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Health 2020. A European policy framework and strategy for the 21st century

In 2012, the WHO Regional Committee for Europe approved Health 2020 in two forms. This publication gives both. The shorter policy framework provides European politicians and policy-makers with Health 2020's main values and principles, and key strategic advice to support action for health and well-being. The longer policy framework and strategy give more detail in terms of evidence and practice.



It has two strategic objectives, constructed around equity, gender and human rights and improved governance for health. It is aimed at those committed to improving health, well-being and health equity, in a way that is sensitive to each country's situation and political and organizational circumstances. It is a "living" guide to policies and strategies.

Addressing these questions is as much a political as a scientific endeavour and Health 2020 puts strong emphasis on political commitment, as well as professional expertise and the engagement of civil society. Focused on "solutions", it offers practical and achievable, yet flexible, policy options capable politically of being successfully implemented in the individual context of each country.

http://www.euro.who.int/_data/assets/pdf_file/0011/199532/Health2020-Long.pdf

The shorter Policy Framework

Improving health and well-being lies behind the new health policy framework for Europe, Health 2020, adopted by the WHO Regional Committee for Europe in 2012. Health 2020 is a value- and evidence-based framework that allows a strategic approach to be taken towards this goal.



Health 2020 presents a wealth of new evidence, for example on the social determinants of health and on the economics of public health and prevention. It puts strong emphasis on the political, professional and civil society engagement needed to ensure health improvement and the reduction of health inequities, within a whole-of-society and whole-of-government approach.

This shorter form of Health 2020 provides European politicians and policy-makers with the main values and principles, and key strategic advice to support action for health and well-being.

http://www.euro.who.int/_data/assets/pdf_file/0006/199536/Health2020-Short.pdf

Implementing a Health 2020 vision: governance for health in the 21st century. Making it happen

The WHO Regional Office for Europe commissioned this report to support the implementation of the Health 2020 policy framework. It builds on a study on governance for health in the 21st century, conducted for the WHO Regional Office for Europe. This report provides policy-makers with examples from around the world of how whole-of-government and whole-of-society approaches have been implemented, along with a set of tools to manage the complex policy process.



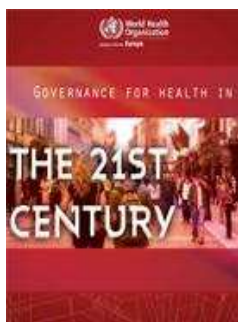
These policy examples were selected with a view to the four policy priority areas of Health 2020 and with the following criteria in mind: they provide useful lessons, often illustrate best practices, cover a wide variety of different contexts and countries and, as far as possible, have been implemented and, ideally, evaluated. The report aims to contribute, in particular, to the Health 2020 strategic policy objective of "improving leadership and participatory governance for health". It is conceived as a living document that will be continually enriched with new examples and analysis.

http://www.euro.who.int/_data/assets/pdf_file/0018/215820/Implementing-a-Health-2020-Vision-Governance-for-Health-in-the-21st-Century-Eng.pdf

Governance for Health in the 21st Century

A range of collaborative governance mechanisms has developed in many policy arenas in the past decade.

The study on governance for health in the 21st century tracks governance innovations that have been introduced to address priority determinants of health and summarizes them as five strategic approaches to smart governance for health.



The study relates the emergence of joint action of the health sector and non-health sectors, of public and private actors and of citizens to achieve seminal changes in 21st-century societies. They include a new understanding of health and well-being as key features of what constitutes a successful society and vibrant economy and the higher value placed on equity and participation. The study further describes the type of structures and mechanisms that enable collaboration and outlines the new role that health ministers and ministries and public health agencies need to adopt in such a challenging policy environment.

http://www.euro.who.int/_data/assets/pdf_file/0019/171334/RC62BD01-Governance-for-Health-Web.pdf

Review of social determinants and the health divide in the WHO European Region. Final report

The WHO European Region has seen remarkable health gains, though inequities persist both between and within countries. Much more is understood now about the extent and social causes of these inequities, particularly since the 2008 report of the Commission on Social Determinants of Health.

This review of inequities in health across the 53 Member States of the Region was commissioned to support the development of the new European policy framework for health and well-being, Health 2020. It builds on the global evidence and recommends policies to reduce health inequities and the health divide across all countries, including those with low incomes. The review is a wake-up call to political and professional leaders alike, an opportunity for them to facilitate the work of those dedicated to improving health outcomes and narrow the health gap between and within the countries of the Region.

http://www.euro.who.int/_data/assets/pdf_file/0006/215196/Review-of-social-determinants-and-the-health-divide-in-the-WHO-European-Region-final-report-Eng.pdf



EXECUTIVE SUMMARY

This executive summary of the final report of the review: identifies areas for action, new approaches to take, ways to do more and do better, links between the social determinants of health and human rights, and action in a cold economic climate. Most of this short publication, however, focuses on recommendations for action to reduce health inequities:

- throughout life (in family building, childhood and the work place, and for women and older people);
- in wider society (action for social protection, on gender, in local communities and against social exclusion);
- on the macro-level context (on social expenditure and for sustainable development); and
- on systems (to improve governance, to address health priorities and to measure and report on progress against inequities in health).

<http://www.euro.who.int/en/what-we-publish/abstracts/review-of-social-determinants-and-the-health-divide-in-the-who-european-region.-executive-summary>

The European health report 2012: charting the way to well-being

The 2012 European health report describes both the overall improvements in health in the WHO European Region and their uneven distribution within and between countries. It breaks new ground, however, by helping both to define well-being, a goal of Europe's new health policy, Health 2020, and to map the way towards achieving it.



By describing health in Europe, this report provides policy-makers and public health professionals with the epidemiological evidence base that underpins Health 2020 and its six overarching targets. In addition, it sets out the agreed approach to monitoring progress towards Health 2020, outlines the collaborative agenda to address the challenges ahead and makes the case for measuring well-being as a marker of progress in health.

http://www.euro.who.int/_data/assets/pdf_file/0004/197113/The-European-health-report-2012.-Charting-the-way-to-well-being.pdf

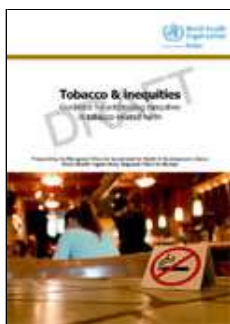
EXECUTIVE SUMMARY

http://www.euro.who.int/_data/assets/pdf_file/0004/185332/The-European-Health-Report-2012,-Executive-summary-w-cover.pdf



The Equity Action Spectrum: Taking a comprehensive approach. Guidance for addressing inequities in health

The following guidance aims to support European policy-makers to improve the design and implementation of policies to reduce inequities in health. This guidance brings together current evidence for how to develop comprehensive policy action plans to identify and address social determinants of health inequities.



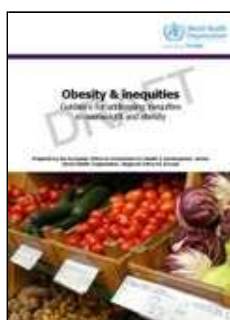
Tobacco & inequities. Guidance for addressing inequities in tobacco-related harm

The following guidance aims to support European policy-makers to improve the design and implementation of policies to reduce inequities in tobacco-related harm.



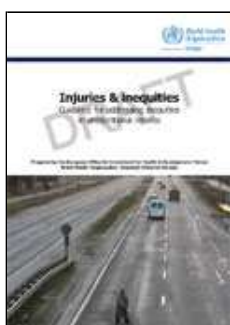
Alcohol & inequities. Guidance for addressing inequities in alcohol-related harm

The following guidance aims to support European policy-makers to improve the design and implementation of policies to reduce inequities in alcohol-related harm.



Obesity & inequities. Guidance for addressing inequities in overweight and obesity

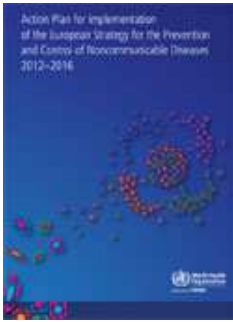
The following guidance aims to support European policy-makers to improve the design, implementation and evaluation of interventions and policies to reduce inequities in overweight and obesity.



Injuries & inequities. Guidance for addressing inequities in unintentional injuries

The policy guidance aims to support European policy-makers to improve the design and implementation of policies to reduce inequities in unintentional injuries.

Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016



No less than 86% of deaths and 77% of the disease burden in the WHO European Region are caused by noncommunicable diseases. Investing in prevention and better control of this broad group of disorders will reduce premature death and preventable morbidity and disability, improve the quality of life and well-being of people and societies, and help reduce the growing health inequalities they cause.

With attention to noncommunicable diseases reaching unprecedented levels worldwide, this action plan was adopted in September 2011. It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Noncommunicable Diseases.

http://www.euro.who.int/_data/assets/pdf_file/0019/170155/e96638.pdf



European Action Plan for Strengthening Public Health Capacities and Services

The European Action Plan (EAP) for Strengthening Public Health Services and Capacity and Resolution for the sixty-second session of the WHO Regional Committee form a key pillar of the overarching regional policy framework, Health 2020. They present ten essential public health operations (EPHOs) that countries can adapt and work on together, with WHO technical leadership and support, to assess and plan for stronger public health services and capacity.

http://www.euro.who.int/_data/assets/pdf_file/0005/171770/RC62wd12rev1-Eng.pdf

EUR/RC63/11 The European Mental Health Action Plan

Mental disorders are one of the top public health challenges in the WHO European Region, as measured by prevalence, burden of disease and disability, affecting more than a third of the population every year. In all countries, most mental disorders are much more prevalent among those who are most deprived.



The WHO European Region therefore faces diverse challenges affecting both the (mental) well-being of the population and the provision of care for people with mental health problems. Systemic and coherent actions are needed to address these challenges. The European Mental Health Action Plan focuses on seven interlinked objectives and proposes effective and integrated actions to strengthen mental health and well-being in the European Region. Investing in mental health is essential for the sustainability of health and social policies in the European Region.

This document contains a draft European Mental Health Action Plan that corresponds to the four priority areas of the new European policy framework for health and well-being, Health 2020, and will contribute directly to its implementation.

http://www.euro.who.int/_data/assets/pdf_file/0004/194107/63wd11e_MentalHealth-3.pdf

European action plan to reduce the harmful use of alcohol 2012–2020

The European action plan to reduce the harmful use of alcohol 2012–2020 was endorsed by all 53 Member States in the WHO European Region in September 2011. It includes a range of evidence-based policy options to reduce the harmful use of alcohol. This publication also includes WHO Regional Committee for Europe resolution EUR/RC61/R4, a list of indicators (with definitions) linked to the indicators used in the European Information System on Alcohol and Health, and a checklist or set of questions for Member States. The action plan is closely linked to the 10 action areas of the global strategy to reduce the harmful use of alcohol adopted by the World Health Assembly in May 2010.

The primary audience for the action plan is the national authorities in the WHO European Region



responsible for alcohol policy, mainly the health and other ministries (including finance, education, social welfare, transportation and criminal justice), nongovernmental and civil-society organizations, researchers, the private sector and international partners.

http://www.euro.who.int/_data/assets/pdf_file/0008/178163/E96726.pdf

Physical activity and health in Europe: evidence for action

Physical activity is a fundamental means of improving people's physical and mental health. It reduces the risks of many noncommunicable diseases and benefits society by increasing social interaction and community engagement. Unfortunately, more than half the population of the WHO European Region is not active enough to meet health recommendations, and the trend is towards less activity, not more.

A potentially important way to respond to this challenge is the promotion of health-enhancing physical activity. This concept stresses the importance of physical activity as part of everyday life, not an optional extra to be added at the end of a busy day.

This booklet is written for European policy-makers and leaders from different sectors that can promote physical activity, including health, sports and recreation, transport, employment, urban planning, education and the mass media. It sets out the facts about health-enhancing physical activity, provides examples of action already being taken, highlights the contributions that can be made by health and other sectors and makes the case for concerted action across the WHO European Region.

http://www.euro.who.int/_data/assets/pdf_file/0011/87545/E89490.pdf



Promoting physical activity and active living in urban environments. The role of local governments. The solid facts.

People's participation in physical activity is influenced by the built, natural and social environments in which people live as well as by personal factors such as sex, age, ability, time and motivation. The way people organize cities, design the urban environment and provide access to the natural environment can be an encouragement or a barrier to physical activity and active living. Other barriers exist in the social environments within which people work, learn, play and live.

Physical activity is an essential component of any strategy that aims to address the problems of sedentary living and obesity among children and adults. Active living contributes to individual physical and mental health but also to social cohesion and community well-being. Opportunities for being physically active are not limited to sports and organized recreation; opportunities exist everywhere - where people live and work, in neighbourhoods and in educational and health establishments.

The Healthy Cities and urban governance programme of the WHO Regional Office for Europe has focused on how local governments can implement healthy urban planning to generate environments that promote opportunities for physical activity and active living.

This publication presents the best available evidence on physical activity in the urban environment and makes suggestions for policy and practice based on that evidence. Mayors and other elected city officials can use this information to address the needs and contributions of all citizens in different settings of everyday life with the aims of ensuring equitable and comprehensive efforts to promote physical activity and active living.

http://www.euro.who.int/_data/assets/pdf_file/0009/98424/E89498.pdf



Physical activity promotion in socially disadvantaged groups: principles for action. Policy summary

Over the past few years, the promotion of physical activity has been more widely recognized as a



priority for public health action in Europe and many countries have responded by developing policies and interventions to support it. The WHO Regional Office for Europe carried out a project to support and further enhance evidence and networking on physical activity; a substantial part was the development of guidance on promoting physical activity in socially disadvantaged groups, with a focus on the role of healthy environments. This brochure presents the main conclusions of this part of the project and provides – based on a review of evidence, case studies and national policies – suggestions for national and local action and policies to support physical activity in these groups. It also identifies gaps in evidence to be addressed by future research.

The Physical Activity and Networking (PHAN) project was co-funded by the European Union in the framework of the Health Programme 2008-2013. The views expressed herein can in no way be taken to reflect the official opinion of the European Union.

http://www.euro.who.int/_data/assets/pdf_file/0006/193092/PHAN-brochure_ENG.pdf

Global Plan for the Decade of Action for Road Safety 2011-2020

The UN Road Safety Collaboration has developed a Global Plan for the Decade of Action for Road Safety 2011-2020 with input from many partners through an extensive consultation process through meetings and the Internet. The Plan provides an overall framework for activities which may take place in the context of the Decade. The categories or "pillars" of activities are: building road safety management capacity; improving the safety of road infrastructure and broader transport networks; further developing the safety of vehicles; enhancing the behaviour of road users; and improving post-crash care.



Indicators have been developed to measure progress in each of these areas. Governments, international agencies, civil society organizations, the private sector and other stakeholders are invited to make use of the Plan as a guiding document for the events and activities they will support as part of the Decade.

http://www.who.int/entity/roadsafety/decade_of_action/plan/plan_english.pdf

European report on preventing child maltreatment

Child maltreatment is a leading cause of health inequality, with the socioeconomically disadvantaged more at risk, perpetuating social injustice. Though it is a priority in most countries of the WHO European Region, few devote adequate resources and attention to its prevention.



This report outlines the high burden of child maltreatment, its causes and consequences and the cost-effectiveness of prevention programmes. It makes compelling arguments for increased investment in prevention and, by offering policy-makers a preventive approach based on strong evidence and shared experience, it will help them respond to increased demands from the public to tackle child maltreatment.

http://www.euro.who.int/_data/assets/pdf_file/0019/217018/European-report-on-preventing-child-maltreatment.pdf

European report on preventing elder maltreatment

Elder maltreatment is pervasive throughout the WHO European Region: at least 4 million elderly people are estimated to experience maltreatment in any one year and 2500 of them will die each year. Most countries in the Region have an ageing population, putting increasing numbers of people at risk.



This report highlights the biological, social, cultural, economic and environmental factors that influence the risk of being a victim or perpetrator of elder maltreatment, as well as the protective factors that can help prevent it. There is some evidence of effective interventions, including psychological programmes for perpetrators and programmes designed to change attitudes towards older people, improve the mental health of caregivers and, in earlier life, to promote nurturing relationships and learn social skills. The evidence base needs to be strengthened, but surveys show that the public and policy-makers are already concerned about the problem. This report proposes a set of actions for Member States, international agencies, nongovernmental organizations, researchers, practitioners and other stakeholders to strengthen the policy response and devote adequate resources to the issue.

http://www.euro.who.int/_data/assets/pdf_file/0010/144676/e95110.pdf

Health and environment: communicating the risks

Public administrations at all levels must often manage complex situations related to environmental determinants of health, often surrounded by controversy. Many factors contribute to a rapid escalation of those situations: increased sensitivity in the face of uncertain risks, uneven distribution of risks and benefits, and decreasing trust in authorities and entities involved in making decisions influencing public health.

There is a need, in such circumstances, to assess the extent of possible health and environment impacts and to manage information, evidence and communication on possible risks, while understanding and taking into consideration the opinions, interests and values of the relevant stakeholders.

A workshop, jointly organized by the WHO European Office for Investment for Health and Development in Venice and the WHO European Centre for Environment and Health in Bonn, was held in Trento, Italy with the aim of sharing experiences in the management and communication of environmental risks.

This report builds on the presentations and discussions from the workshop and presents a series of key messages useful to regional and local authorities, as well as to risk managers in general.



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