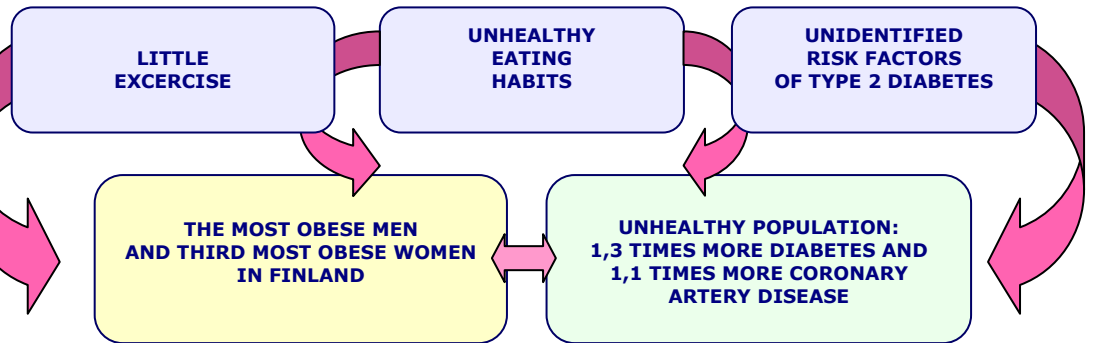


# IMPLEMENTATION OF TYPE 2 DIABETES PREVENTION PLAN – FIN-D2D PROJECT 2003-2007



## HEALTH PROMOTION STRATEGY BY SOUTH OSTROBOTHNIA HOSPITAL DISTRICT THREE WAYS TO PREVENTION OF TYPE 2 DIABETES

### HIGH RISK STRATEGY

#### System for identifying people at risk and "treatment paths"

- Identifying, screening and guidance of risk groups more efficient
- Weight and waist circumference systematically measured and documented
- Measurement and follow-up of blood glucose and cholesterol united
- Number of glucose tolerance tests and assays of blood lipids and microalbuminuria has increased
- D2D operations model attached to old and new allocated check-ups
- Agreed and documented "prevention and treatment paths" in municipalities
- More coherent practices for treatment and interventions
- Clear interface to occupational health care
- "Treatment paths" are updated and improved (exercise, nutrition, weight management ja mental health)
- More individual and customer-based targeting and documentation in interventions
- More group interventions both in primary health care as well as in occupational health care
- Multiprofessional cooperation: groups, Calendars of Physical Activity (PA), health forums...

#### New methods and forms of cooperation

- Lots of new operations models for units and municipalities
- Multiprofessional cooperation: groups, Calendar for PA, health forums.....
- More group guidance both in primary health care as well as in private health care
- Calendar for PA ([www.tep.fi](http://www.tep.fi)) for open use
- Preventive work in wide range (health care, sports, nutrition, third sector, educations, day care, management and politicians among others)

#### Confirmation and support of D2D know-how

- Know-how to the field about weight watching, nutrition and physical activity
- Functional operations models for everybody from idea-seminars
- PPP – education programme for weight management tutors, VLCD-education
- Training of psychologists to support PPP-weight management tutors
- Counselling for Data Collection and "treatment paths". 1945 persons in D2D Data Collecting.
- Local Educations for Nutrition and Weight Management
- Education of Physiotherapists and actor in Physical Activity
- Education of Catering Directresses (operations models, latest material)
- Peer Educations and Idea Seminars
- Professional Updating Education (lifestyle guidance, diabetic therapy)
- Intervention material: **How to Choose Wisely** –brochure, food pictures, material portfolios, teaching cds, **Toivo's tools** (Hunt for lost waistline – brochure, **D2D-HELP**-CD
- Physical Activity Prescription –project and it's material for D2D -project

#### Municipal officers and politicians

- Municipality Meetings and Situation Surveys run by doctor in charge (2003 and 2007)
- Regional Council of South Ostrobothnia, The Regional Strategic Programme and it's Implementation Plan, The Reform of the Municipal and Service Structure ([www.epliiitto.fi](http://www.epliiitto.fi)) - Health Promotion

#### Other partners of cooperation, third sector and communications

- Educational Institutes, Enterprises, Know-how Center, National and International introduction of FIN-D2D
- Project bulletin, **Tiarootus**, 7-8 issues per year, circulation about 1400

### EARLY DIAGNOSE AND TREATMENT STRATEGY

### POPULATION STRATEGY Prevention of obesity and coronary artery disease

#### Events and exhibitions

- Health Fair 9.4.2005
- "Farmer" 2006 Agricultural Fair
- Seinäjoki Education Fair 2007
- Garrison Events
- Local / Regional Events

#### Children-Youths-Parents

- **Healthy Kids** - material for junior grade, day care and health care
- **Kitchen Novice** –material for Domestic Science Teaching
- **Snacks for energy** -recipes
- **Heavy Johnny's** ranking-list for Well Being and Good Health
- Development of Catering in Schools and Day Care
- Youth Portals (internet)

#### Partners

- "Associations Together for Prevention" (Physical Activity Tutors and Housekeepers, lectures...)
- Food stores and manufacturers
- Pharmacies
- Development of Catering in Workplaces
- **Coffee & Catering** –recipes for meetings

#### Mass Media

- Risk Assessment available
- Articles in Local, Provincial, Professional Newspapers and magazines
- Radio and Television
- [www.epshp.fi/d2d](http://www.epshp.fi/d2d)

