

# **19 years of prevention policies. The impact of the targets on non- intentional injuries established in the Health Plan for Catalonia**

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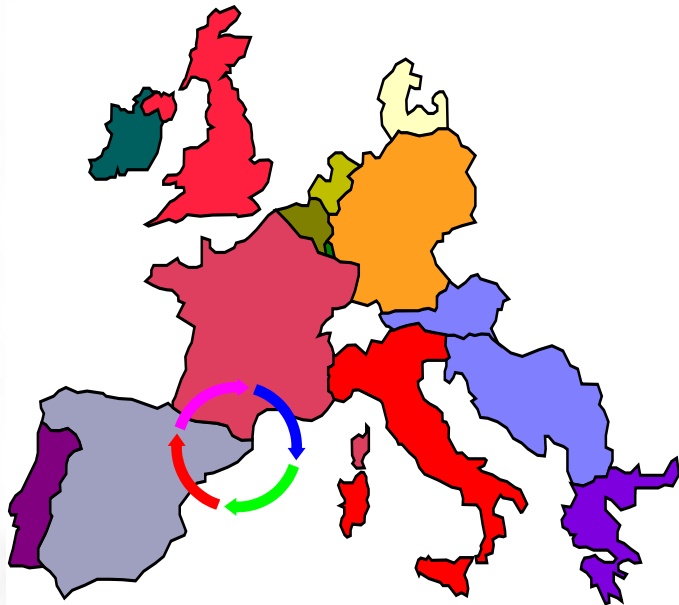
**Department of Health  
Autonomous Government of Catalonia**

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**Generalitat de Catalunya  
Departament de Salut**

# Characteristics of the Catalan health care system

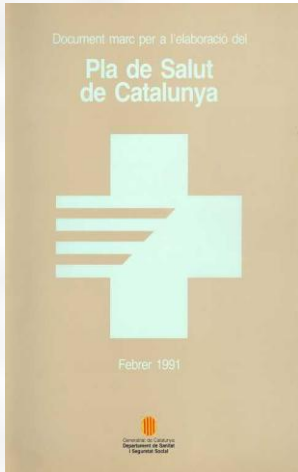


- **7,3 million inhabitants**
- **GDP around the mean of EU**
- **Life expectancy (>80 y)**

- Public system
- Financed by taxes
- Universal coverage
- GP as the gatekeeper
- Integrated system
- Split between provision and financing
- Different owners of the centres

# The Health Plans for Catalonia

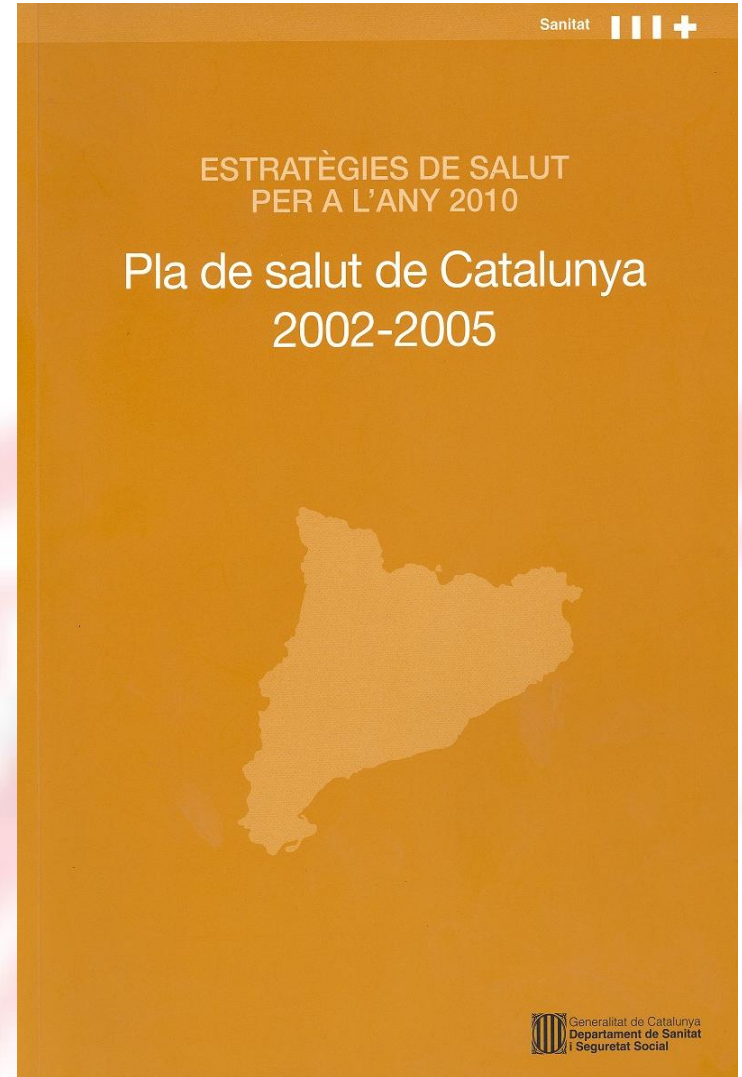
1991-2000



1993-1995



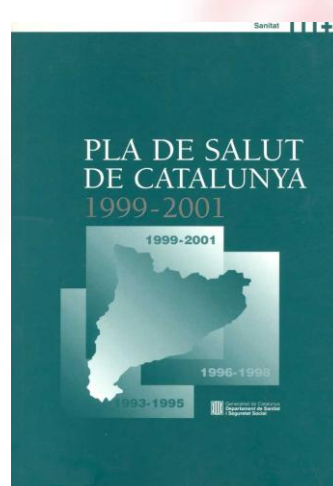
2002-2005



1996-1998

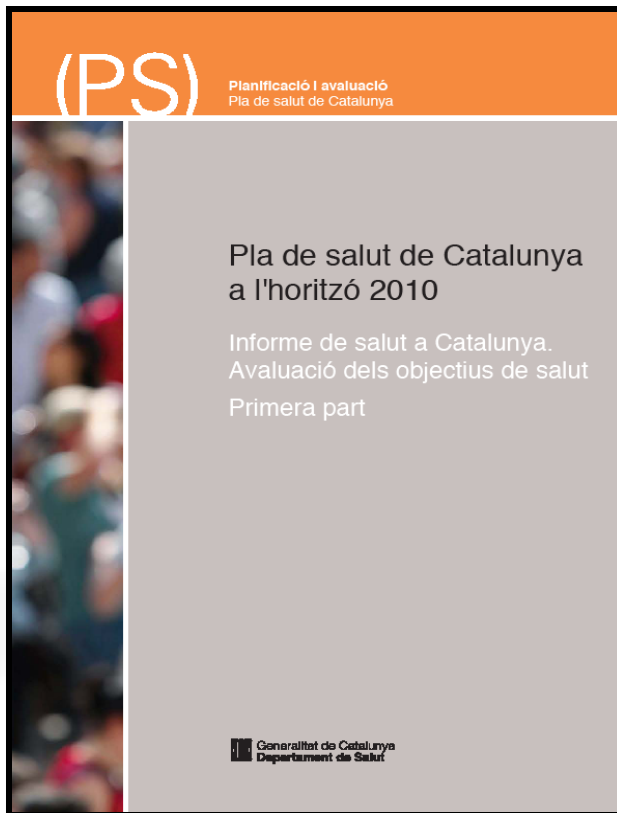


1999-2001



# The Health plan for Catalonia 2010

## Health report



## Intervention strategies



# Health plan for Catalonia for the year 2010

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## First part

### Health report

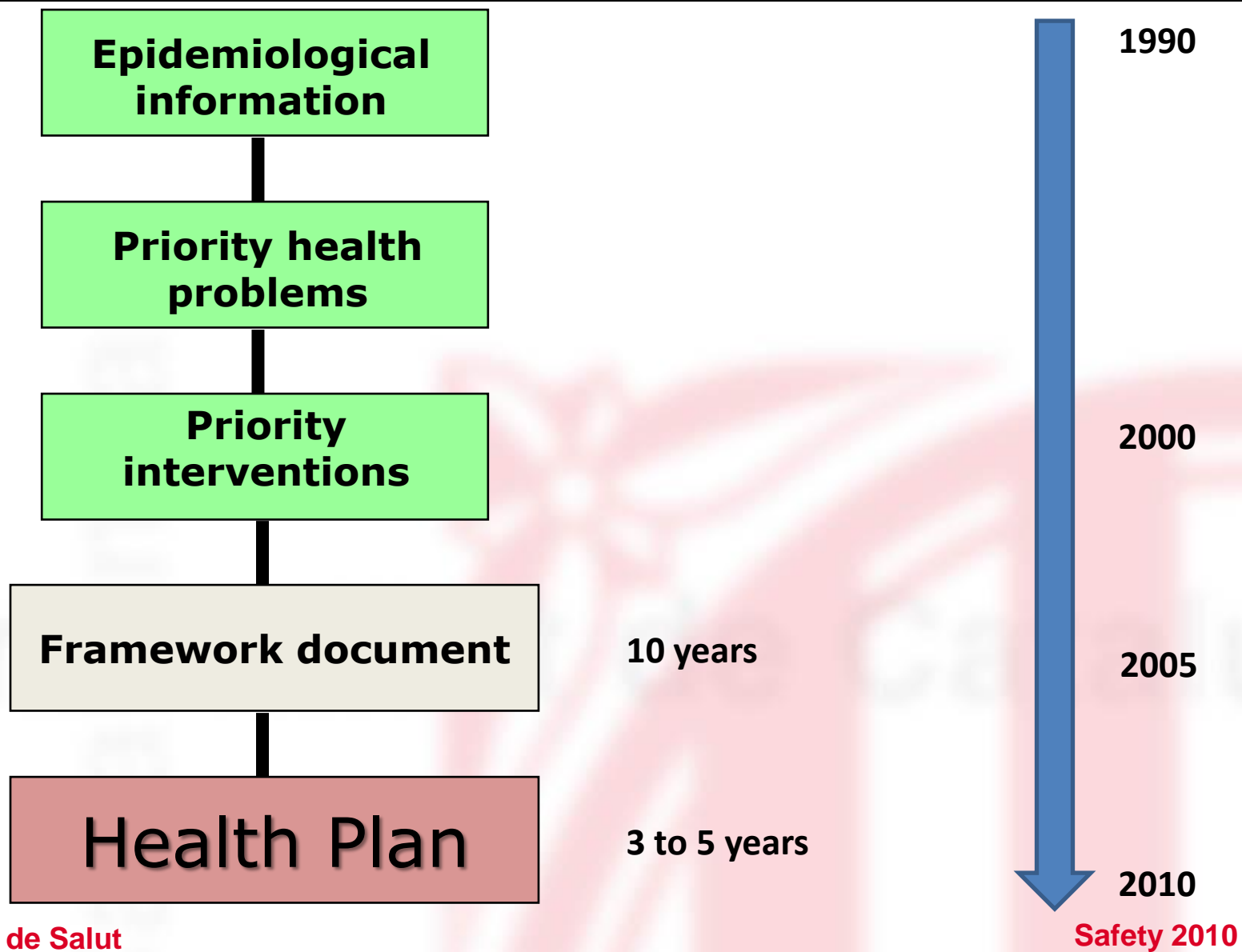
- Population
- Environment and health
- Health determinants and lifestyles
- Health status and quality of life
- Services utilization
- Mortality and “end of life”
- Economy and health care
- Inequalities in health
- Monitoring targets for the year 2010
- Time trends of indicators
- Territorial analysis

## Second part





### Strategic Axis for health policy

- Axis 1. Intersectorality and health
- Axis 2. Community actions for health
- Axis 3. Health care, socio-health care and public health oriented to tackle health needs
- Axis 4. Health professionals
- Axis 5. The role of citizens and participation


# Elaboration of the Health Plan



# Evaluation of the injury targets for the year 2000 in Catalonia




Indicator (x100,000 inh.)	1990	2000	Target
To reduce mortality due to external causes by 25%	51.1	38.1	≤ 38.3 
To reduce mortality due to road traffic accidents in men aged 15-24 years by 35%	59.5	38.8	≤ 38.6 
To reduce mortality due to drownings by 25%	1.7	0.8	≤ 1.3 
To reduce mortality due to unintentional falls by 50%	5.4	3.2	≤ 4.6 

# Evaluation of the injury targets for the year 2010 in Catalonia (1)

Number of fatalities per 100.000 inh. due to non-intentional injuries	2000	2005	Target 2010
<b>0-14 years</b>	<b>5.2</b>	<b>5.3</b>	<b>≤ 4,2</b>
<b>15-64 years</b>	<b>28.2</b>	<b>19.0</b>	<b>≤ 22.6</b> 
<b>65 and older</b>	<b>68.4</b>	<b>71.4</b>	<b>≤ 54.7</b>





# Evaluation of the injury targets for the year 2010 in Catalonia (2)

Number of fatalities per 100.000 inh. due to road traffic accidents	2000	2005	Target 2010
0-14 years	2.7	1.9	$\leq 1,4$ 
15-64 years	15.2	9.5	$\leq 7.6$ 
65 and older	15.7	10.3	$\leq 7.9$ 


# Evaluation of the injury targets for the year 2010 in Catalonia (3)

Number of fatalities per 100.000 inh. due to road traffic accidents in 15-24 year-old men and women	2000	2005	Target 2010
<b>Men</b>	<b>38.7</b>	<b>22.9</b>	<b>≤ 19.4</b> 
<b>Women</b>	<b>11.2</b>	<b>5.9</b>	<b>≤ 5.6</b> 
<b>Total</b>	<b>25.3</b>	<b>14.6</b>	<b>≤ 12.7</b> 

# Evaluation of the injury targets for the year 2010 in Catalonia (4)

Hospital admissions longer than 14 days (per 10.000 inh.) due to road traffic accidents	2000	2005	Target 2010
0-14 years	0.6	0.3	$\leq 0.5$ 
15-64 years	2.6	2.0	$\leq 2.0$ 
65 and older	2.3	2.1	$\leq 1.7$

# Evaluation of the injury targets for the year 2010 in Catalonia (5)

Indicator	2000	2005	Target 2010
Positive alcohol tests (+%) in drivers involved in road accidents with fatalities	40.9	37.1	≤ 20.5
Mortality due falls in people over 64 years old (x100.000 inh.)	15.2	11.3	≤ 12.2 
% of people older than 64 who have fallen and needed health care	17.9	20.9	≤ 16.1
Hospital admissions due to hip fracture in 65-84 year-old people (x10.000 inh.)	42.2	44.0	≤ 33.8

# The burden of the Injuries in Catalonia at the start of the Health Plan (1991, Framework Document)

- 4th mortality cause (6% of the total mortality)
- 1st mortality cause in 1 – 44 years age population
- 72% of the total mortality in 15 – 24 age group, mainly due to road traffic accidents
- Main causes of the mortality for N-I Injuries: Road traffic accidents (38,5%), Falls (10,2%) , Drowning (3,2%)
- Main causes of prevalence of N-I Injuries: Falls and knocks, Burns and scalds, Poisonings, Road traffic accidents
- Age groups with high prevalence and mortality:
  - Children
  - Young people (men)
  - Older people

# The health targets on Injuries for the year 2000

1. To reduce the global rate of mortality due to accidents, poisonings and violence (external causes) by 25%
2. To reduce the mortality rate of road traffic accidents in men aged 15-24 years by 35%
3. To reduce the mortality rate of falls by 25%
4. To reduce the mortality rate of drowning by 25%

Developed and implemented by 34 operational targets (preventive programmes or interventions) with results monitored by indicators previously established for each health and risk reduction target.

# The Health Targets on Injuries for the year 2010 (1)

1. **20% reduction in fatal injuries from non-intentional causes in the 3 main age groups (0-14, 15-64, 65 and over)**
2. **50% reduction in deaths from road traffic accidents in the 3 main age groups**
3. **50% reduction in deaths from road traffic accidents in men and women aged 15 to 24 years**
4. **50% reduction in deaths from road traffic accidents associated with high levels of alcohol in blood in drivers involved**

**The eight health targets for 2010 were developed and implemented by 13 operational targets (preventive interventions and programmes).**

# The Health Targets on Injuries for the year 2010 (2)

5. **25% reduction of the prevalence of severe injuries from road traffic accidents in the 3 main age groups (0-14, 15-64, 65 and over)**
6. **20% reduction in deaths from accidental falls in people aged over 64**
7. **10% reduction of accidental falls in people aged over 64 which have been attended by healthcare services**
8. **20% reduction of the prevalence of hip (femoral neck) fractures in people aged 65 to 84 years**



# 19 years of Prevention Policies, main conclusions (1)

- Our results shown that trends in non-intentional injuries in Catalonia have been quite good during the last two decades – since the launch of the Health Plan – specially in relation to mortality and severe morbidity rates
- Although last results refers only to the half of the period 2001-2010 , it shows that 2/3 of the targets are expected to be achieved in 2010
- Higher political commitment produces better results: Catalan Plan on Road Traffic Safety and decrease of deaths from road accidents

# 19 years of Prevention Policies, main conclusions (2)

- Other areas like falls in elderly people don't show the same tendency: while mortality goes down, incidence goes up
- Planning by targets has been useful in identifying problems, setting priorities, establishing interventions and evaluating results achieved through those actions
- Quantitative targets that can be transparently evaluated are both a commitment for health policy makers and a reinforcement tool for them
- There is a need to set these targets from the principle that you have a system able to translate the targets into specific interventions and activities

# 19 years of Prevention Policies, main conclusions (3)

- It is important to show the evaluation of all the targets because does that have not achieved increase the credibility of those that have been, and of the health policy methods
- There are important differences in the distribution by age, gender, territory, socioeconomic class, educational level. A more precise analysis of the epidemiological situation concerning injuries and their causes could provide more effective and efficient strategies of prevention and control

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For further information visit:

The website of the Department of Health

[www.gencat.cat/salut](http://www.gencat.cat/salut)

The website of the Health Plan for Catalonia 2010

[www20.gencat.cat/portal/site/pla-salut?newLang=en\\_GB](http://www20.gencat.cat/portal/site/pla-salut?newLang=en_GB)

**Thank you very much for your attention!**

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