



## European Health Forum Award: Award for exemplary health initiatives

- **Almost 30 submissions from across the European Union**
- **EHFG board has selected six finalists**
- **International panel of experts to choose the first winner at the EHFG**

The “European Health Forum Award” has been inaugurated to commemorate the tenth anniversary of the European Health Forum Gastein. This new accolade will distinguish health policy initiatives in Europe that contribute to tackling key challenges faced by public health services. The European Health Forum Award will be awarded annually in future. The prize is sponsored by the Austrian Ministry of Health Family and Youth, Siemens Medical Solutions, Pfizer Germany, the Austrian Federal Chamber of Commerce and Pharmig (the Austrian trade association of the pharmaceutical industry).

Although only initiated a few months ago, numerous remarkable projects were submitted for the European Health Forum Award. Almost 30 submissions were received. The EHFG board selected a shortlist of six finalists in August, one of whom will be presented with the European Health Forum Award. The prize will be awarded by a panel of experts, made up of leading health experts from across Europe (including former British health minister John Bowis and Andrzej Rys, Director of Public Health at the European Commission's DG SANCO).

The six shortlisted projects are:

- **”Medication Safety Belt”**: Assisting patients in the correct use of medication (Austria Germany)
- **European Alliance Against Depression**: A networked initiative for the timely treatment of depression (17 countries)
- **FINDRISC**: Screening system to identify those at risk of developing type 2 diabetes (16 EU member states)
- **Cross Border Healthcare in the Euregio Meuse-Rhine**: Trilateral network to improve the cross-border provision of healthcare in the border region (Germany, Belgium, Netherlands)
- **Quality Assurance in Breast Cancer Screening and Diagnosis**: A network of pilot projects to develop best practice recommendations and guidelines for the early diagnosis and prevention of breast cancer (19 European countries)
- **Smokefree Class Competition**: Pan-European prevention programme for adolescents based on social learning and group dynamics (19 European countries)

The European Health Forum Award will be presented at the EHFG ceremony on Friday, October 5<sup>th</sup>.

AHFG board member Heinrich Neisser stresses the scientific orientation of the prize: “We placed great emphasis on comprehensive reviews and analyses of the results of each project.



Only initiatives with a solid scientific founding and supported by empirical evidence were considered for the European Health Forum Award. The European Health Forum Award is not bestowed for good intentions, but for health policy measures that have resulted in long-term benefits.”

“The importance of such innovations and initiatives for the quality of health services is notoriously underestimated”, Neisser continues. “Advancements in traditional medical science are obviously of great importance, but the optimisation of organisational structures, better information on patients and motivating the general population to adopt a healthier lifestyle can, in reality, result in far more benefits and, above all, for far more people.”

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## European Health Forum Award finalists

### **”Medication Safety Belt”:**

Almost half of all patients do not take prescribed medicines correctly or cease treatment early due to a lack of knowledge or insecurity regarding the correct usage. The “Medication Safety Belt” project stores information on patients and provides doctors and pharmacists with relevant information on a patient's medications. The core elements of the project are a central medication database and patient management software. The project succeeded in reducing double medications by 40 percent and the percentage of chronically ill patients that did not take their medication by a quarter.

*Countries: Germany, Austria*

### **European Alliance Against Depression:**

Around twelve percent of Europeans suffer from major depression at least once in their life; a large proportion of the 58,000 annual suicides in the EU are a result of depression. Using a four-tier approach ((intervening with primary care physicians; initiating a media campaign; special training for key groups such as teachers, clergy, police, pharmacists etc.; initiating self-help groups and emergency cards for those who have attempted suicide) resulted in a significant reduction in suicidal acts in a target region.

*Countries: Austria, Belgium, Estonia, Finland, France, Germany, Hungary, Iceland, Ireland, Italy, Luxembourg, Netherlands, Portugal, Slovenia, Spain, Switzerland, United Kingdom*

### **Prediction and lifestyle prevention of type 2 diabetes FINDRISC project:**

The “Finnish Diabetes Risk Score” (FINDRISC) is one of the most promising attempts in the fight against what is probably the “most expensive” widespread diseases in the EU: type 2 diabetes. FINDRISC was employed successfully in the DE-PLAN subproject to determine the risk of type 2 diabetes. A second subproject, IMAGE, included drawing up guidelines for the prevention of type 2 diabetes. For the first time, scientific evidence has demonstrated that the risk of type 2 diabetes can be reduced by more than 50 percent.

*Countries: Germany, Austria, Bulgaria, Estonia, Finland, France, Germany, Greece, Italy, Latvia, Lithuania, Norway, Poland, Serbia, Spain, Netherlands, United Kingdom*

### **Cross Border Healthcare in the Euregio Meuse-Rhine (EMR):**

A significant portion of the EU population lives in border regions – no wonder with 27 member states. Until now, citizens had only limited access to healthcare institutions and services on the other side of the border, even if these are easier to access. A pilot project in the densely populated Euregio Meuse-Rhine involving Belgian, German and Dutch insurances and hospitals has played a major role in improving patients' access to doctors across national borders, reducing waiting lists by using free capacity abroad and guaranteeing an integrated cross-border care chain. The project is a reference project for numerous other border regions in the EU.

*Countries: Belgium, Germany, Netherlands*



### **Quality Assurance in Breast Cancer Screening and Diagnosis:**

With 330,000 cases per year, breast cancer is the most common type of cancer amongst women in Europe. Screenings facilitating early diagnosis are available almost everywhere and are generally popular, however the success of the screening methods varies. Setting out a series of European guidelines for quality assurance in breast cancer screening and diagnosis allows international experience to be exchanged, and 19 countries have already implemented similar national programmes. Furthermore, a series of effective best practice recommendations have been drawn up based on an analysis of the results.

*Countries: Belgium, Czech Republic, Cyprus, Estonia, Finland, France, Germany, Hungary, Iceland, Italy, Ireland, Lithuania, Luxembourg, Netherlands, Norway, Portugal, Spain, Sweden, United Kingdom*

### **Smokefree Class Competition:**

Whether adolescents smoke has a decisive impact on whether they will smoke in adulthood or not. The Europe-wide school competition “Smoke-free class” primarily employs methods of social learning to create a situation where smoking is no longer perceived as “normal”. It has since been proven that significantly less teenagers became smokers in classes participating in the competition. The project has therefore been included in many national anti-smoking campaigns.

*Countries: Belgium, Estonia, Finland, France, Germany, Greece, Italy, Iceland, Latvia, Lithuania, Luxembourg, Netherlands, Poland, Portugal, Romania, Slovakia, Spain, Switzerland, United Kingdom*

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