



**Folkhälsomyndigheten**  
PUBLIC HEALTH AGENCY OF SWEDEN



The Public Health Agency of Sweden is an expert authority with responsibility for public health issues at a national level.

The Agency develops and supports activities to promote health, prevent illness and improve preparedness for health threats.

Our vision statement: a public health that strengthens the positive development of society.

For further information please visit:  
[www.folkhalsomyndigheten.se](http://www.folkhalsomyndigheten.se)

# Promoting Good Health on Equal Terms

By...

- monitoring the health status of the population and impacting factors
- working for an effective communicable disease control
- contributing to reduced negative environmental impacts on human health
- identifying public health areas in need of effective measures
- evaluating society's measures for public health promotion

... the Public Health Agency of Sweden contributes to the social basis for good health on equal terms for everyone.

# Public health policy - 11 objectives

The overarching aim of Sweden's national public health policy is *to create societal conditions that will ensure good health, on equal terms, for the entire population.*

## The 11 objective domains

1. Participation and influence in society
2. Economic and social prerequisites
3. Conditions during childhood and adolescence
4. Health in working life
5. Environments and products
6. Health-promoting health services
7. Protection against communicable diseases
8. Sexuality and reproductive health
9. Physical activity
10. Eating habits and food
11. Tobacco, alcohol, illicit drugs, doping and gambling



# Ministry of Health and Social Affairs

## Government agencies:

- Public Health Agency of Sweden
- National Board of Health and Welfare
- Swedish Council on Health Technology Assessment

## State-owned company:

- Swedish Alcohol Retailing Monopoly

## Also:

- The Swedish Sports Confederation

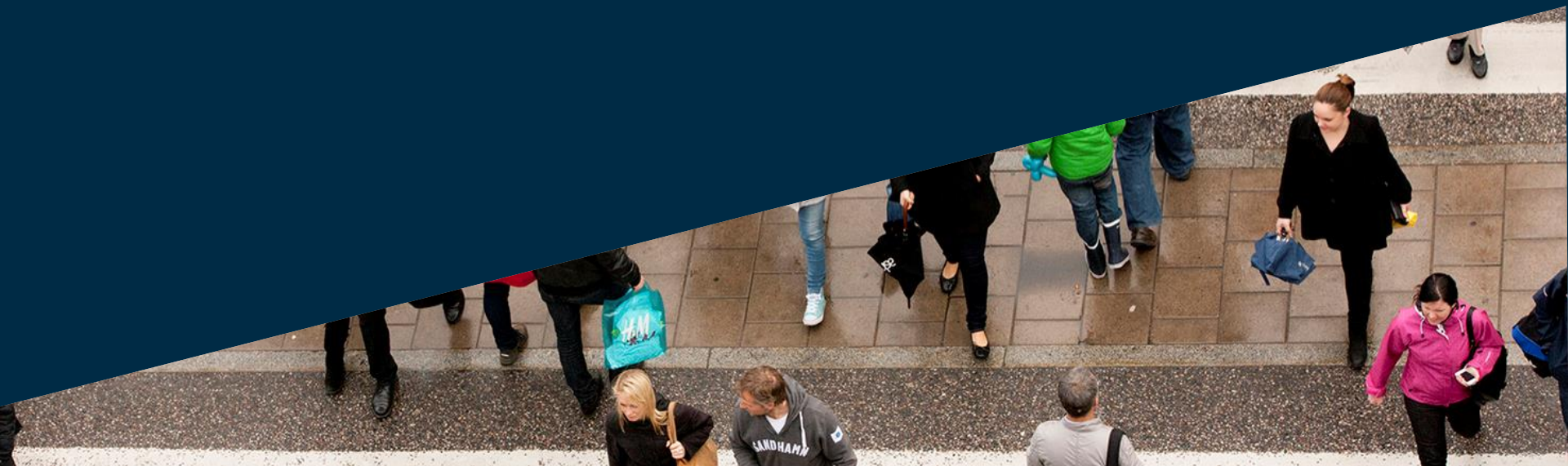
# National Board of Health and Welfare



## National guidelines

- **Main purpose: Support rational allocation of resources in health care**
- **Target group: Policy makers**
- **But also serve as clinical guidelines**

# National Guidelines for Disease Prevention Methods



# The Focus

Recommendations for disease prevention methods by supporting patients in their efforts to change unhealthy lifestyles

- Tobacco use
- Hazardous use of alcohol
- Insufficient physical activity
- Unhealthy eating habits



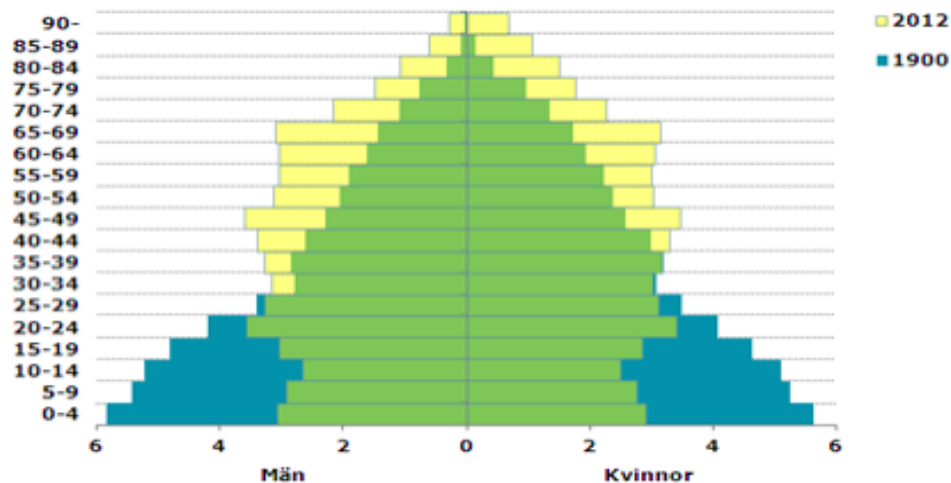
# Healthy ageing in Sweden

- Focus on health promoting activities
- Focus on preventing non-communicable diseases
- Important target group: older people who have left working life but still are healthy and independent



# Swedish demograpichs

- Population: 9,8 million
- Proportion of elderly ( $\geq 65$  yrs) = 1,9 million
- Life expectancy (2014) = women: 84 yrs, men: 80 yrs

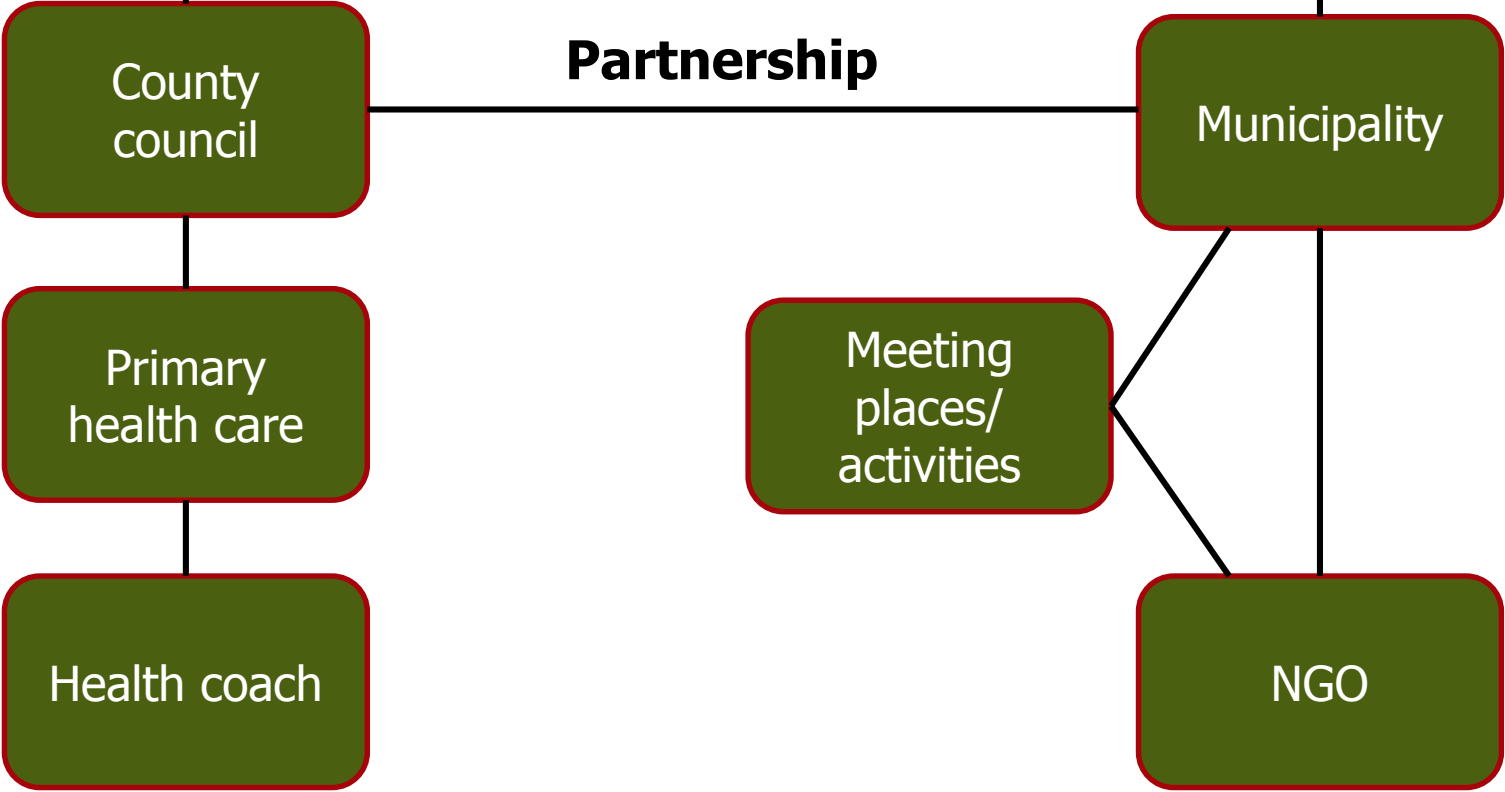


# Partnership model for healthy aging

- **Aim: Promote health among older people by motivating to a healthier lifestyle**
- Motivational Interviewing constitute the therapeutic approach by the health coaches.
- Partnership in-between county councils, municipalities and NGO's constitutes the foundation of this model.



# Public Health Agency of Sweden



# Results

- Health status improved
- Health check-ups are effective
- Increased focus and positive attitudes to health promotion



### **3. Better comprehensive national health system response to reduce the NCD burden**

Activity plan 2016 - 2017

Continue working towards a more health-oriented health service, incl. maternal health, child health, and school health services.

## **2. Strengthened stakeholder involvement in preventing overweight and obesity among school age children**

Activity plan 2016 - 2017

- Monitoring and develop a database on childhood obesity.
- Improve a physical activity friendly kindergarten and school environment. (EU Action Plan on Childhood Obesity 2014-2020)

# 1. Better implementation of HiAP at the local level for more effective prevention of noncommunicable diseases

Activity plan 2016 - 2017

- Contribute to the PYLL study
- Providing national leadership and coordination for the promotion of physical activity in all sectors. (EUR/RC65/9 Physical activity strategy for the WHO European Region 2016–2025)
- Improve monitoring and develop national databases on dietary, physical activity and sedentary behavior.





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