



**29TH INTERNATIONAL CONFERENCE ON HEALTH PROMOTING HOSPITALS
AND HEALTH SERVICES
WIEN, SEPTEMBER 20-22, 2023**



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Health Promoting Hospitals
& Health Services

Diabetes Info-point: an easy access to Community- based Health Care Service.

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“Health promotion is the process of enabling people to increase control over, and to improve their health.”
Health Promotion Glossary, WHO 1998



Adapted from: Dahlgren G, Whitehead M.
*Tackling inequalities in health: what can
we learn from what has been tried?*
London, King's Fund, 1993.

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To provide an easy, equal and sustainable access to Health Care services we need to improve:

- Health literacy**
- Information**
- Community-based Health facilities**

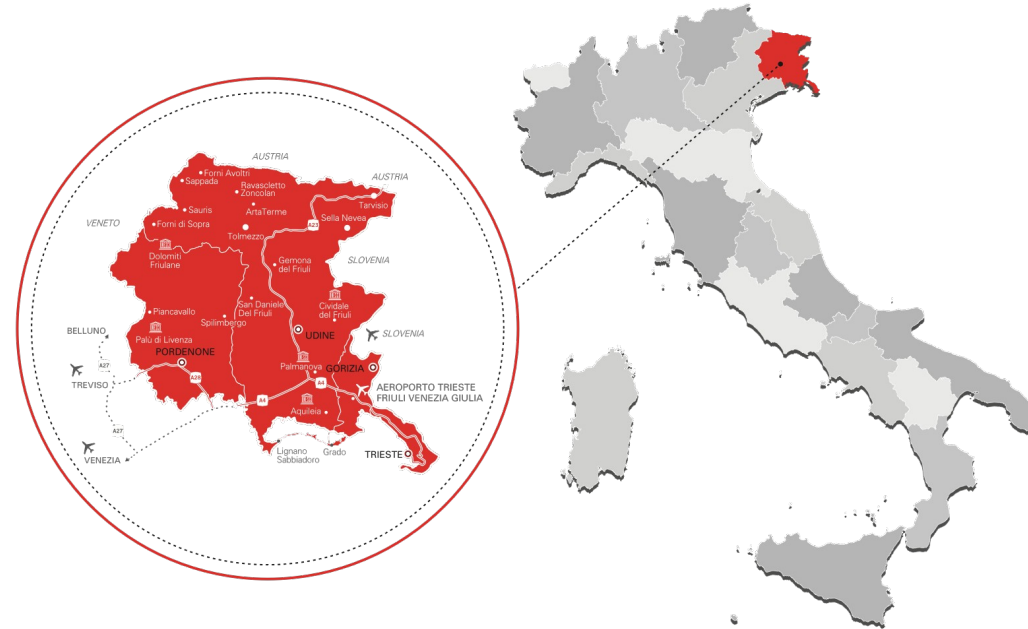
to let people aware of the importance of chronic diseases and how to prevent them



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In Friuli Venezia Giulia, the 2021-2025
Health Prevention Program is aimed
to stress the efforts by the health
sector to work collaboratively with
other sectors of society to achieve
improved health outcomes.



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Type 2 diabetes mellitus accounts for 90–95 % of all diabetes cases. According to International Diabetes Foundation, by 2040, the worldwide number of adults with diabetes is projected to increase to 642 million, and countries in the developing economies contribute disproportionately to the escalating global diabetes burden. Among the different interventions of proven efficacy in preventing diabetes, beside good glycemic control, lifestyle modification is the most appealing because of its high efficacy, reduced costs and beneficial effects in various ethnic groups.



Diabetes Info-point: a Community-based Health Care Service

- “Bassa Friulana Diabetic Family Association ODV”;
- Diabetic professional Team (diabetologist, diabetic nurse, dietician, psychologist, physical trainer);
- General practitioners;
- District nurses;
- Municipal Social Services;
- Outpatient Diabetic Clinic;
- Volunteers.



Diabetes Info-point: a Community-based Health Care Service

- In the South part of Friuli Venezia Giulia, 32 Municipalities, 120.000 inhabitants, are asked to provide in every Municipality a free room adequately equipped and accessible to disabled person;
- Recruit and train volunteers from the “Bassa Friulana Diabetic Family Association ODV” to be engaged 4-6 hours/week on diabetic counselling for diabetic citizens, family members and caregivers, directly in the area of residence;
- Guarantee assistance, support and information regarding diabetes and related diseases



Diabetes Info-point: a Community-based Health Care Service

Objectives:

- allow citizens to be able to directly, simply and continuously benefit from a **FREE HEALTH INFORMATION SERVICE** within their municipality of residence;
- reduce the risk to develop Diabetes Mellitus in predisposed patients;
- reduced the risk in a diabetic patient, to develop serious, even disabling complications related to Diabetes over the years.



Diabetes Info-point: a Community-based Health Care Service

Diabetic and related diseases **screening**:

- weight, height, BMI
- blood pressure measurement
- blood glucose test
- blood cholesterol test
- peripheral oxygen saturation
- smoking attitude



Diabetes Info-point: a Community-based Health Care Service

Diabetic and related diseases **counselling**:

- weight control
- low carbohydrate and low-calorie diet
- physical activity
- quit smoking advice

- referral to Family Doctor
- referral to Outpatient Diabetic Clinic



Diabetes Info-point: a Community-based Health Care Service

The effective translation of diabetes prevention across global communities requires engagement and coordination at multiple levels within health-care services, civic society, government agencies.

The establishment of Community Diabetes Prevention Centers, to serve as hub for harmonizing the planning, delivery, and evaluation of lifestyle intervention activities, would be an efficient approach to global diabetes prevention.



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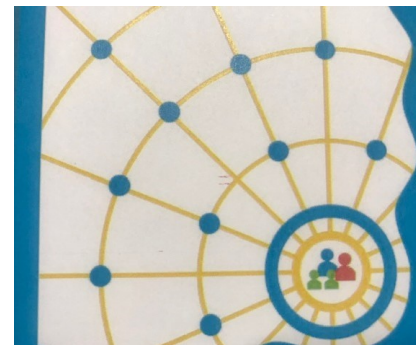


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Thank you for your attention!



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