

**SOCIAL ENGAGEMENT FRAMEWORK
FOR ADDRESSING THE CHRONIC
DISEASE CHALLENGE**



NEWSLETTER N°4

SEFAC

On the spotlight: 7th International Symposium Health for all?!

INDEX:

1. **Editorial** by Prof. Tomislav Rukavina MD, PhD: Dean of the Faculty of Medicine Rijeka; **P. 1**
2. **On the spotlight:** 7th International Symposium "Health for all?!", May 9th Rijeka, Croatia by Vanja Vasiljev, MSE, MPH, PhD, Associate professor, Lovorka Bilajac, MSE, MPH, PhD, Assistant professor, University of Rijeka **P. 3**
3. **Deeper on:** mindfulness by ISRAA Treviso **P. 5**
involvement of volunteers by AGE UK
4. **Interview** with Arja Peiponen MPH, LicSs, eMBA Member of SEFAC Advisory Board, Social and Health Care Department, City of Helsinki **P. 8**
5. Related partners and EU news **P. 9**



1. EDITORIAL

**by Prof. Tomislav Rukavina MD, PhD:
Dean of the Faculty of Medicine Rijeka**



The World Health Organization defines self-care as the ability of individuals, families and communities to promote and maintain health, to prevent disease and to cope with illness with or without the support of a health provider. “

The promotion of self-care is a necessity of the 21st century for both: the individuals and the health care system. It empowers individuals, families and communities for making informed health decisions and has the potential to increase the improvement and efficiency of the health systems while reducing health inequalities and costs.

The current project SEFAC (Social Engagement Framework for addressing Chronic disease challenge) of the European consortium led by Erasmus Medical Centre (Netherlands) and leading researcher professor Hein Raat, is a great opportunity to start the promotion of self-care in communities (pilot sites Rotterdam, Rijeka, Treviso and Cornwall), to test the self-care interventions and to improve citizens' health.

With the joint contributions of the 7th Symposium “Health for all?!” Social engagement and self-management of health and chronic diseases!” which was held in Rijeka (May 10th, 2019.) we had a great opportunity to gather a wide variety of specialists, scientist and interested parties to gain the insight into practice examples, latest trends and improvements, new strategies and policies with a main goal of exchanging useful experiences to improve the quality of the answers to social and health needs.

The Symposium provided great opportunities to interact and engage with successful projects aimed to reduce the burden of chronic diseases through self-care interventions and the use of modern technologies. In addition, the role of volunteers working in health care environments has been emphasized. This engagement should be further developed in Croatia, Italy and other regions and countries where volunteering has strong roots with possible significant impact on population's health. Further development of ICT solutions accessible to all could additionally improve self-care.

Hoping to see you in May 2020 on the 8th Symposium Health for All?! in Rijeka the European Capital of Culture 2020.

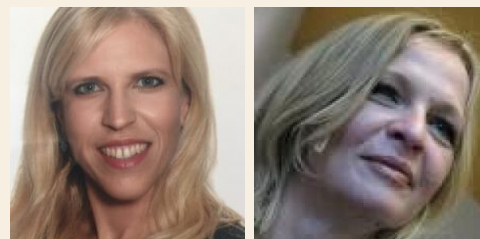
Sincerely,

Prof. Tomislav Rukavina, MD, PhD



2. ON THE SPOTLIGHT:

7th International Symposium “Health for all?!”, May 9th Rijeka, Croatia by Lovorka Bilajac and Vanja Vasiljev



The University of Rijeka, Faculty of Medicine (MEDRI), Croatia, partner of the SEFAC project organized the Consortium and Advisory Board Meetings of the project which were hosted in the Faculty itself on the 9th of May 2019. In addition a pilot site visit took place at the Faculty of Health Studies. Rijeka is one of the four regional pilot sites that has been set up, the other three being Treviso (IT), Rotterdam (NL) and Cornwall (UK). On the following day, the Faculty of Medicine in Rijeka was also the seat of the 7th International Symposium “Health for All?! Social engagement and self-management of health and chronic disease!”.

The Symposium was held under the auspices of the President of the Republic of Croatia Mrs. Kolinda Grabar Kitarovic, of the Ministry of Science and Education of the Republic of Croatia, of the counties of Primorje and Gorski kotar, of the City of Rijeka and of the University of Rijeka, Community Health Center of Primorsko goranska County and Teaching Institute of Public Health of Primorsko goranska County. The focus of the Symposium has been, in line with the main SEFAC goals, the promotion of self-care, self-management and empowerment of individuals, families and communities for an informed health decision-making. The SEFAC project has the potential of improving the efficiency of health systems while reducing health inequalities and costs. The idea and the importance of self-management of health and chronic diseases of this Symposium originated from one other successful European project: the UHCE-Urban Health Centers Europe 2.0. The UHCE and SEFAC projects are focused on health prevention in adults and elderly through healthy behaviors. The Symposium aimed at developing tools that will aid community-based health workers and volunteers to control diseases and citizens to manage their own health.

The topics included in this Symposium were:

- 1) SELF-MANAGEMENT OF HEALTH
- 2) SELF-MANAGEMENT OF CHRONIC DISEASE
- 3) VOLUNTEERS IN HEALTH AND DISEASE
- 4) DIGITAL HEALTH (ICT IN SERVICE IN HEALTH AND DISEASE)
- 5) URBAN HEALTH: PRESENTATION OF PRELIMINARY PROJECT RESULTS.

Two workshops have been organized: The MINDFUL STEPS FOR HEALTH and THE VALUE OF VOLUNTEERING' with, in addition, the support of a poster session.

Following the introductory speeches by Professor Tomislav Rukavina, Dean of the Faculty of Medicine and Professor Hein Raat, coordinator of the project, lectures were given by invited speakers most of whom being SEFAC team leaders who contributed to the sharing of knowledge and expertise among the scientific and medical communities. The SEFAC partnership in the 7th international Symposium "Health for all!?" represented an excellent opportunity to spread information about the impact of the project's results and tools and to give visibility to the opportunities offered by European Union's funding programs.

The Croatians Chamber of Health Professionals, the Medical Chamber and the Psychological Chamber have included the contents of the Symposium in their official program of Lifelong education awarding them credits. Furthermore the Faculty of Medicine has included the Program of the Symposium in the postgraduate study programmes of Health and Ecological Engineering and of Biomedicine. The PhD attending students' are then entitled to 0,3 ECTS (credits of the university).

Thanks to announcements, leaflets, invitation letters and Internet pages of the Symposium (<http://hfa.uniri.hr/>) a more extensive communication and SEFAC recognition was achieved. Altogether 92 participants attended the Symposium which had no registration fee. SEFAC dissemination and working materials and the abstract books were distributed to participants. The Organizing Committee is grateful to the European Union's funds that have allowed to successful completion of these events under the SEFAC grant agreement (738202).

Events were covered by media and are available at:

http://www.kanal-ri.hr/hr/simpozij_health_for_all/10122/22

*Associate Professor Vanja Vasiljev, project manager of the Pilot site Rijeka
Department of Social Medicine and Epidemiology
University of Rijeka, Faculty of Medicine, Croatia*



3. DEEPER ON:

The Mindful Steps For health - ISRAA TREVISO



The SEFAC intervention aims to help citizens to adopt healthy life styles through Mindfulness approach. The term "Mindfulness" refers to the ability to pay attention, intentionally and not judging at the present moment. It is a way to cultivate a more balanced relationship to oneself in relation to the realities of life. Mindfulness can be better understood as a way of being and living rather than a tactic or possess, it's more readily

available to us when we practice it on a daily basis. Whenever we bring awareness to what we're directly experiencing via our senses, or to our state of mind via our thoughts and emotions, we're being mindful. We all already have the capacity to be present, and it doesn't require us to change who we are. But we can cultivate these innate qualities with simple practices that are scientifically demonstrated to benefit us in many ways. During the conference in Rijeka, a workshop has been conducted by the ISRAA team Treviso, on how practices of awareness help to transform unhealthy habits in healthier ones. The workshop is one of the seven provided to citizens during the SEFAC program. The main question is: How can Mindfulness help to change bad habits? Habits are our brain's way of saving energy. In essence, they give our brain rest from having to make difficult decisions by putting some things on autopilot. The problem is that automatic thoughts and feelings trigger unhelpful habits of mind and lead to react in unhealthy ways. Mindful awareness disrupts automatic tendencies to create space to choose a different response. How do we choose a different response? Mindfulness helps to switch a routine just being curious and aware of the sensations that we could feel, just being present in the moment. We usually use our cognitive control to stop the unhealthy behaviour but it doesn't work because when we are stressed out it fails. Instead, with mindfulness, trying the sensations, the disenchantment works, we do not force ourselves to do anything, we use our natural capacity to being curious and experience our embodied feeling. Half of the number of citizens selected to take part in the SEFAC project, participated to the workshops in all the pilot sites.

In Treviso, results show that citizens are really engaged with the program and especially they appreciate the help that the practices of awareness give to change their state of mind and their motivation. From the first meeting to the last one, they have changed their attitude toward the practices, being more comfortable and confident about it. Besides, the use of the Mindfulness practices in the SEFAC app, one of the tools developed by the project, increased during the weeks. It became gradually one of the most powerful aspects of the app. Nevertheless the digital gap in the citizens over 50 is still an issue. In spite of it we strongly believe that the secret success of the technology as a health coaching tool is to motivate citizens and engage them. Indeed the first workshop is held with trainers and is aimed at creating a user-friendly experience.



As the Buddhist monk Thich Nhat Hahn said, “Our practice is to cultivate good seeds in the soil of our mind, knowing that they will mature and bloom in their own time.” This is the final aim of SEFAC intervention, let the citizens be aware of the change they need to self-manage their health.

INVOLVEMENT OF VOLUNTEERS

by AGE UK, Scott Bennett, Nigel Clark

Veor Surgery, Camborne, Cornwall,
United Kingdom
Age UK Cornwall & The
Isles of Scilly, Truro, Cornwall, United
Kingdom



During the international symposium "Health for All?" 2019 in Rijeka Croatia, AGE UK Scott Bennett, Nigel Clark delivered a workshop to raise awareness on the role and impact that volunteering has in the SEFAC approach. Indeed SEFAC intervention is like a grassroots approach to health getting volunteers and stakeholders involved in their own communities to help promoting good habits and health. The method is to demonstrate the impact that volunteers can provide in delivering services alongside health and social care practitioners, and develop resilience through a network of community volunteers. To understand the impact that volunteers can have in delivering a service. To identify the value that volunteering can bring to volunteers, the community and statutory agencies. Taking the lived experience of the Changing Lives project in Newquay, UK and the Living Well projects in Newquay, Penwith and Liskeard, UK, Age UK looked upon the lessons learned over a 6 - year period. They shared real life stories from volunteers and from those who worked alongside them and sought to identify together the areas of pressure, conflict and successful outcomes. They drew together with the participants the experience of people from other countries and determined how volunteering can be implemented within varied health and social care cultures. Commonalities that exist between countries were identified and solutions were offered from their experience to resolve specific problem areas. AGE UK sought to determine from those attending the workshop the viability, or otherwise, of developing a culture of volunteering for a specific project, local community or on a broader scale across a region.

4. INTERVIEW WITH ARJA PEIPONEN

City of Helsinki, Member of SEFAC Advisory Board



In the whole Finland, as well as in its capital Helsinki, the increasing amount of the elderly will be a big challenge in the future. One way to anticipate it is to tackle chronic diseases. It is important to cure these diseases as well and early as possible. The research in the field of memory diseases is very important too. In Finland we have got good results from one big research project which is called FINGER. In that project the researchers developed several ways to prevent memory diseases. Basic concept consisted four key elements: nutrition, exercise, memory training and mindfulness. When I took part to the SEFAC consortium meeting and International Symposium Health for all in Rijeka on 9 and 10th of May 2019, I noticed that mindfulness practices and the involvement of volunteers

are efficient drivers to promote good habits and health. These interventions could be useful also for the city of Helsinki and I think we will have a lot to learn about the involvement of volunteers from this project. The SEFAC app, one of the project tools, assesses the stage of change of a senior person and offers mindfulness practices, lessons, inspirational tips so that the person becomes more self-aware in relation to his lifestyle choices. This app will be of interest for the citizens in the city of Helsinki, too. One big third sector organization which is called Miina Sillanpää -trust ([https:// www.miinasillanpaa.fi](https://www.miinasillanpaa.fi)) has developed an interesting tool for everyone willing to practice its memory. This tool is a free app in the internet and it is called Muistipuisto (<https://muistipuisto.fi>) It is funny memory game and very efficient and easy to use for the elderly too. It is key that seniors themselves get interested about their own health and take care about it. **I think that the SEFAC project will bring a lot of useful knowledge that we can use in elderly care of Helsinki.** The project has got good results already in many fields until now. As mentioned earlier, especially the knowledge on volunteer work and using mindfulness are interesting.

Arja Peiponen, MPH, LicSs, eMB

5. RELATED PARTNERS AND EU NEWS:

**Focus on the “EU HEALTH PROGRAMME DISSEMINATION EVENT”
where the SEFAC project was on the agenda.**



On the 22nd of October 2019 the “EU HEALTH PROGRAMME DISSEMINATION EVENT ” took place in Sarajevo. The event has been organized by the Ministry of Civil Affairs of Bosnia and Herzegovina in cooperation with the Federal Ministry of Health, the Ministry of Health and Social Welfare of the Republic of Srpska and the Department for Health and Other Services of Brčko District BiH. It was funded by the European Union under the EU’s Third Health Programme (2014-2020).

Marc Vandenbroeck (Scientific Project Officer, CHAFEA) presented an overview of projects and actions, covering digital health and chronic-rare diseases, funded under the EU Health Programme. These included the “Joint Action on addressing chronic diseases and promoting healthy ageing across the life cycle (CHRODIS-JA), the “Joint Action on implementing good practices for chronic diseases (CHRODIS-PLUS)” and the “Joint Action supporting the eHealth Network.

The SEFAC Project has been highlighted on the agenda and outlined by Assoc. Prof. Vanja Vasiljev (Faculty of Medicine, University of Rijeka, Croatia) with an overview of the partners, the end users and the SEFAC interventions. The four pilot sites from Treviso, Rijeka, Rotterdam, Cornwall have been described. Other initiatives were explained, such as the “Joint Action on Promoting Implementation of Recommendations on Policy, Information and Data for Rare Diseases (RD-ACTION)”, the project “Codification for Rare Diseases (RDCODE)” and the “Orphanet Network Project (ONW) ”.

The Institut National de la Santé et de la Recherche Médicale INSERM of Paris intervened about the positive outcomes that the Third Health Programme has originated.

A panel of experts contributed to the debate with selected initiatives funded by other EU programmes: for instance the project “Support to a Digital Health and Care Innovation initiative in the context of the Digital Single Market strategy”, the project “AdriaHealthMob-IPA Adriatic Cross-Border Cooperation Programme 2007-2013”, as well as “NeurNet -Care management network for patients with pharmacoresistant epilepsy and patients with late stage Parkinson’s disease”.

"It was a great experience to present the SEFAC project in Sarajevo. The proximity of Bosnia and Herzegovina and Croatia which have similar history and no language barriers gave the participants the opportunity to talk about the adoption of SEFAC interventions in Bosnia and Herzegovina. Some of the participants of the event will come to visit Rijeka to see how the SEFAC interventions are implemented in the community. Overall, it was an honour to be part of the panel of experts for the Dissemination event and it has been a great opportunity for the SEFAC project sustainability and its adoption in other environments".

Vanja Vasiljev
MSE, MPH, PhD,
Associate professor, University of Rijeka

SEFAC consortium meeting and Value Care, VALUE-BASED METHODOLOGY FOR INTEGRATED CARE SUPPORTED BY ICT

The next SEFAC consortium meeting will take place the 10 and 11 December in Rotterdam just after the kick off meeting of ValueCare. This four year project funded by Horizon 2020 gathers 17 partners from 8 European countries with the lead partner from the Erasmus Medical Center. “In ValueCare, the experiences and knowledge of Erasmus MC with 'value-driven care' are applied throughout Europe in integrated social and health care for elderly. The integration of social care and health care is very important for the elderly to be able to live independently at home for longer. It contributes to - active and healthy aging - these are core objectives of the Erasmus MC of the municipality of Rotterdam, and of the Authorities in the Netherlands and Europe. In collaboration with companies, universities, governments and organizations of citizens and professionals, the latest information technology will be applied to support integrated care and to give citizens control. A lot of attention is paid to the personal goals, values and privacy of those involved, both citizens (the elderly), caregivers, and professionals”.

Hein Raat, project leader VALUECARE

THE SEFAC PROJECT SELECTED FOR THE EUROPEAN CONVENTION ON INCLUSIVE GROWTH 2019



The Annual Convention for Inclusive Growth is an action-oriented platform bringing together civil society organizations and policymakers to discuss how to achieve inclusive growth. Its fourth edition took place in Brussels on 20 May 2019.

This year, the Convention focused on the future of Social Europe post 2020. As the Europe 2020 Strategy is coming to an end, the European Pillar of Social Rights, the 2030 Agenda and the new multiannual financial framework provide the structure for our work on social and economic inclusion in the decade ahead. Side events were also held where participants had the chance to share their experiences and ideas, while a 'speed-dating' session where SEFAC has been presented boosted the exchange of best practices in the area of social inclusion among participants.



SYNERGY WITH OTHER PROJECTS

APP CARE Final Conference and FILO (Fighting Against Loneliness) consortium meeting and Field Visit.

The final conference of the APPCARE project, financed by the Health Programme and led by the ULSS2 Marca Trevigiana, was held in Brussels at the European Committee of the Regions on the 23rd of May 2019. The objective of the APPCARE project is to address "ageing" in a targeted manner, responding to the need for effective care pathways that are also economically efficient. It is also essential to consider the elderly person from a dual perspective, not only as a subject of care, but also as a social capital and resource for the entire community: in fact, with an active approach, the elderly person himself becomes a protagonist of his health and his life project. This event has been held in collaboration with the Fighting Against Loneliness (FILO) Erasmus funded project, the Veneto Region – Brussels Office and with the support of the following European networks:

- European Network of Social Authorities (ENSA);
- European Local Inclusion and Social Action Network (ELISAN);
- Programma Mattone Internazionale Salute (PRO.M.I.S.);
- Covenant on Demographic Change.

The Filo Project has, in relation with the APP CARE Final Conference, also offered the possibility to participate in local field visits in Roeselare on 22nd of May joining the partnership team. Hosted by the project partner Zorgbedrijf Roeselare, the field visit was aimed at sharing useful methods and tools for effective and efficient interventions to alleviate loneliness. These include, but are not limited to, the roles of professionals and their skills to carry out interventions in a consistent way and the sharing of vocational training methods and materials.



FILO - Fighting Loneliness - Invitation final conference. Rotterdam University of Applied Sciences. November 18 2019



Society is challenged by a growing number of ageing people that live longer and age in place. A growing group of elderly is living alone and not receiving support. The lack of relationships combined with an increasing need of support leads not only to a decrease in empowerment, but also to loneliness. Many interventions have been developed to address loneliness. It is though hard to select a suitable one in a unique situation and to implement it. The Results of this project are conducting to an overview of interventions for alleviating loneliness, categorized in the typologies of loneliness. They will pave the way for first ideas of joint international education programs around loneliness among elderly. Leader University of Applied Sciences, Rotterdam

Invitation to the conference and final event

Practical information

Date: Monday 18 November

Time: 09:30 – 16:30

Location Albeda Zorgcollege Rosestraat 11013071 AL Rotterdam

Registration: <http://kenniscentra.m12.mailplus.nl/nct38670324/uPUrgDJt3rXcJWd>

<https://www.rotterdamuas.com/research/projects-and-publications/innovations-in-care/integrated-care/fightingloneliness/project-group/>

EFFICHRONIC Follow-up and second publication



The project EFFICHRONIC (3rd EU Health Programme, ref 738127) is based on existing evidence that people with chronic illnesses who adopt healthier lifestyles and better manage their illness, achieve better health outcomes, improve their quality of life and make more efficient use of health resources. The project is in good progress, following the pre – established deadlines. Its preliminary results show the feasibility to implement a Chronic Disease Self-Management Programme in vulnerable population in countries with different health systems. The project has also delivered the second publication of the EFFICHRONIC consortium which has been recently published in the International Journal of Environmental Research and Public Health.
<http://effichronic.eu/second-publication-of-effichronic-already-available/>

CHRODIS PLUS Follow-up Conference in Budapest

14th-15th May 2019



CHRODIS PLUS is a three – year initiative (2017 – 2020) funded by the European Commission and participating organizations. The aim is to support EU Member States to tackle the burden of NCD providing practical information on the implementation of good practices The CHRODIS PLUS Joint Action of the European

Union (2017-2020), has brought together over 50 project partner institutions, representing 21 European countries, to collaborate on and implement 21 pilot projects, to test public health models and tools, and to organise 15 national and 2 EU level policy dialogues. The CHRODIS PLUS Budapest Conference on 14-15 May 2019 has been one of the key events in this project where over 180 chronic disease experts arriving from 26 countries participated to discuss and provide feedback on the real-life experiences project partners.

<http://chrodis.eu/conference-in-budapest-14th-15th-may-2019-press-release/>

SEFAC and Urban Health Centre 2.0UHCE and the BMJ British Medical Journal



The SEFAC project had its roots in the follow-up of the Urban Health Centre 2.0- UHCE. The UHCE project promotes innovative integrated health and social care pathways, early detection of frailty, management of

polypharmacy and the prevention of falls for active and healthy aging in European cities. The lead partner is the Erasmus Medical Center of Rotterdam. Commentary on health promotion and public health have been published by: Franse CB, van Grieken A, Alhambra-Borrás T, about the effectiveness of a coordinated preventive care approach for healthy ageing (UHCE) among older persons in five European cities.

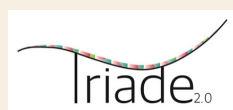
ABOVE(ABilities On the moVE), Erasmus+ funded Project, Final Conference and ENSA network elderly meeting- SEFAC results on the agenda



Held in Paris on the 1st and 2nd July 2019, the Above's final conference was organised by the project leader, Conseil Départemental du Val De Marne in collaboration with Veneto Lavoro, ENSA-European Network for Social Authorities - coordinated by the Veneto Region, Bubamara Vinkovci (Croatia), Dimos Agion Anargiron-Kamaterou (Greece) and Université Paris-Est Créteil Val de Marne (France). The project deals with the socio-professional integration of people with mental disabilities who have difficulties in formulating their needs and expectations regarding their rights. The aim of the ABOVE project has been to compare policy contexts and practices between different European countries and to

strengthen the skills of people with intellectual disabilities as those of professionals supporting them. This event has also provided the opportunity for an in-depth meeting of the ENSA Elderly and Disability thematic groups where the SEFAC project was on the agenda. Among its participants there were the ISRAA-Istituto per Servizi di Ricovero e Assistenza agli Anziani and FABER-Fabbrica Europa, the Alzheimer Fest Association and the Orchidea Cooperative. An important contribution came from Veneto Lavoro's local experts group set up to feed contents and recommendations for the ABOVE project. The ULSS 6 Padua and IRECOOP Veneto highlighted useful elements useful for the socio-professional integration through: rehabilitation, training, support and guidance. Among the practices scaled up a focus has been made on the 'Pro-Active' ESF funded project which aimed at promoting the rights to work of people with intellectual disabilities.

TRIADE 2.0 - Training for Inclusion of Ageing people with Disabilities' through Exchange



It is a project funded by the Erasmus+ program of the EU that has as target the specific group Ageing People with Intellectual disabilities.

It aims at promoting and enhancing the social inclusion of this new group within society. The partnership commits itself to develop specific training contents adapted to their learning potential. It will aim to improve the interpersonal skills and knowledge about healthy ageing and the knowledge and competences about ageing and disability for educators. Leader IVASS Valencia. <https://www.ivass.gva.es/Triade2.html>

Follow up of ELISAN and ENSA networks General Assemblies Villach, 23-25 September 2019



The ELISAN General Assembly has been held from the 23 to 25 September 2019 hosted by the Region of Carinthia together with its Deputy-Governor and Regional minister for health and social affairs Dr. Beate Prettner. This event which took place in Villach has been jointly organized by the ENSA, European Network for Social Authorities and the Youth Care Platform. The four thematic working groups of the ENSA Disability, elderly, Youth and Family minors met for specific sessions. In addition a European Conference on the topic of "Prevention and help to addiction disorders" has been on the forefront of the agenda as a transversal issue of concern for all working groups. The elderly Disability and working groups chose to dedicate their work to the topic of Inclusive growth post 2020-Independence and quality of life. In addition an ELISAN administrative Board was held. The coordinator of the SEFAC project prof. Hein Raat from the Erasmus medical center of Rotterdam, member of the ELISAN expert group, provided information anticipating exchanges with the elected representatives of the Board and the ELISAN network on a new Horizon 2020 proposal entitled VALUECARE VALUE-BASED METHODOLOGY FOR INTEGRATED CARE SUPPORTED BY ICT.

EU NEWS

An app to keep elderly heart patients active and independent

Older people recovering from cardiac problems regularly miss out on life-changing rehabilitation. An EU-funded project has harnessed new technology to include this often-forgotten population.

https://ec.europa.eu/research/infocentre/article_en.cfm?&artid=50825&caller=other

<http://eu-care.org/>

Joint Paper I Towards an EU strategic framework for the prevention of NCDs

With epidemic levels of NCDs undermining people's well-being, healthcare systems, and Europe's economic and social prosperity, preventing chronic diseases should be a main priority for the European Commission. A joint paper by the European Chronic Disease Alliance (ECDA), the European Public Health Alliance (EPHA) and the NCD Alliance calls for the creation of an EU Strategic Framework for the Prevention of NCDs towards 2030. The paper proposes principles, priorities and actions for such an EU strategic framework, setting out a roadmap for policy-makers to make change happen.

<https://epha.org/joint-paper-i-towards-an-eu-strategic-framework-for-the-prevention-of-ncds/>

Telemedicine holds out hope for better disease management

The EU-funded CHROMED project has been researching telemedicine care models for chronic diseases, offering the benefits of early diagnosis and treatment alongside a reduction in the socioeconomic burden

<https://cordis.europa.eu/article/id/119559-telemedicine-holds-out-hope-for-better-disease-management/en>

Patients with rare and chronic diseases have a network of specialists in their service but do they know?

<https://ec.europa.eu/digital-single-market/en/news/patients-rare-and-chronic-diseases-have-network-specialists-their-service-do-they-know>

EU NEWS

Coordinated care plans for chronic diseases with PICASO

<https://ec.europa.eu/programmes/horizon2020/en/news/coordinated-care-plans-chronic-diseases-picaso>

The 2030 Agenda for Sustainable Development and the SDGs

Transforming our World: the 2030 Agenda for Sustainable Development" including its 17 Sustainable Development Goals (SDGs) and 169 targets was adopted on 25 September 2015 by Heads of State and Government at a special UN summit. The Agenda is a commitment to eradicate poverty and achieve sustainable development by 2030 world-wide, ensuring that no one is left behind. The adoption of the 2030 Agenda was a landmark achievement, providing for a shared global vision towards sustainable development for all.

https://ec.europa.eu/environment/sustainable-development/SDGs/index_en.htm

How can the European Pillar of Social Rights support the achievement of the 2030 Sustainable Development Goals?

Recommendations to the European Commission by the subgroup on "Equality, Justice, Inclusion and Decent work" of the Multi-Stakeholder Platform on the Implementation of the Sustainable Development Goals in the EU, June 2018 1 Equality, Justice, Inclusion and Decent Work: How can the European Pillar of Social Rights support the achievement of the 2030 Sustainable Development Goals

https://ec.europa.eu/info/sites/info/files/subgroup-equality-justice-inclusion-decent-work_recommendations_1.pdf

Funding 2021-2027

The Commission has proposed a simpler and more integrated European Social Fund (ESF+) and a revised European Globalisation Adjustment Fund (EGF). They are part of the Commission's proposals for the 2021-2027 multi-annual financial framework (MFF) adopted on 2 May 2018. The proposals are currently being discussed by the European Parliament and the Council of the EU.

<https://ec.europa.eu/social/main.jsp?catId=86>

The European Committee of the Regions Interregional Groups are platforms to exchange views and create new ideas among local and regional authorities in the Member States and beyond on a variety of issues.

The Interregional Group on Health and Well-being was set up in 2010 to enable all members and alternate members of the CoR, not just the members of the Commission for Natural Resources (NAT) to debate openly and share viewpoints on EU policy issues related to healthcare and public health. The interregional group also seeks to enhance the dialogue with other EU institutions without impinging upon the remit of the NAT Commission itself.

<http://www.euregha.net/cor-irghw/>

further information: www.sefacproject.eu



**The SEFAC project has received funding
from the European Union's Health Programme
(2014-2020).**

Editors: Erasmus Medical Center Rotterdam, Veneto Region's Brussels Office, Director Marco Paolo Mantile.

Elisan Team: Elena Curtopassi, Valentina Faraone and Amandine Morelli
Collaborations of: Gaia Pellegrini, Silvia Bonometti, Marta Aldegheri.