Improving Health Together:

A Policy Framework for Chronic Disease Prevention and Management in Newfoundland and Labrador

Chronic Disease Research Exchange Group

January 2013

Outline

- Overview of chronic diseases
- The need for a chronic disease framework
- The chronic disease policy framework
  - Policy statements (with initiatives)
- Outcomes

Chronic Disease

- **Chronic diseases:**
  - generally slow to develop and have long duration
  - share common risk factors
  - examples include: arthritis, diabetes, heart disease

Chronic Disease NL

Newfoundland Labrador

- High incidence of chronic disease: 61%
- High rates of modifiable risk factors:
  - Smoking: 20% (ages 15+)
  - Physical inactivity: 53% (ages 12+)
  - Inadequate fruit/vegetable consumption: 73% (ages 12+)
- High rates of intermediate risk conditions:
  - High blood pressure: 23% (ages 12+)
  - Overweight/Obese: 65% of adults and 30% of children

The Need for a Chronic Disease Plan

- Chronic disease is the subject of much public discussion
- The Auditor General Report (2010) recommended a provincial plan for chronic disease
- National reports (eg. diabetes, stroke, chronic pain) call for provincial action
- PC Blue Book had a commitment for a chronic disease strategy

Policy Framework

Improving Health Together

– released December 2011

Vision

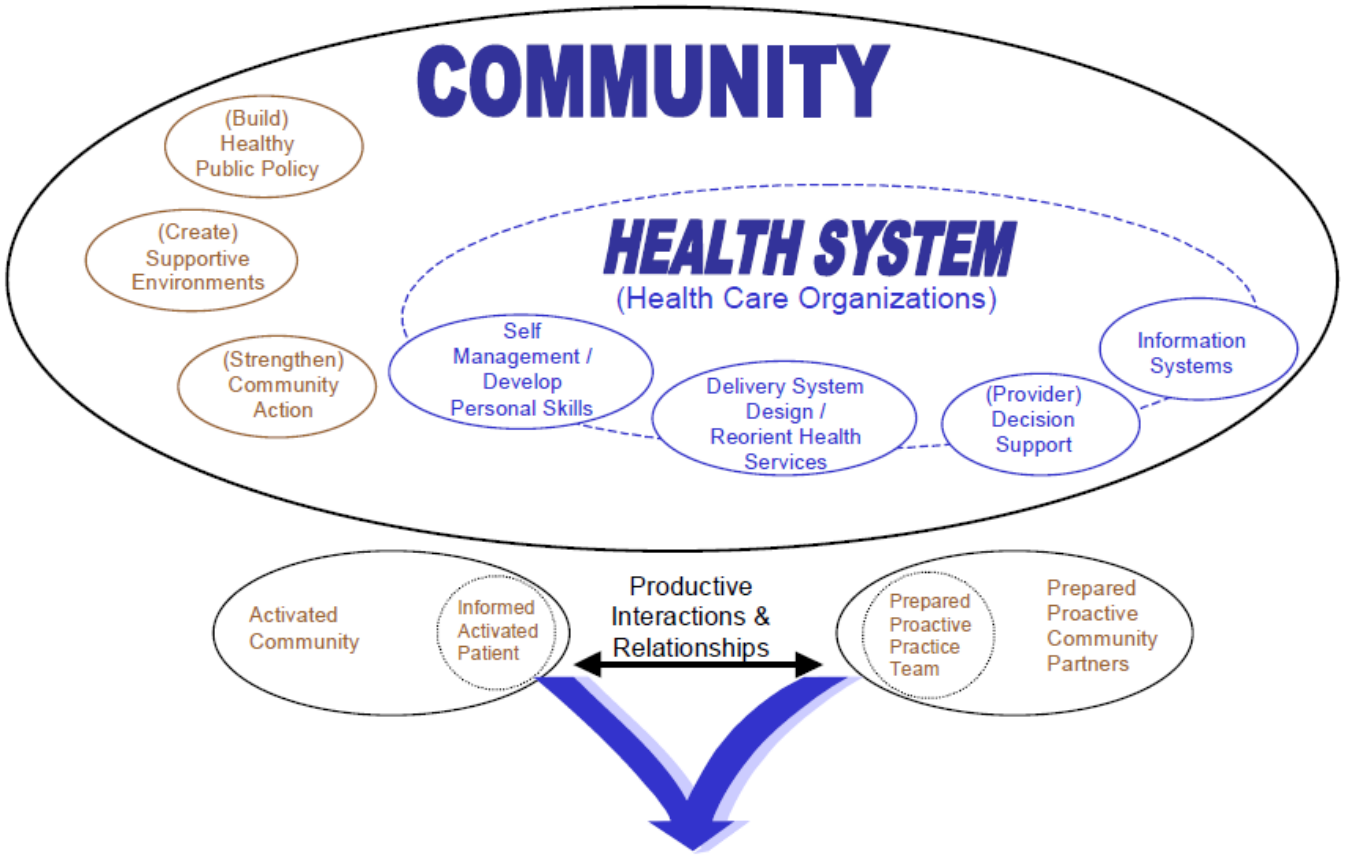
- Newfoundland and Labrador will be a place where individuals at risk for or living with a chronic disease, can achieve optimal health and well-being with the support of the community and the health care system.

Policy Framework

- Chronic Diseases being addressed:
  - Arthritis
  - Cancer*
  - Chronic pain
  - Diabetes
  - Heart disease
  - Kidney disease*
  - Lung disease
  - Stroke

Expanded Chronic Care Model

Newfoundland Labrador



Policy Statement 1: Self-Management

Newfoundland Labrador

Being the manager of your own health

Actions:

- Improving Health: *My Way* – provincial chronic disease self-management program
- Models of practice for health care providers to support self-management
- Online/Telehealth to support self-management
- HealthLine

Policy Statement 2: Prevention and Awareness

Newfoundland Labrador

Promoting health and preventing diseases

Examples of initiatives:

- Awareness campaigns (i.e. Signs of stroke)
- Screening programs; assessment tools and initiatives
- Stroke prevention clinics; early identification of kidney disease eGFR program

Policy Statement 3: Health Care Delivery

Organizing and coordinating services

Actions:

- Provincial/Regional coordination of programs and services
- Designation of stroke centres
- Telehealth – Telediabetes/Telestroke
- Chronic Pain Mentorship Program
- Team-based care

Policy Statement 4: Practice Guidelines

Newfoundland Labrador

Using current information and standards

Examples of initiatives:

- Provincial practice guidelines
- Electronic protocols and flow sheets
- Professional development education and training

Policy Statement 5: Information Systems and Research

Newfoundland Labrador

Collecting and using data to guide services

Actions:

- Diabetes database
- Chronic disease surveillance system
- National Stroke Audit
- Research initiatives

Policy Statement 6: Community Action

Newfoundland Labrador

Working together for better health

Actions:

- Community funding grant programs
- Support for community agencies
- Engaging community groups in the chronic disease initiatives
- Support groups for clients

Outcomes

- Earlier detection and reduced progression of chronic disease
- Improved health and functioning of those living with chronic disease
- Improved use of health system resources:
  - less visits to emergency
  - fewer hospitalizations
  - greater coordination of community and health system services

For more information

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