

Building communities as the best place to live- a focus on prevention and improved outcomes for young and old

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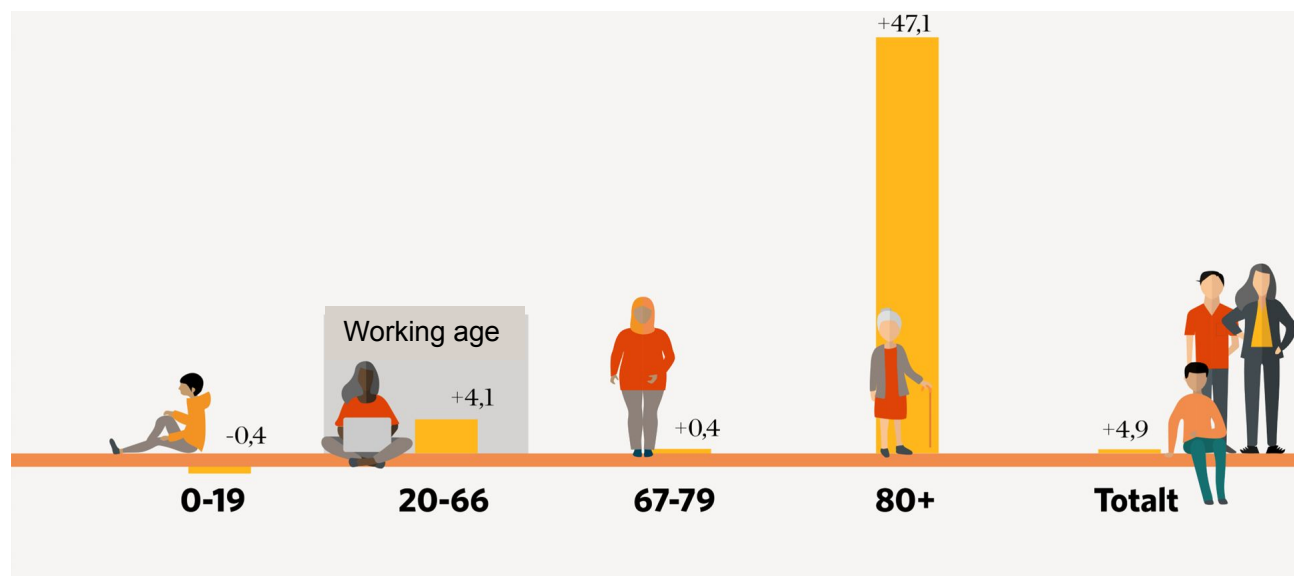


Collaboration for health is more needed than ever

"Obesity among 4-year olds are at least 7 times more common in Alby, Märsta and Storvreten, compared to parts of the inner City of Stockholm"

- Children's unequal conditions for health in Stockholm County, SLL 2017

Demografic changes in Sweden, age groups, 2021-2031



A national strategy for health

- School, social service and health care service needs to be led and coordinated to improve health and minimize risk for unhealth.
- Collaboration around aims, models and tools
- 22 aims, and indicators give the direction



22 indicators and goals

A good and equal health

- Young children exposed to tobacco smoke in the home
- 3-year old children with caries
- Students in year 9 eligible for upper secondary school.
- High school students graduating
- Children who have been placed with completed three years of upper secondary school as 20-year-olds.
- Newcomers in work or study 90 days after the establishment assignment
- Young people who neither study nor work.
- Physical activity in the leisure time
- Fall injuries among elderly

Quality in our services

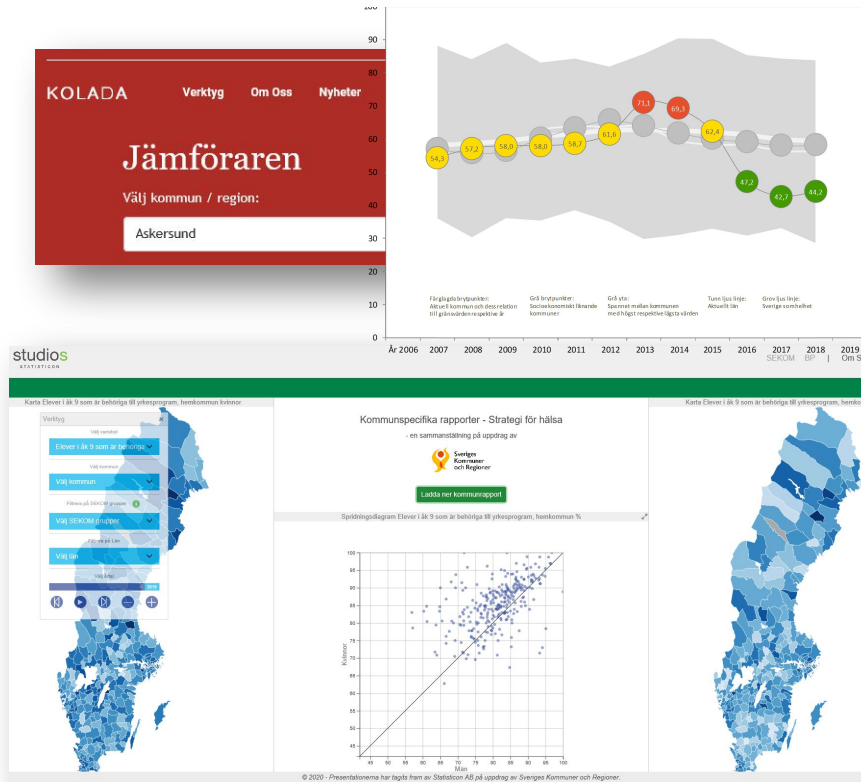
- Students feel safe at school.
- Students feel that they get help at school when they need it.
- Students feel that school work makes them curious about learning more.
- Users of the home care service and elderly care have a positive experience around treatment, trust and security.
- More users of individual and family care will experience an improved situation after contact with the Social Services.
- Users in the field of disability experience that they can decide on things that are important to them in their daily activities.
- Patients experience better quality in terms of continuity and coordination.
- Patients experience better quality in terms of respect and treatment.
- Patients experience better quality in terms of emotional support

Sustainable and durable

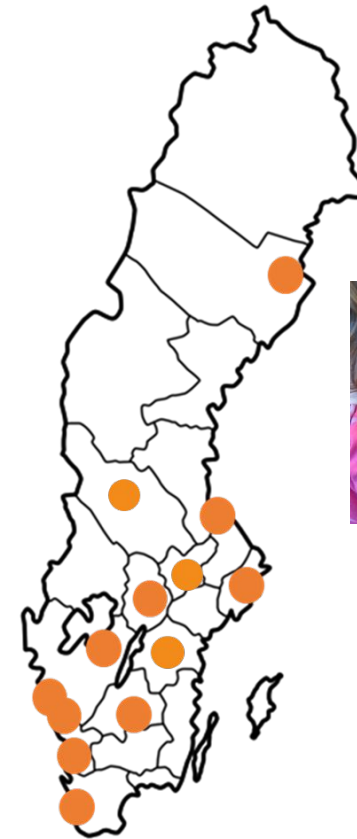
- Life expectancy
- Differences between different groups should decrease
- Children and young people in economically disadvantaged households
- People aged 16-84 experiencing good health
- People aged 16-84 should experience that they trust other people

Learn from local bright spots with a common baseline

Baseline– 22 indicators



Connecting bright spots



FROM FOCUS
ON ORGANISATION

- TO FOCUS ON PERSON
AND RELATIONSHIP

FROM ISOLATED CARE
AND WELFARE INTERVENTIONS

- TO COORDINATION BASED ON
THE FOCUS OF PERSON

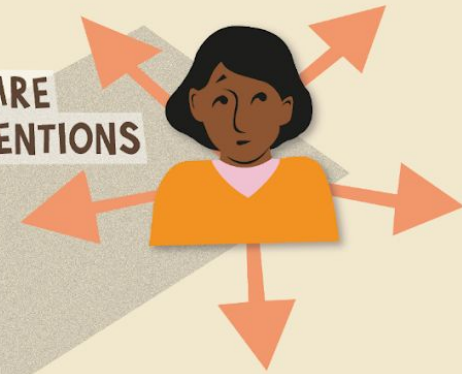
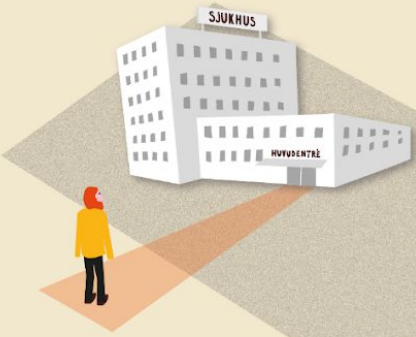
INTEGRATED CARE

FROM REACTIVE

- TO PROACTIVE AND HEALTH ENHANCEMENT

FROM RESIDENTS
AND PATIENTS
AS PASSIVE RECIPIENTS

- TO ACTIVE CO-CREATORS





PATIENT CONTRACT

Dokumented agreement between patients and health care – what can I do for my self and with support from my network, and what can healthcare do?

Cohesive planning

Mål • Planerade åtgärder • Samordning
Här innefattas också författningsreglerade
planer t.ex SIP



Continuity

- Fasta vårdkontakter
- samordningsansvar & kontinuitet
- Fast läkarkontakt i PV
- medicinskt ansvar & kontinuitet

Acess

Bokade tider i samråd



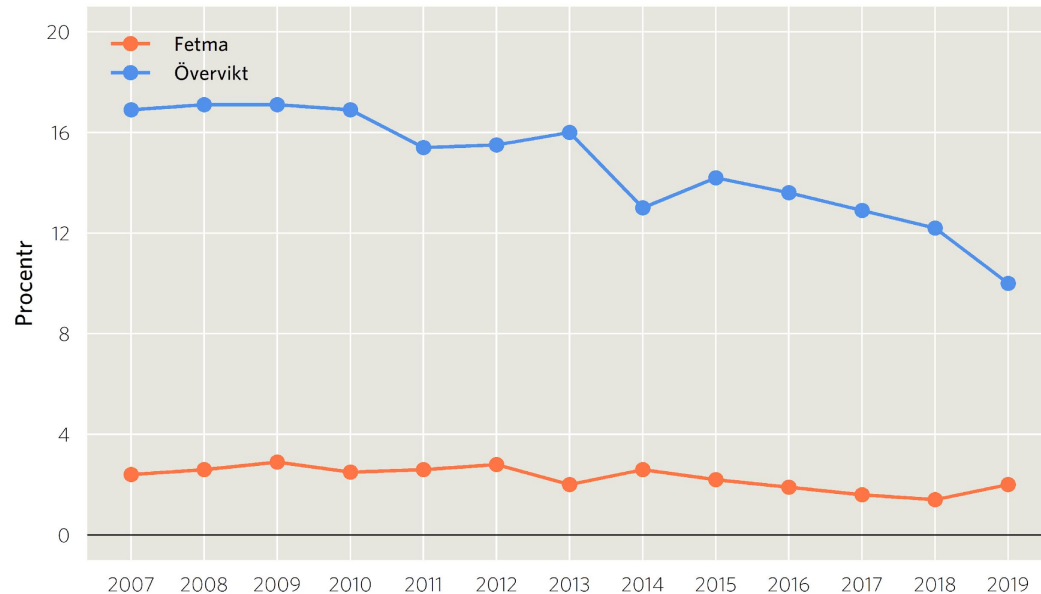
To achieve

- Participation
- Coordination
- Access
- Cooperation

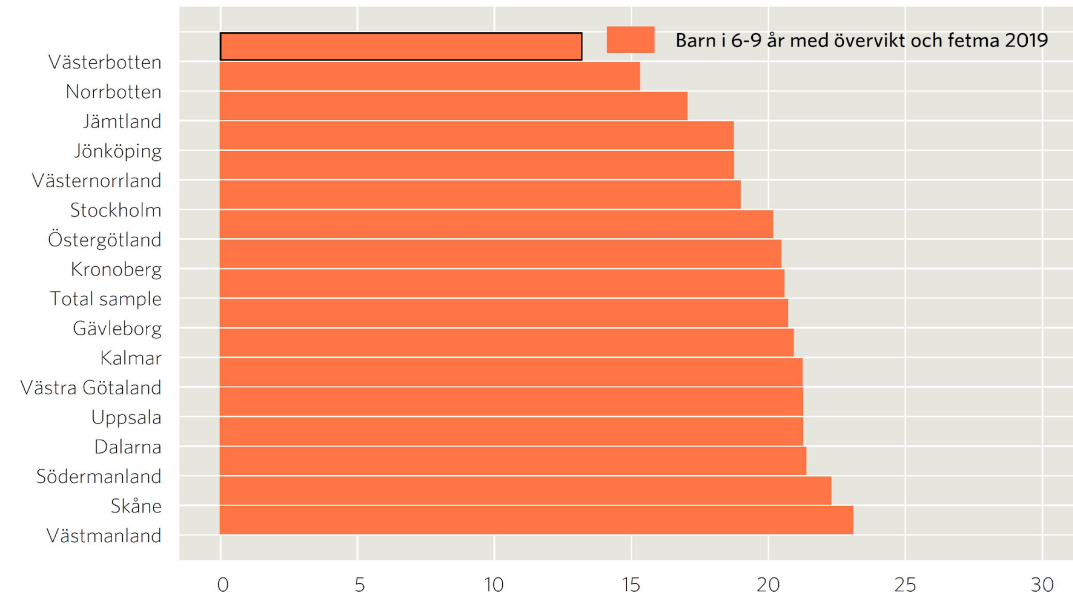
Health creates synergies



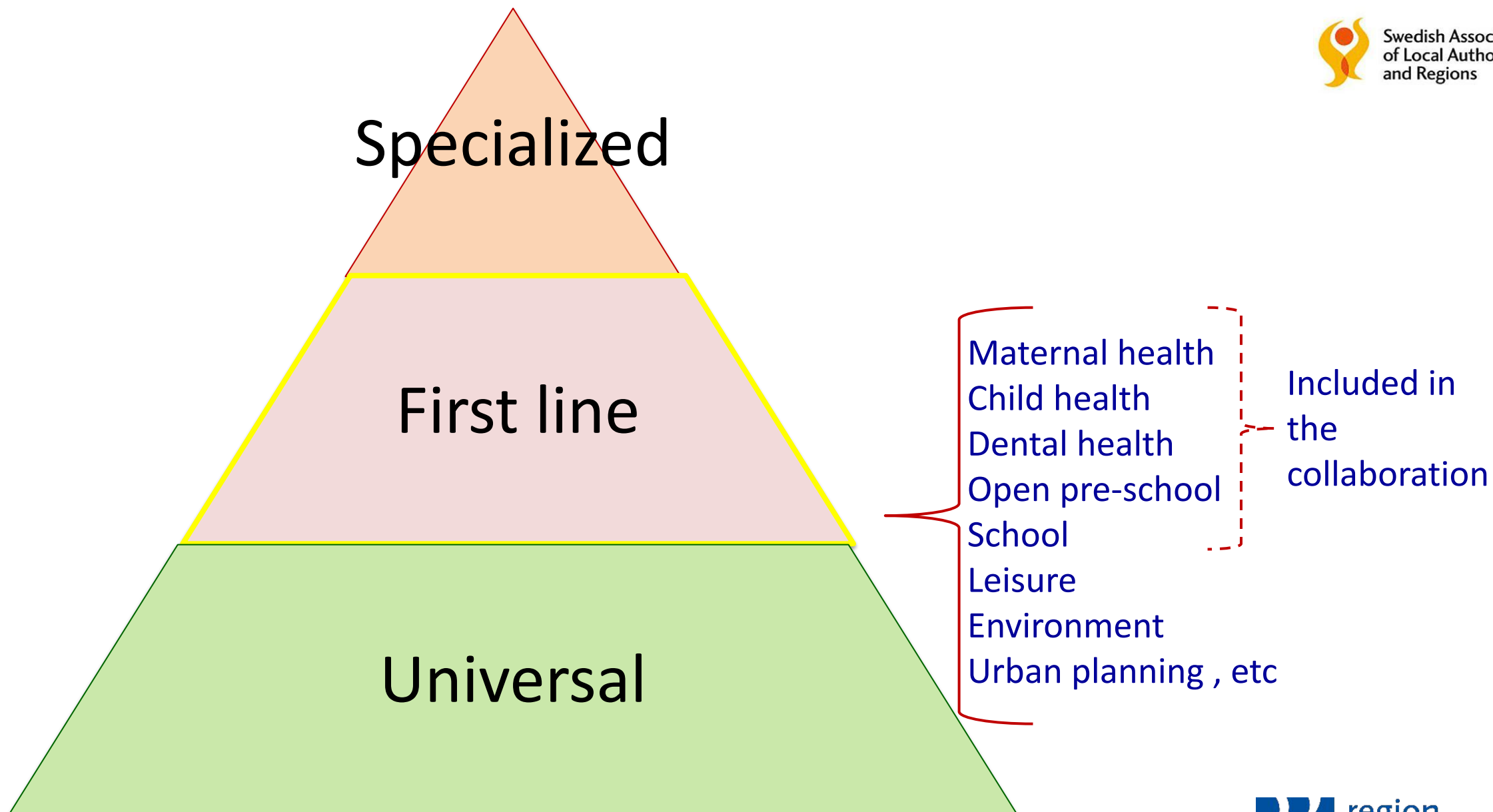
The power of health promotion - a bright spot in Västerbotten county



Obesity and over-weight in four-year-olds in Västerbotten 2007–2019 (preliminary results ref. Competence center for maternal and child health care, Region Västerbotten).



Obesity and over-weight in 6-9-year-olds nationally and by region 2018/2019. Ref Public Health Agency 2020)



Activity Houses – learning from Malmö

Challenge!

- High unemployment
- Low participation in leisure and community activities
- Low socio-economic status
- Extra vulnerable area - Heavy crime at young ages
- Young and single parents

Solution!

- All activities are free
- For all ages
- Activities every day during the year
- The school is the place
- Leaders are employed or living in the neighbourhood/from the local community
- All activities are based on what matters to the the children and families

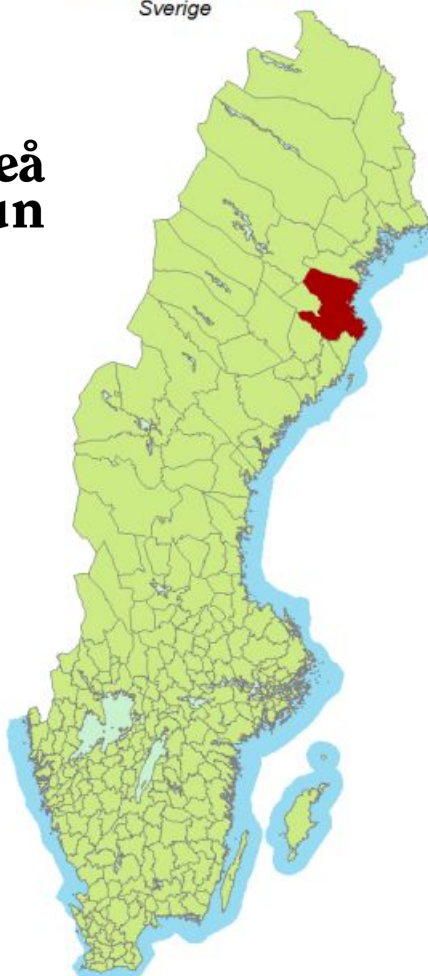


The schools with integrated Activity Houses have made the largest increase of students passing school, compared to other schools in Malmö City



**Skellefteå
kommun**

Skellefteå kommun
Sverige

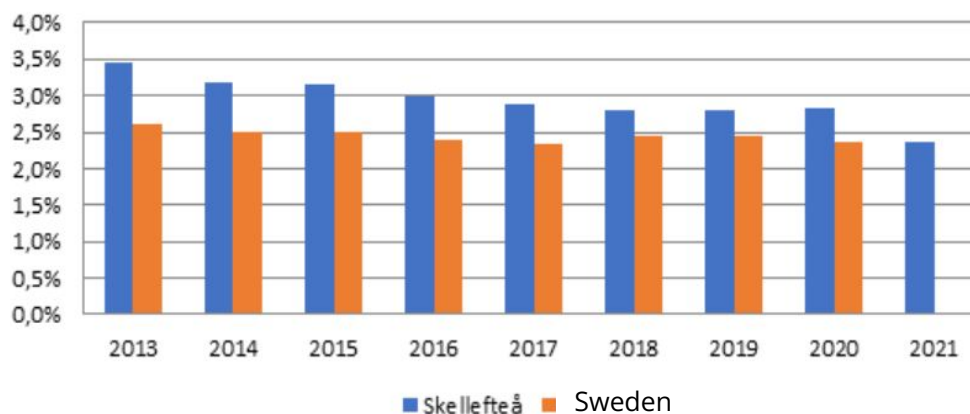


Life is for living

- Live your life in the best way possible
- I want to get by on my own
- Critical friends - our voice of reason
- Municipality dialogue



Fall related injuries 65+/1000 inhabitants in Skellefteå Municipality

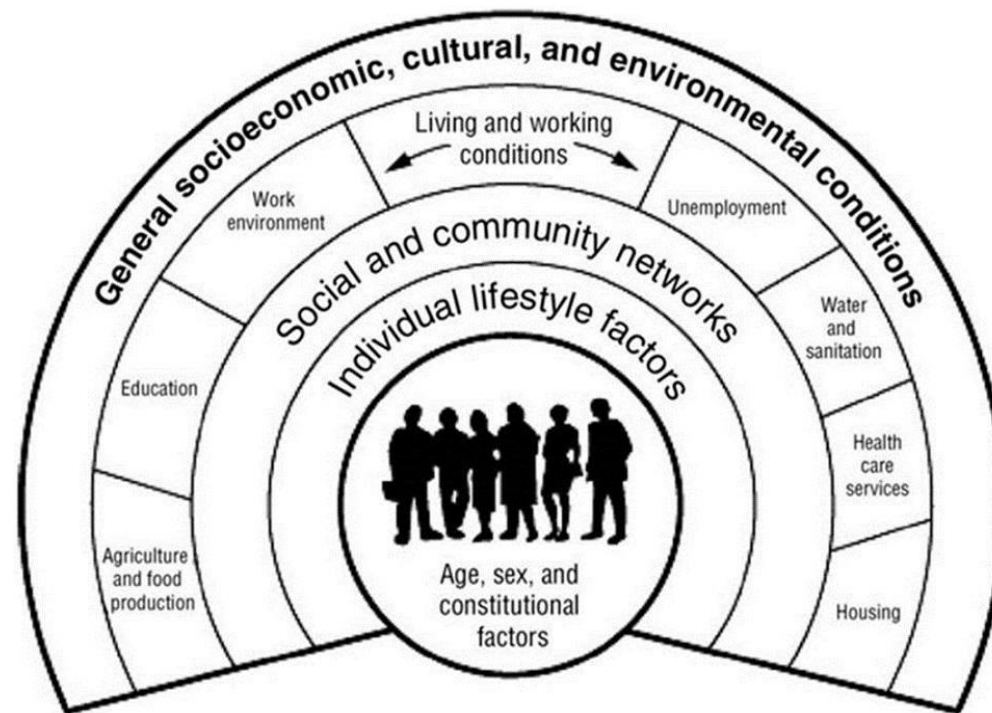


Citizen based networks

- Overall a reach and an activation of almost 10 000 seniors each year
- Passion for life in collaboration with Region Jönköping
- A helping hand
- Pioneers

Creating power to change

- Whole system approach from a society and person centered perspective
- Data driven health promotion and prevention
- Coordinated collaboration and co-production with people and patients.
- Sustainability from tests to dissamination



Source: Dahlgren and Whitehead
(1991)

Whole system approach in Jönköping county



Ref. Together-programme, Jönköping County

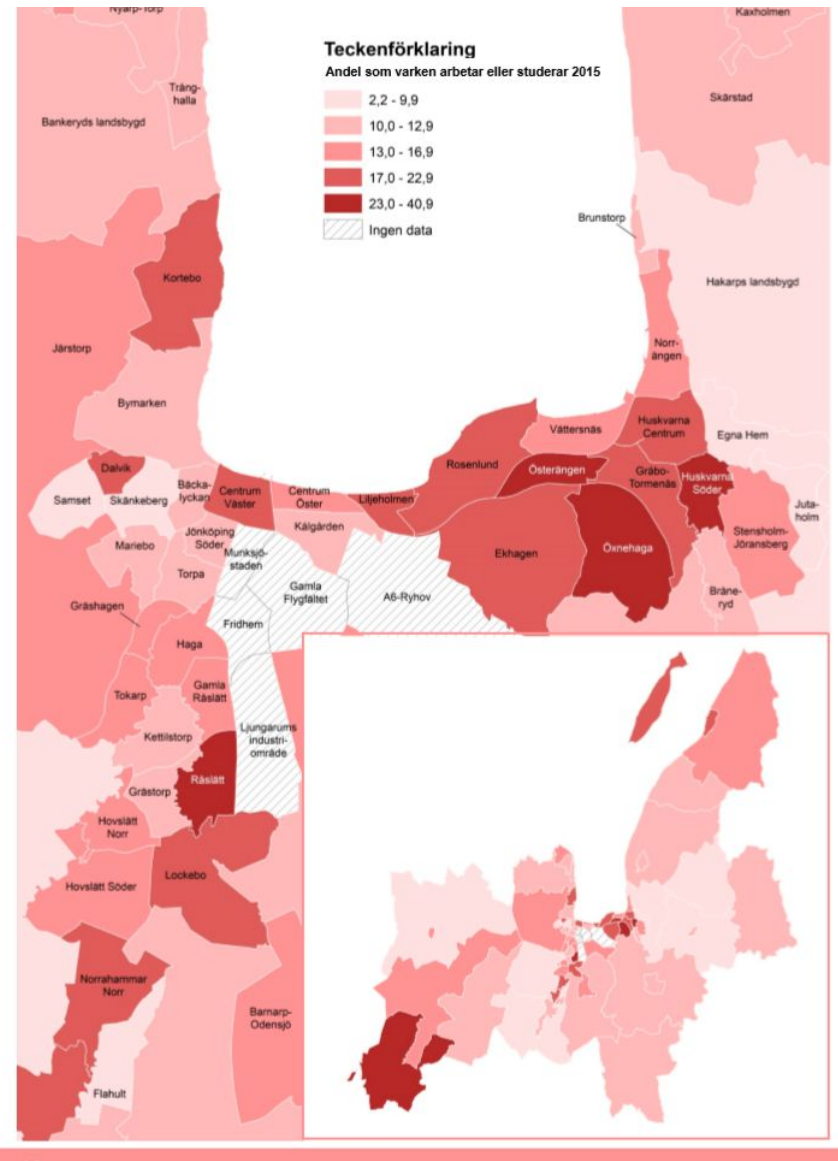


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People who neither work or study



Welfare indicators , Jönköping Municipality



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Best place to live, stay and grow up

Jönköping county - on a learning journey with Scotland and Cincinnati

The aim is to
improve the
health of
children and
young people
by 2% per year,
until 2022





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Purpose

To ensure that everyone is doing their best individually.

To succeed in giving children and young people the support they need to improve their health from a holistic perspective – physical, emotional, social.

Aim

To improve the health of children and young people by 2% per year, for the next four years.



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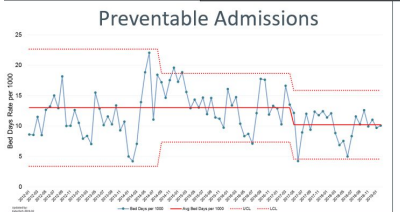
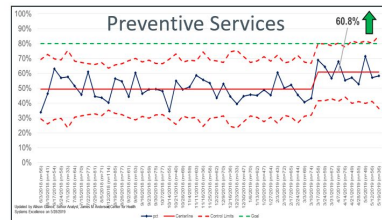
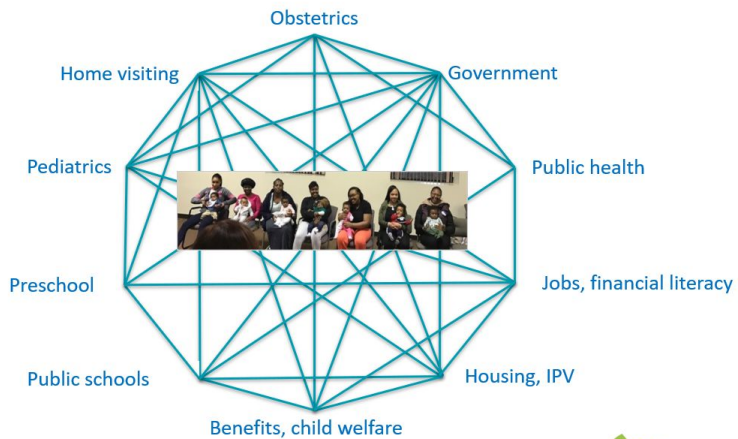


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3 countries and 3 different contexts – more in common that sets us apart

CCHMC Strategic Plan: Help Cincinnati's 66,000 children be the healthiest in the nation through strong community partnerships

Building an Early Childhood System



Scotland's Shared Ambition

To make Scotland the best place in the world to grow up in by improving outcomes, and reducing inequalities, for all babies, children, mothers, fathers and families across Scotland to ensure that all children have the best start in life and are ready to succeed

Multi-agency Improvement collaboration...



Creating a Shared Vision and Aims

Quality Improvement throughout the child and young person journey to achieve **excellence** and **equity** by getting it right for every child.



National outcome data:

Universal Pathway - Child Health Reviews

Educational Outcomes - National Improvement Framework:

Literacy, Numeracy, Health and Wellbeing

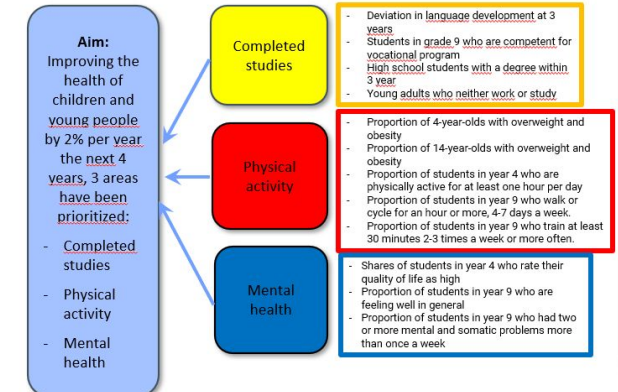
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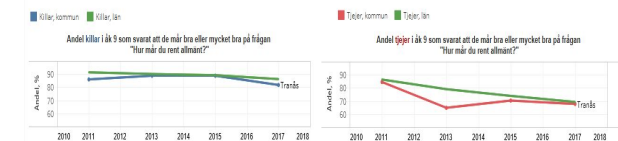
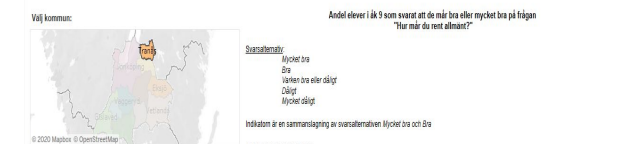
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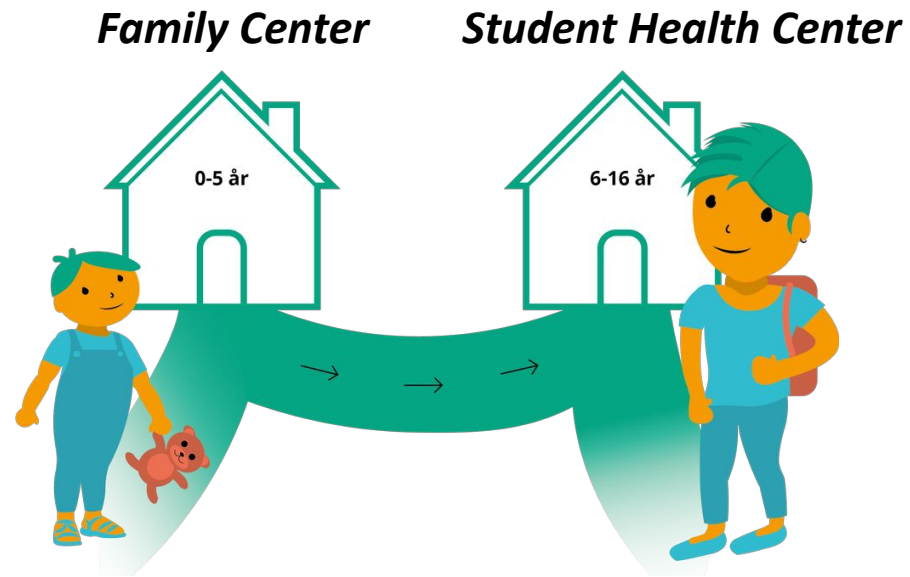


tabjeur:public GALLERY AUTHORS BLOG RESOURCES ACTIVITY SIGN UP SIGN IN

Strategi för hälsa - Barn och unga - i Jönköpings län



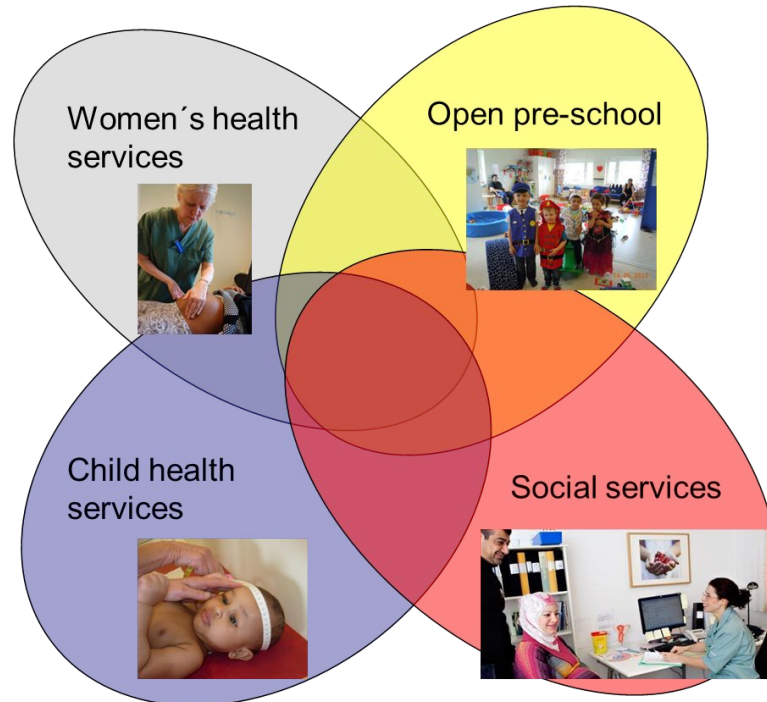
***Age friendly communities –
the best place to grow old***



Peer support and Recovery College

Hands on and place based in 13 municipalities

Local Family Centers



Intercultural health communication



Local Health Centers



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Take aways from a logic model

- The importance of a **common why and call for action** from a health and care-perspective.
- Increase the ability for **early detection and act jointly** in collaboration together with different societal actors, children and their families
- Work based on quality development methods in **learning networks**. Coaches to support.
- Increase the ability and speed to analyze effects on activities to **go from good examples to conceptualization**. Systematically disseminate new ways of working that contribute to the overall goal.



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