



**NÃO à
diabetes!**
Desafio Gulbenkian

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**No to
Diabetes !
Gulbenkian Challenge**

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Topics

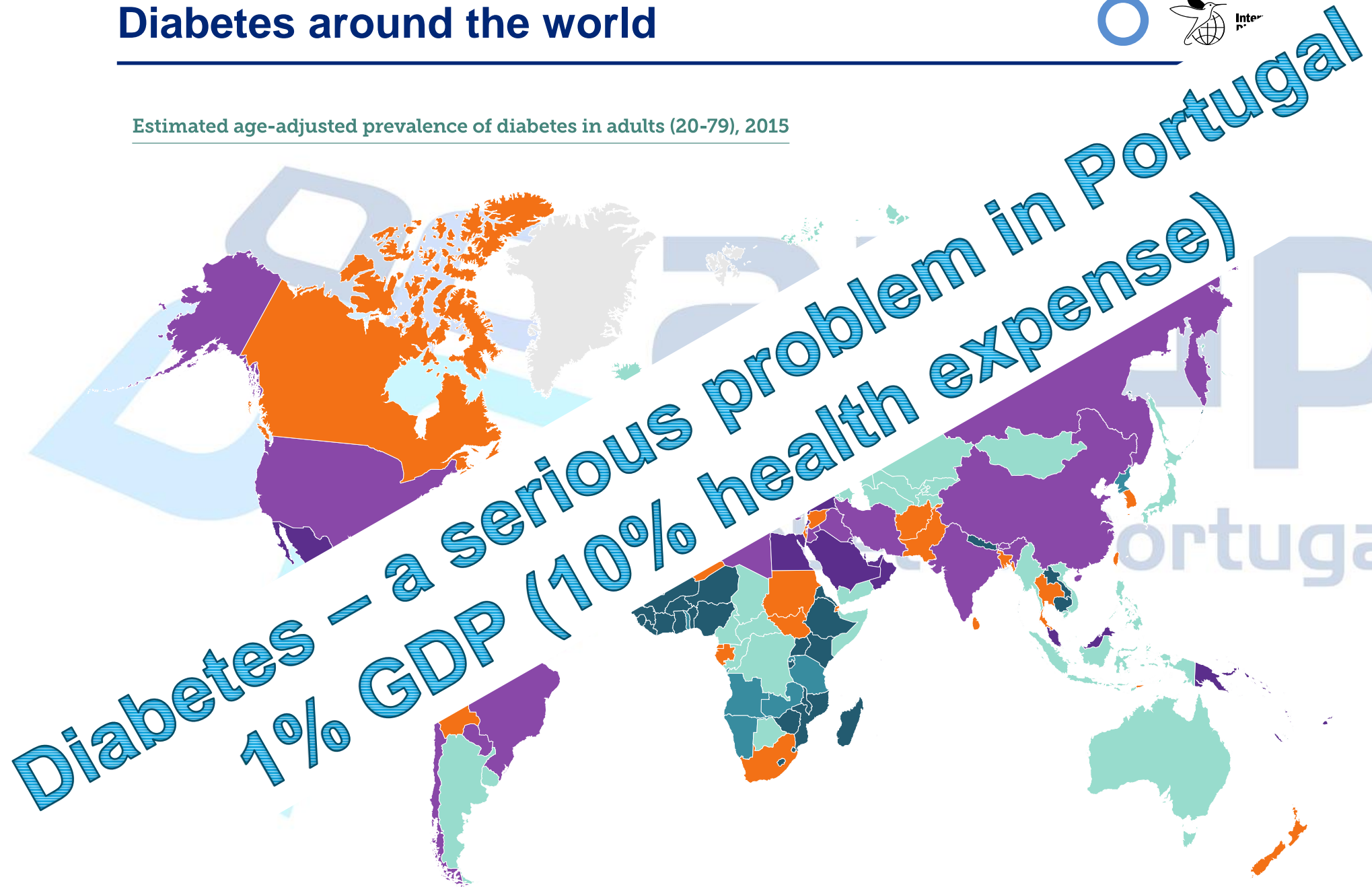
- **Background information**
- ***About our primary prevention initiative***
- ***Reflections***

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Diabetes around the world

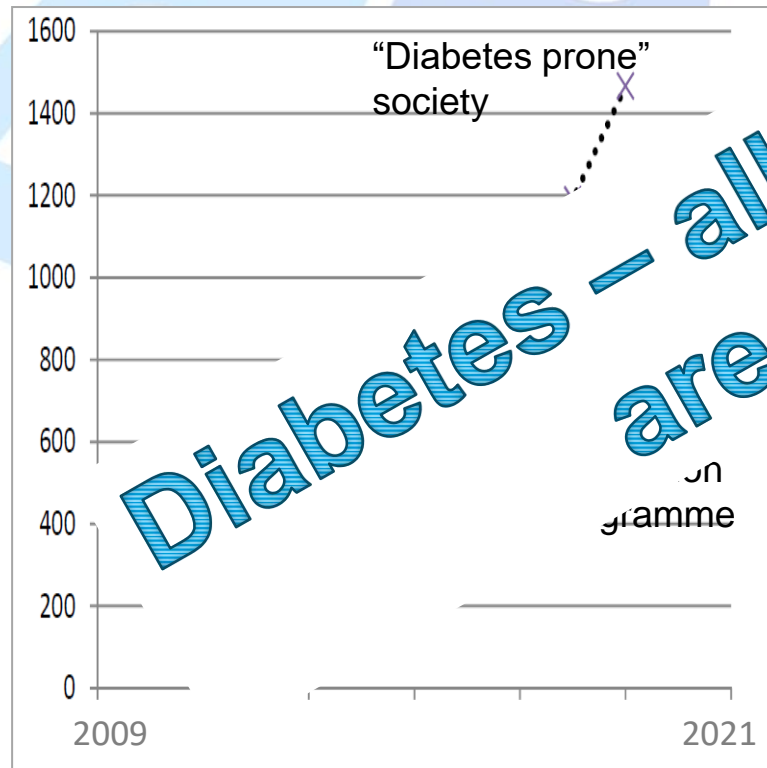


Estimated age-adjusted prevalence of diabetes in adults (20-79), 2015

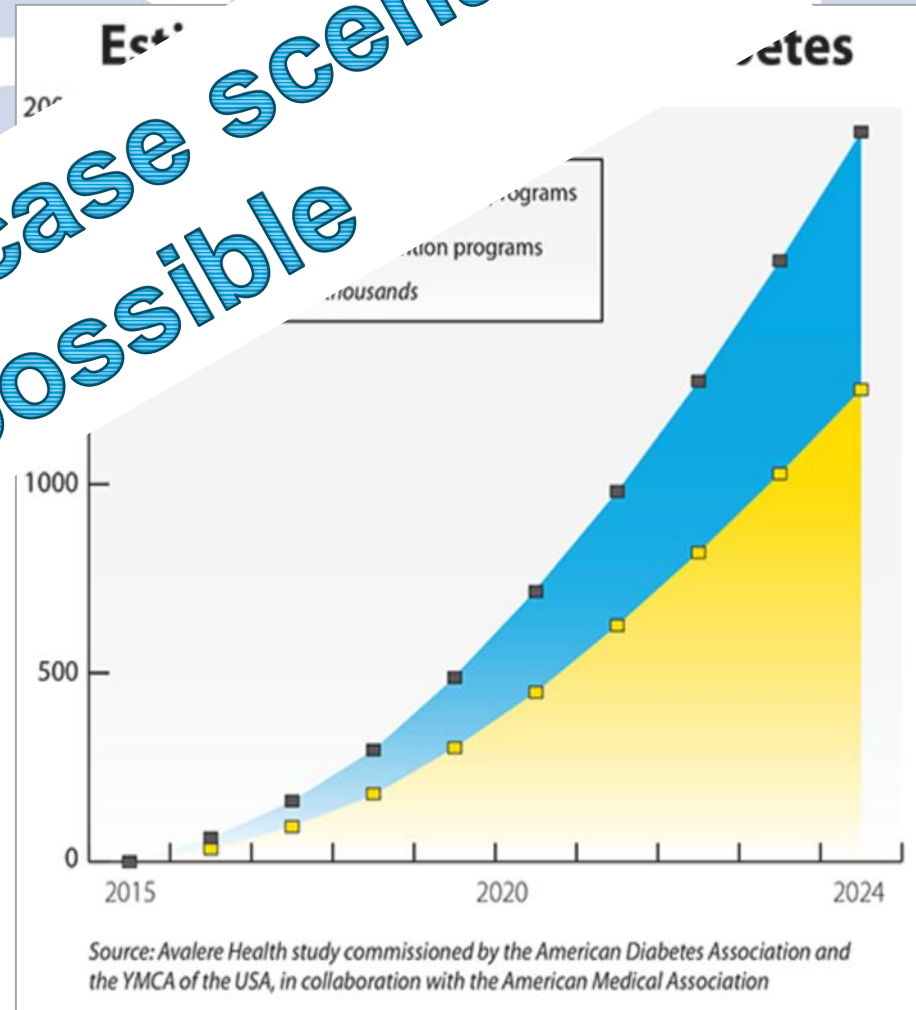


DIABETES PREVENTION

Expected diabetes incidence – Portugal 2009-2021



Diabetes – all case scenarios are possible



Source: Avalere Health study commissioned by the American Diabetes Association and the YMCA of the USA, in collaboration with the American Medical Association

Challenge Gulbenkian “No to Diabetes!”

Goals



The programme “No to Diabetes” is our response to a Public Health challenge:

The growing epidemic of diabetes in Portugal !

It aims to stop the growing incidence of diabetes and prevent 50.000 new cases of diabetes in a 5 year period.

Annual incidence – 800 people/100.000

Diabetes Portugal

Stakeholders



Challenge Gulbenkian “No to Diabetes!” Strategies

- Implementation of community based prevention interventions;
- Risk stratification of the target population;
- Programme “Gosto” (“Like it !”) – An educational programme for prevention of diabetes
 - Motivational tool to adopt healthy lifestyles, reduce the risk and prevent diabetes.

The programme “No to Diabetes!” has other goals, such as:



Better clinical outcomes



More initiatives in the community



More data for management/policies



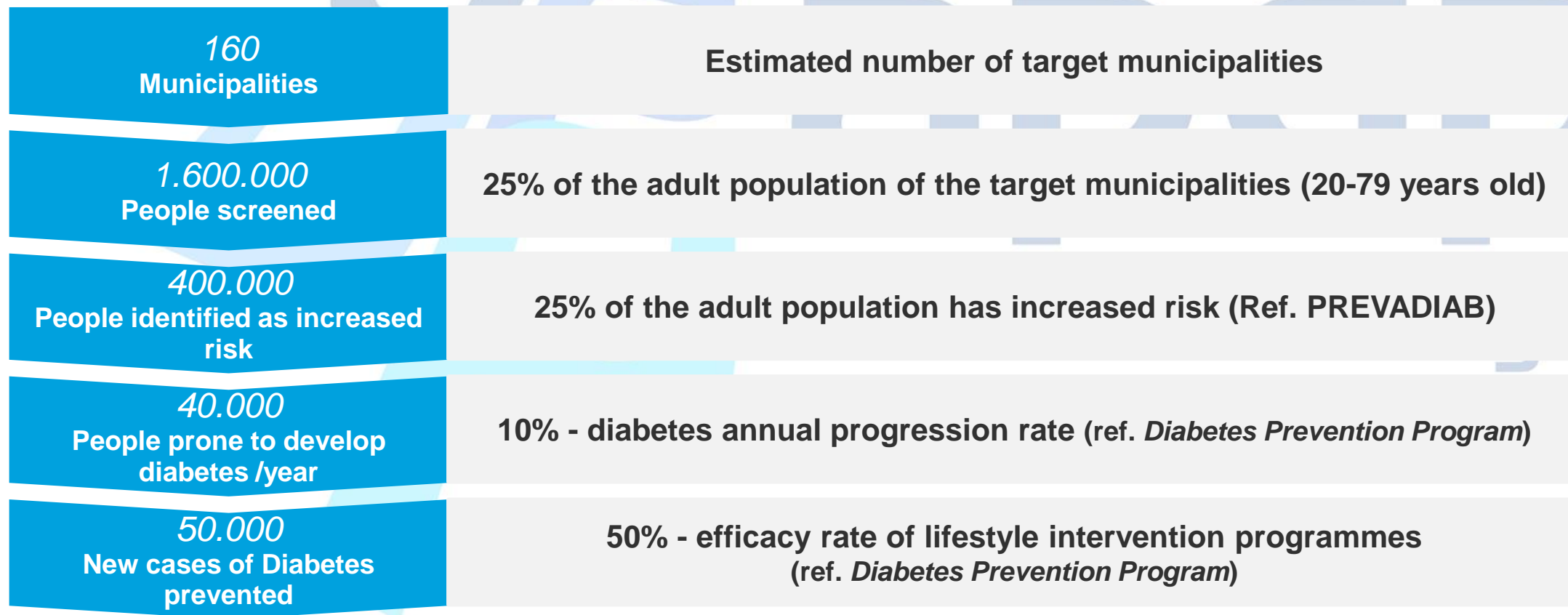
Better qualified HCP's

Stakeholders

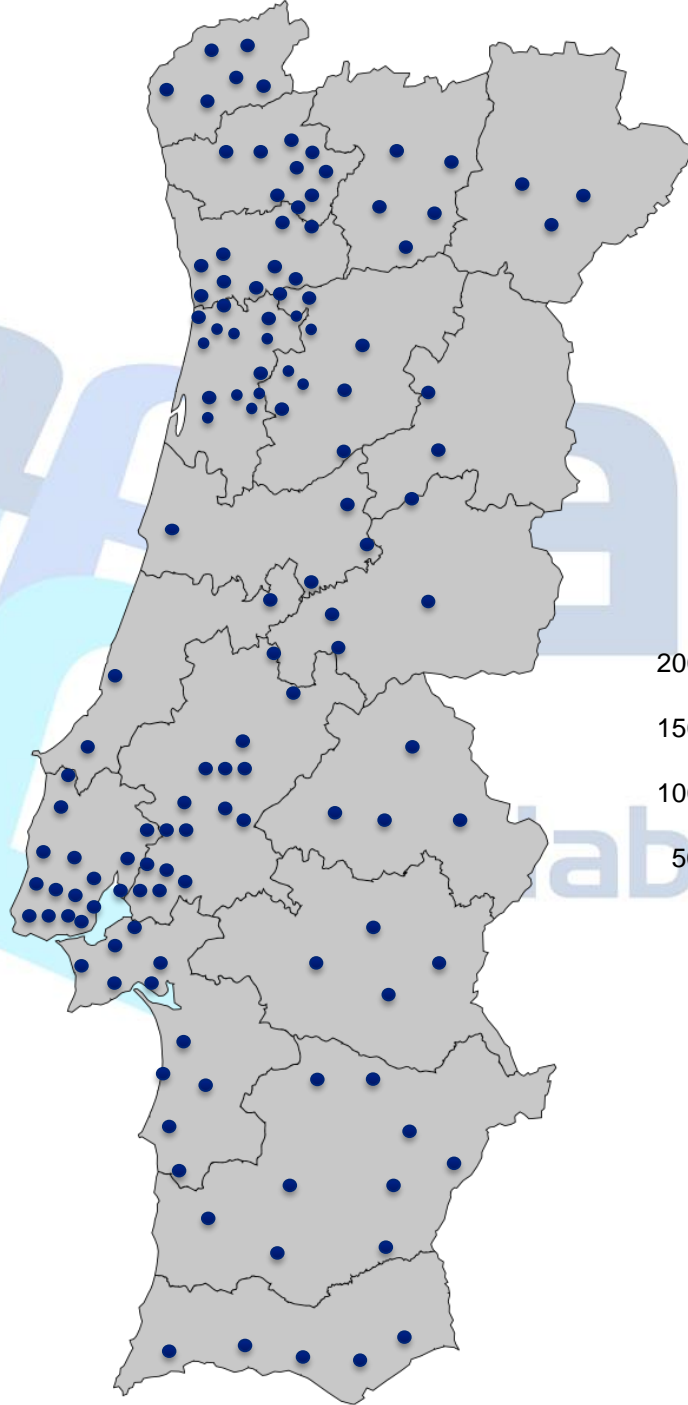


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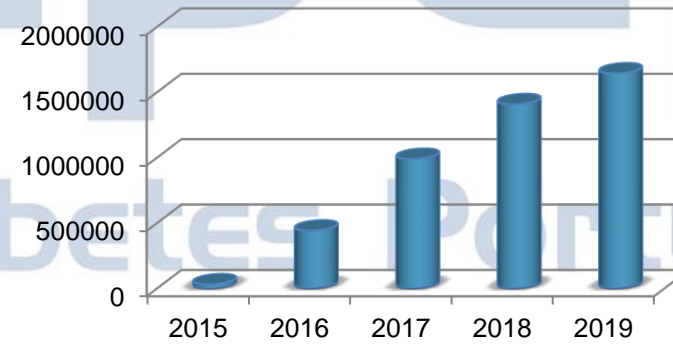
Specific targets for 5 years



2021








People screened



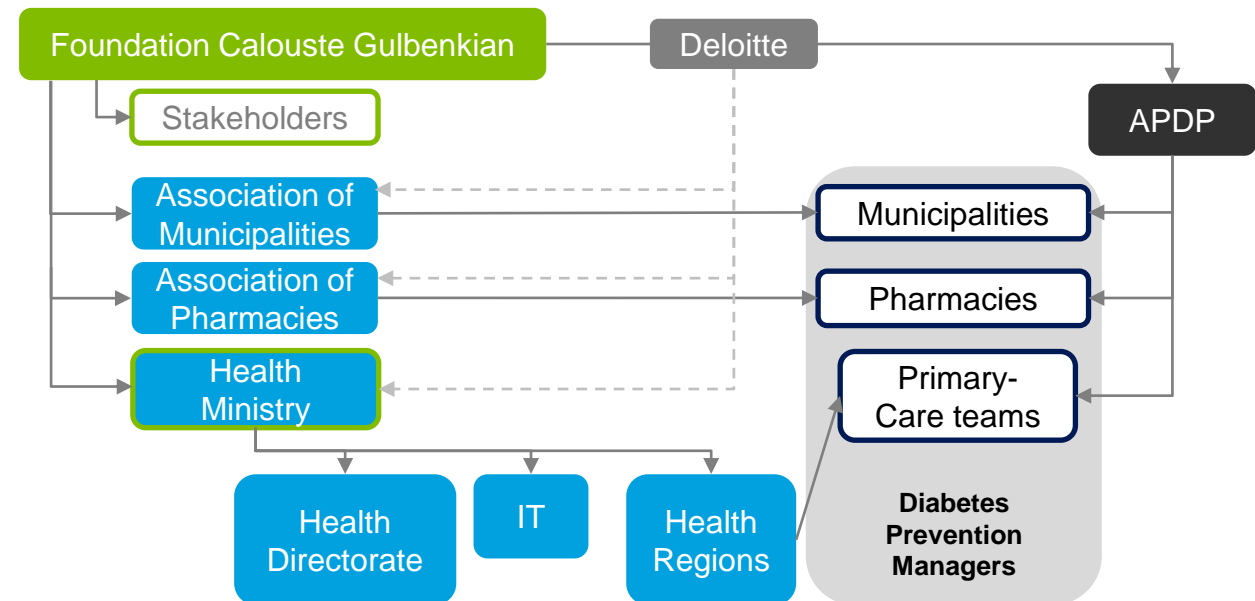
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Main stakeholders

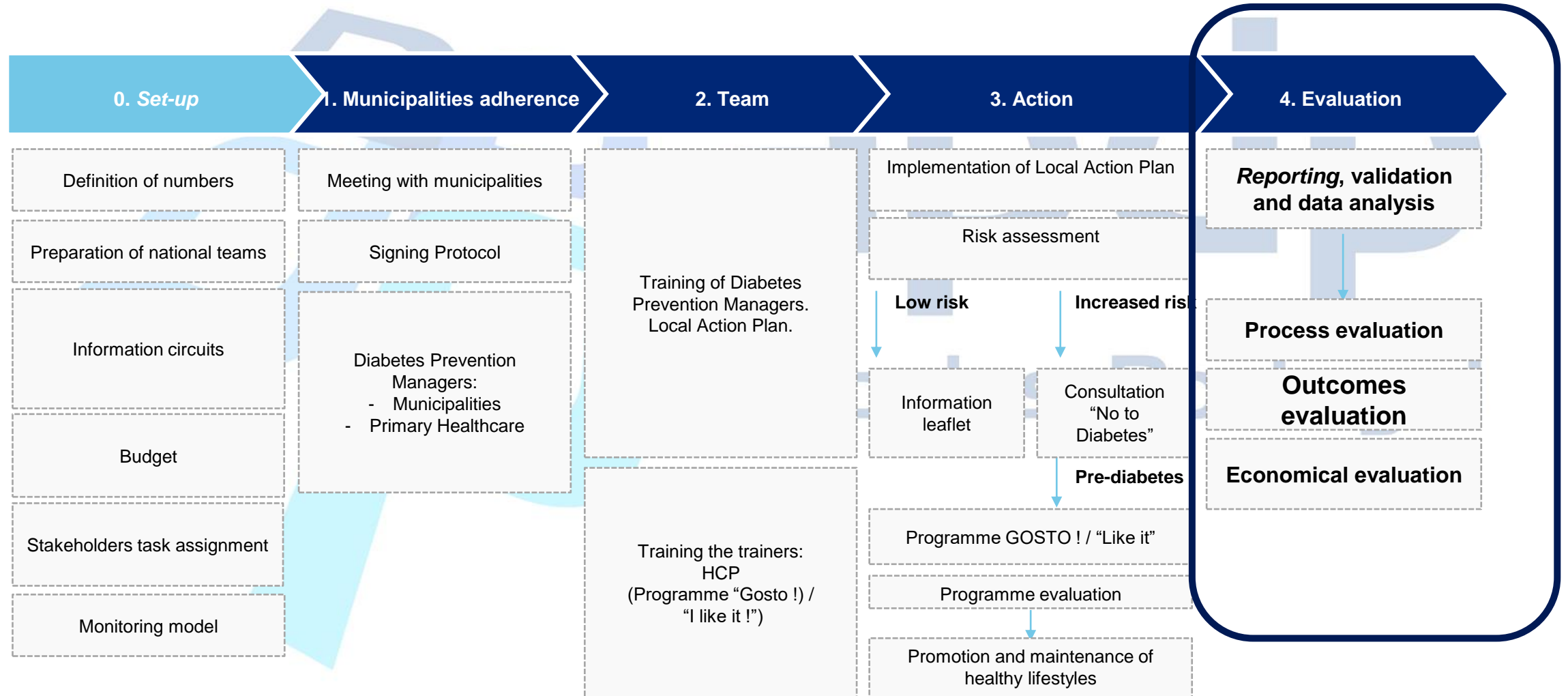
Task assignment

-  Promotion and financial support
-  Monitoring
-  Operational management
-  Facilitators
-  Local implementation

Governance Model

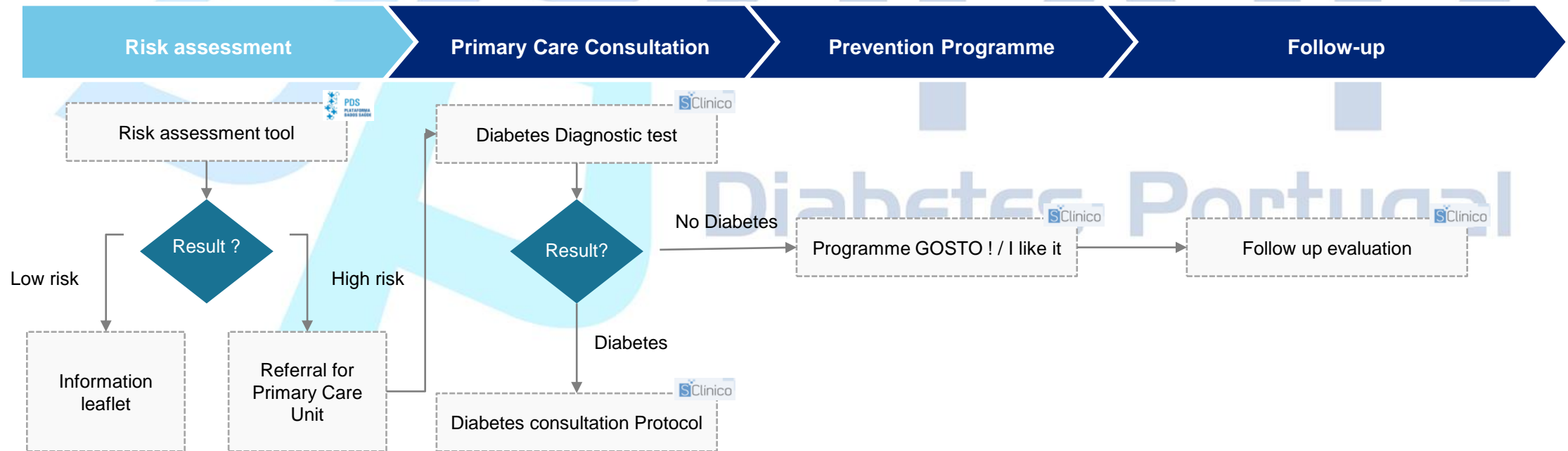


Challenge Gulbenkian “No to Diabetes!” Programme Chronogram



Challenge Gulbenkian “No to Diabetes!” Flowchart

Implementation of information flow processes with central (Health Ministry) IT platform and a unique Electronic Health Record.



*Risk assessment: Primary Care, Pharmacies, Municipalities, Community, Home, Companies / Industries.

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Unique characteristics



Training Programme GOSTO / Like it

Train the trainers
Programme GOSTO /Like it
(7 h f2f +
7 h eLearning)



Referral circuits

Identify people at high risk to develop diabetes and include them in a specific programme



Diagnostic Consultation / Test

Diagnostic consultation and adequate referral to Programme Gosto / Like it



Implementation Programme GOSTO / Like it

Implement Programme GOSTO / Like it (8 * 2h group sessions in a year)



Monitoring

Central Electronic Registries
Individual + Population
Analysis

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Training “Diabetes Prevention Managers”

Target : Municipalities and HCP



Objectives

- **Basic knowledge on diabetes**
- **Develop initiatives and projects:**
 - **Healthy lifestyle**
 - **Primary Prevention on Diabetes (Community)**



Methods

Target: Teams at municipalities and Health Care Units acting at community level:

7 e-Learning sessions : 12 h;

**2 f2f sessions : 2+ 5h
Before and after e-learning**



Programme

- 1st Session (f2f): Project and team presentation
- 1st module: Diabetes
- 2nd module: Diabetes Prevention
- 3rd module: Inducing Change / Lifestyle
- 4th module: Nutritional intervention in Diabetes Prevention
- 5th module: Physical Activity Intervention in Diabetes Prevention
- 6th module: Group education
- 7th module: Planning intervention programmes in the community
- 2nd Session (f2f): Strategical Plans



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Training the trainers



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Like it !



Target: HCP's



Objectives

Acquisition of basic skills on implementing the Programme Gosto ! / Like it !
A Lifestyle change programme



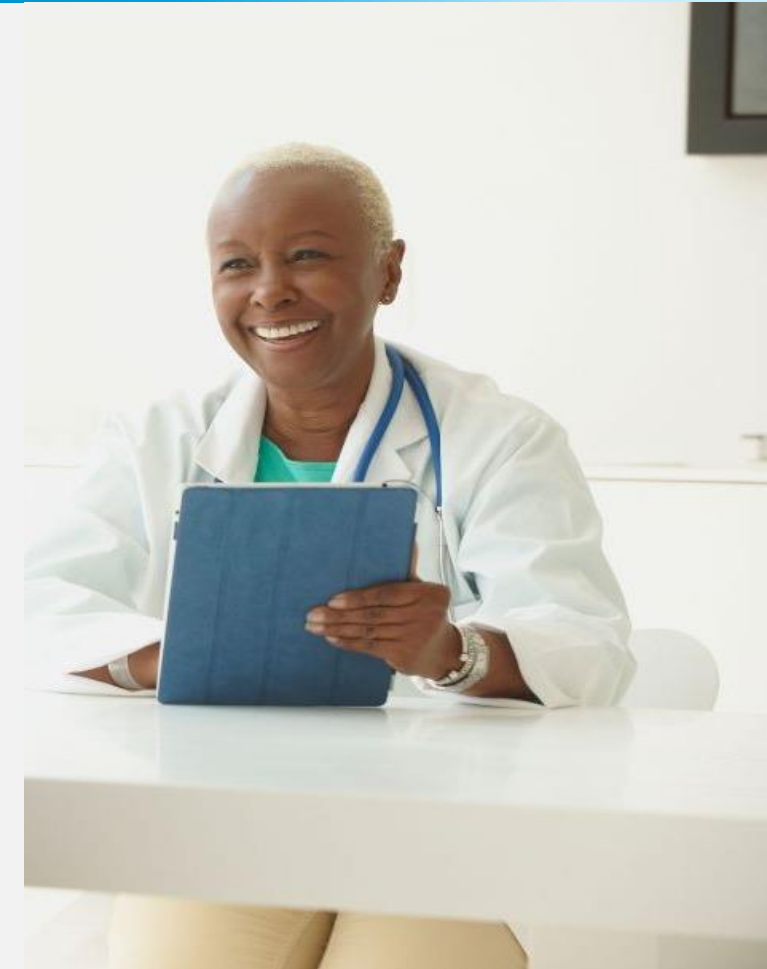
Methods

- **target:** 10 – 25 HCP's from Primary Care Centres
- **6 e-Learning modules:** 7 h;
- **1 session (f2f):** 7 h
- **After e-Learning**



Programme

- **1st module: Context**
- **2nd module: You need motivation to change**
- **3rd module: Action Plan**
- **4th module: maintenance and dealing with barriers**
- **5th module: Working with groups**
- **6th module: Implementing the programme**
- **Session (f2f): Motivation, Physical activity, Nutrition, maintenance**



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Programme GOSTO

Like it !

 GOSTO!

Target: End-users



Objectives

Acquire basic knowledge and skills as to enable them to manage and improve their lifestyle
Reduce the risk of developing diabetes (prevent diabetes)



Methods

- **target:** 5 – 10 people/session
- **8 sessions (f2f): 12 months**
- **Equipment :**
 - Room
 - PC and projector
 - *Flipchart* + pens



Programme

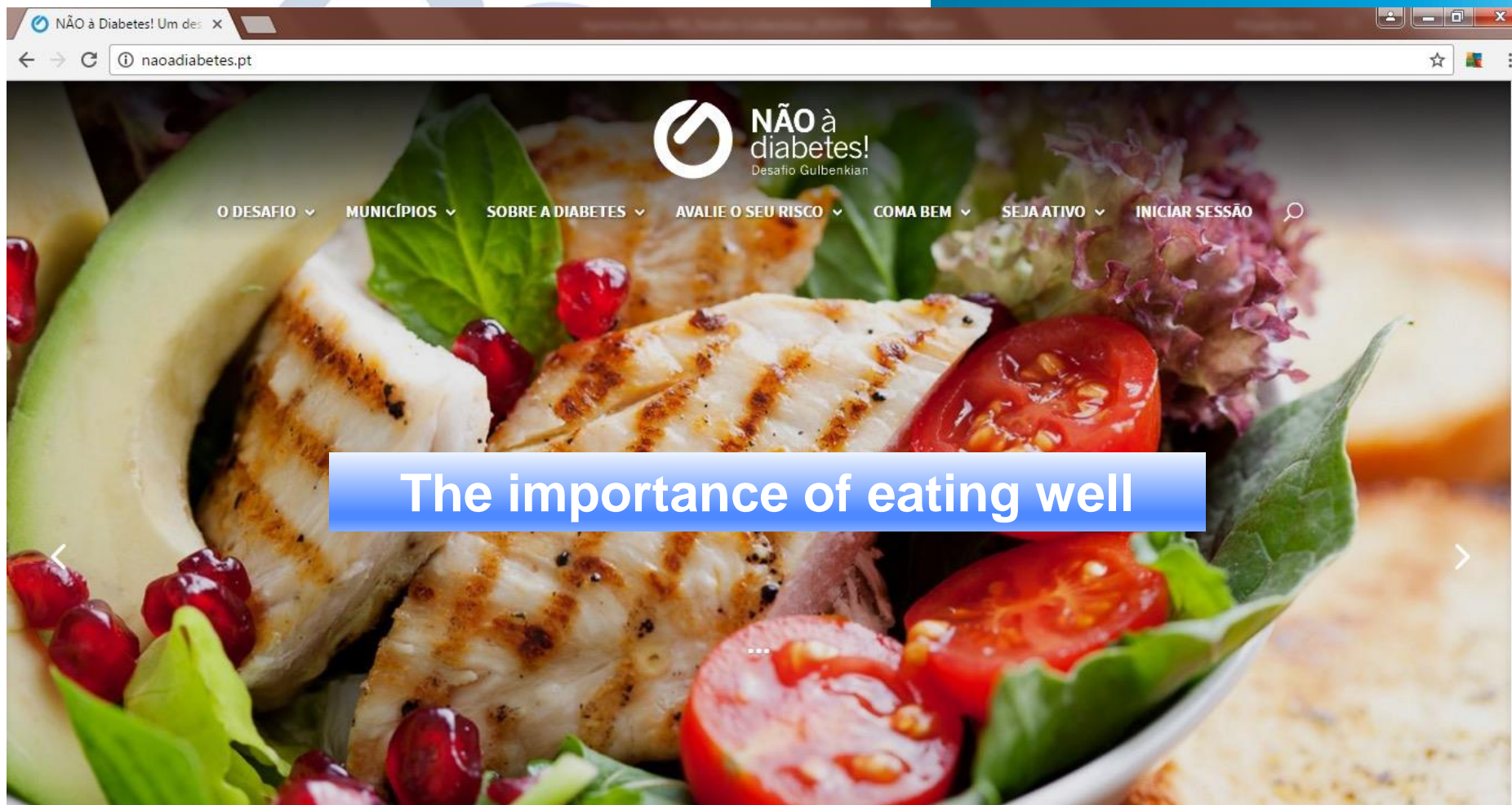
- **1st session:** Discuss motivation
- **2nd session:** Action Plan for physical activity
- **3rd session:** Nutrition Action Plan
- **4th, 5th and 6th session:** Maintain motivation + facing barriers
- **7th session:** Assessing progress
- **8th session:** Final assessment



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A web site

www.naoadiabetes.pt



Challenge Gulbenkian “No to Diabetes!”

A communication campaign



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Campaign

**It never
“happens only to others”**



**Diabetes is a silent disease
Assess your risk and say “no to diabetes”**



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Challenge Gulbenkian “No to Diabetes!”

A communication campaign

Campaign

**It's never
“only 5 minutes”**



**Small changes, large differences
Increase your physical activity and say no to diabetes**

Challenge Gulbenkian “No to Diabetes!” Training

Programme Like it ! GOSTO!



Challenge Gulbenkian “No to Diabetes!” Implementing

Local activities examples



Situational analysis

- **Easy**
 - Apply the screening tool in Primary Care (1.3 M people)
 - Municipalities involvement (the "election effect")
- **Moderate**
 - Diabetes Prevention Managers - implementing local plans (community involvement)
- **Difficult**
 - Resources at Primary Care for the lifestyle intervention
 - Integrating IT
 - Health Ministry structure

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Thank you !!

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