charles University, Czech Republic
- University of Crete, Greece

All parties involved in the **SPIMEU** project have extensive experience in research and innovation activities in primary care settings. NIVEL is the coordinator of the project.

What will the **SPIMEU** project provide?

The specific outcomes of the **SPIMEU** project are:

- An overview of currently practiced models of selective prevention programs for cardio-metabolic diseases in all 28 EU member states (incl. their strengths and weaknesses)
- Insight into the attitude of the health care professionals and the general population towards selective prevention
- Design of selective prevention programs, tailored to the context in five EU member states.
- Systematic insight into the feasibility of implementing a tailored selective prevention program
- A toolbox containing relevant measures for a tailored implementation of a selective prevention program

What are the activities?

The **SPIMEU** project contains 8 work packages (WP) comprising:

- A systematic collection of information on characteristics, incl. success and failure factors, of existing selective prevention programs for cardio-metabolic diseases in all 28 EU member states. The information will be collected from national experts. Selective prevention programs targets those at higher-than-average risk of cardio-metabolic diseases; individuals are identified by the magnitude and nature of risk factors to which they are exposed (WP4)
- A systematic literature review on existing knowledge and evidence regarding determinants of uptake and compliance with selective prevention programs (WP5)
- A survey among health care professionals and among the general population in 5 EU member states on the acceptability of selective prevention actions and feasibility of an innovative implementation strategy of selective prevention (WP6)
- Based on results from WP 4-6 and on the Dutch guideline Prevention Consultation: Cardio-metabolic Risk (PC CMR) a tailored selective prevention program is designed. The program can be tailored to the country-specific context in 5 EU member states taking into account the national health care systems, the level of primary care orientation and the level of gatekeeping (WP7)
- The tailored selective prevention program is tested in a feasibility study. The study is carried out in 5 EU member states including up to 10 primary care practices per country and a random sample of 20 eligible patients attending each practice (WP8)
- Work package 1-3 comprises specific project coordination, dissemination and evaluation activities

How are results of the SPIMEU project disseminated?

The results of the **SPIMEU** project will be disseminated to all relevant stakeholders including citizens in the EU member states, health care professionals involved in preventive activities and health policy makers engaged in prevention. Dissemination will include publications from the project using various media such as Internet [website], social media, scientific journals, professional journals, presentations at conferences and stakeholder meetings. At the end of the study a toolbox will be provided to support tailoring of selective prevention programs to the national context in EU member states. The toolbox will contain a synthesis of all insights gained from the literature (WP5), the strength and weaknesses of existing prevention programs (WP4), the acceptability studies (WP6) and the feasibility studies (WP8). For more information: See the Dissemination plan at the project website: www.spimeu.org

What is the impact of the SPIMEU project?

The **SPIMEU** project will provide support for European health care professionals and health policy makers in planning and implementing selective prevention programs for cardio-metabolic diseases tailored to the national context.

When does the study take place?

The **SPIMEU** study is conducted between May 2015 and April 2018.

For further information on the project:

Please contact:

Dr. Joke Korevaar,

Research coordinator general practice care

NIVEL – Netherlands Institute for Health Services Research

P.O. Box 1568

3500 BN Utrecht

The Netherlands

Email: spimeu@nivel.nl

or visit the project website: www.spimeu.org

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