

More Effective Lifestyle Guidance for Social and Health Care Cross- Functionally in Finland

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Health and Social Services Reform Under Planning in Finland

- Ministry of Social Affairs and Health has 5 leading government projects to support the reform
- Health and wellbeing will be fostered and inequalities reduced -project aims to:
 - promote health and well-being
 - reduce inequality
 - put good practices into permanent use

**Effective Lifestyle Counselling for Social and Health Care
Cross-Functionally – VESOTE-program**

Aim of the VESOTE-program

- Reinforces and develops evidence based and effective lifestyle counselling in social and health care settings:
 - physical activity
 - nutrition
 - sleep (treatment of insomnia with non-medical methods)
- The final goal of the program is for Finns to be more physically active, sit less, eat a varied and healthy diet and sleep better.

A positive “vibe” to lifestyle counselling :

- Social and health care experts:

When, how and where to give it?

- Customers and patients:

Positive attitude to the counselling



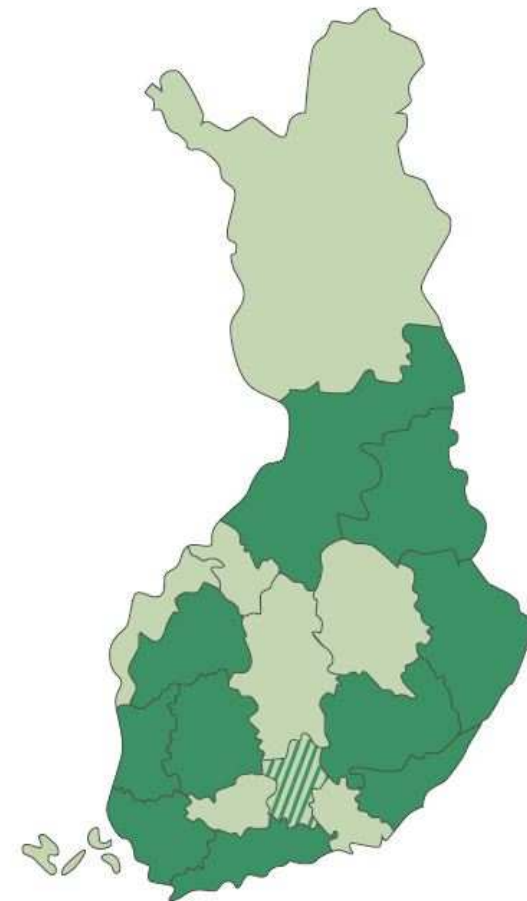
A Program for Half of Finland

17 co-operators

- 10 hospital districts
- over 3000 social and health care experts

184 municipalities

- 4 million inhabitants



Co-operation Organisations

The main responsibility and administration:

- UKK Institute

National operator organisations in VESOTE:

- Fit for Life Program / LIKES Research Centre for Physical Activity and Health
- Finnish Diabetes Association
- Finnish Central Association for Mental Health

National Experts

Sleep and the treatment of sleep disorders:

- Helsinki Sleep Clinic – Vitalmed Oy

Nutrition:

- Pirkanmaa Hospital District

Regional Physical Activity Organizations

- South Ostrobothnia
- Päijät Häme

10 Health Care Districts

- South Karelia Social and Health Care District
- The Hospital District of South Ostrobothnia
- The South Savo Social and Health Care Authority
- The Hospital District of Helsinki and Uusimaa
- Kainuu Social and Health Care Joint Authority
- Pirkanmaa Hospital District
- Joint municipal authority for North Karelia social and health services
- The Northern Ostrobothnia Hospital District
- Satakunta hospital district
- The Hospital District of Southwest Finland

In addition:

- Municipalities - the social and health care, physical activity and leisure services
- Physical activity and social and health organisations (e.g. 3rd sector)

Target groups and activities

- Regional operators (10 health care districts) will define their own:
 - lifestyle counselling target groups
 - development goals of suitable VESOTE programs activities for their region
 - the idea is also to share good practices with each other during and at the end of the program!

	EKSOTE	ESH P	ESSOTE	HUS	Kainuu	PSHP	PPSHP	Satasote	Siunsote	VSSH P
Type 2 diabetes (and people at risk)		X						X	X	X
Mental health		X	X	X		X		X		
Alcohol			X					X		
Obesity							X			
Cardiovascular disease (and people at risk)							X	X		
COPD						X		X		
Unemployed			X							
Young men with problems with control of life					X					
Finns, who have problem with life style habits				X	X					

The diverse activities of the program - implemented at different levels simultaneously

- Regional and web-based training for professionals:
 - bring up the topic of lifestyle behaviors through many social and health care experts and counselling on:
 - physical activity
 - nutrition
 - sleep and treatment of insomnia with non-medical methods
- Creating regional co-operation networks.
- Developing and reinforcing treatment and service chains.

Objective monitoring of PA and sleep - utilising information in lifestyle counselling

UKK services

Our goal is to integrate our service to be part of the national health care system.



Amazon WS / RDS
• user management
• additional analysis



Activity / passivity tracker

We are currently using our own IA60 device (in pic.). But later in the autumn starting to use oem devices by Suunto.

IOS / Andr. app

- activity, sedentary, sleep, etc.
- recommendations
- correlation to diabetes / cardiov. diseases
- correlation to general population

Patient registries

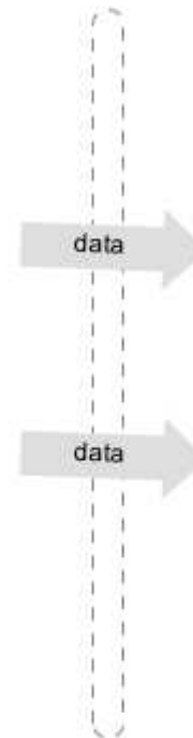
VIRTUAALI-
SAIRAALA 2.0

e.g. [Virtual Hospital 2.0](#)

- pilot data transfer in autumn 2017

RCT started in year 2017

- Kuopio / Turku Univers. Hospital: CVD patients
- Siun Sote: diabetes patients
- PET center, Turku Univers. Hospital: sedentary metabolism



API's &
authentication

At the end of 2018

– Virtual Lifestyle Counselling Clinic

- VESOTE development activities will form a virtual lifestyle counselling clinic
 - methods for professionals
 - including further education
 - lifestyle counselling tools
 - a lifestyle service palettes
 - to help professionals direct the customer/patient to the lifestyle counselling paths
 - the network of experts in lifestyle counselling
- Regionally, but also nationally
 - Co-operation with national projects (ODA, Virtual hospital) and regional health districts will be decided during the year 2018
 - to share and put the best practices in to use!

Expected Results of the VESOTE-program

- Lifestyle counselling is an every day co-operative protocol in social and health care
- Life style habits belong (one way or another) to the patient registers
- Assessment of the effectiveness of the used lifestyle counselling methods
- At least two RCT's of effectiveness and cost-effectiveness of the lifestyle counselling (objective measurement included)
- Normal project assessment of the program
- More results maybe in ISPAH 2018 in London 2018!

Thank You!

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