



Inquérito Nacional de Saúde com
Exame Físico 2013-2016

Health Planning in Portugal

Programme Public Health Initiatives
Bilateral Relations Meeting

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Departamento de Epidemiologia

1. Portuguese Health System: very brief presentation
2. Health planning:
 - National level
 - Regional level
 - Local level
3. Current and future challenges

Portuguese Health System: very brief presentation

Portuguese Health System: very brief presentation

Cabo da Roca, Portugal

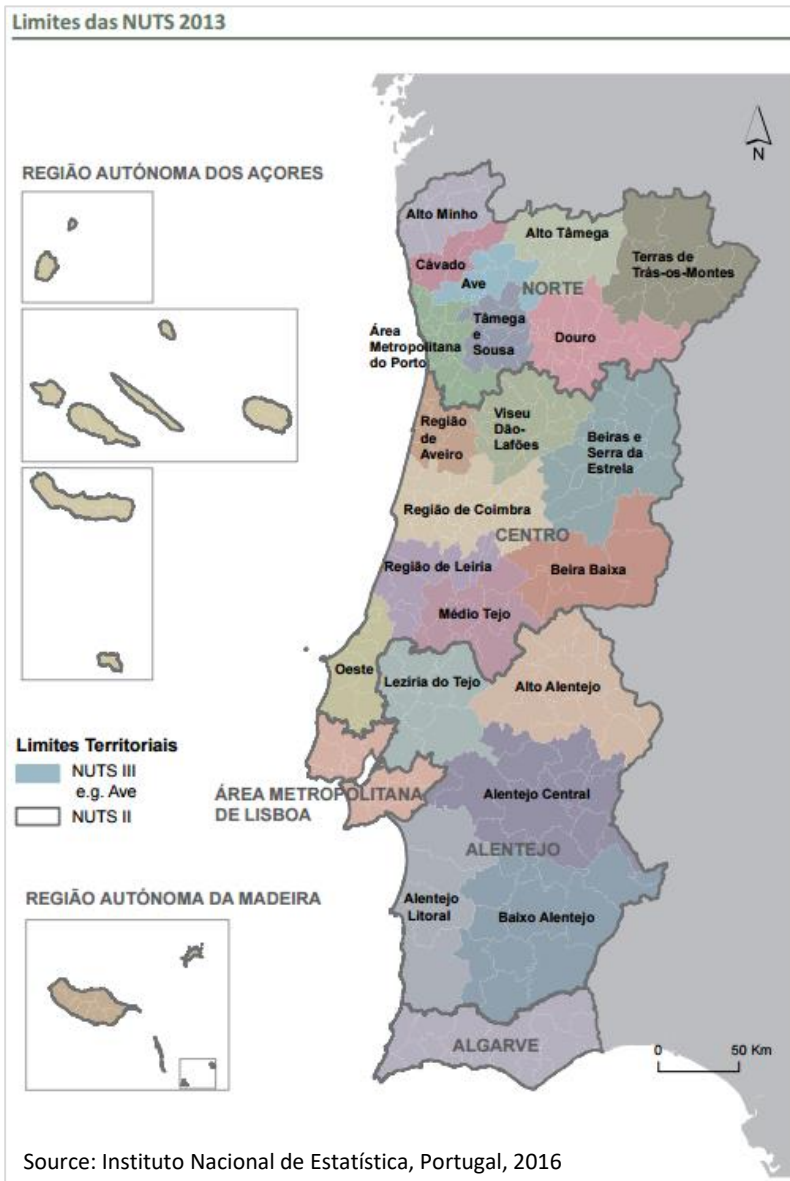


Area: 92 225 km²

Resident population: 10 309 573

Source: Instituto Nacional de Estatística, Portugal, 2016



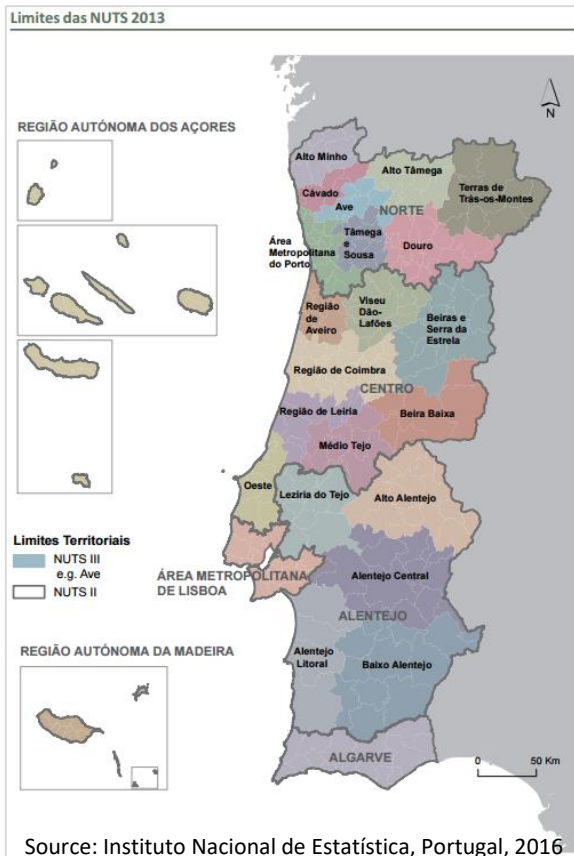


Continental territory: 5 Administrative Regions

- Norte
- Centro
- Lisbon Metropolitan Region
- Alentejo
- Algarve

Insular territory: 2 Autonomous Regions

- Madeira
- Açores



Source: Portal da Saúde, 2017



1946 - **First social security law** in Portugal:

- Employed population and their dependents were covered;
- Through social security and sickness funds;
- Financed by compulsory contributions from both employees and employers.

1974 - Beginning of a **process of health services restructuring**

1979 – **National Health System (NHS)**

- Universal tax-financed system.

Source: Simões J, Augusto GF, Fronteira I, Hernández-Quevedo C. Portugal: Health system review. Health Systems in Transition, 2017; 19(2):1–184.



2017 - Portuguese health system:

- The **universal NHS**;
- Special health insurance schemes for particular professions or sectors - **health subsystems**;
- **Private voluntary health insurance (VHI)**.

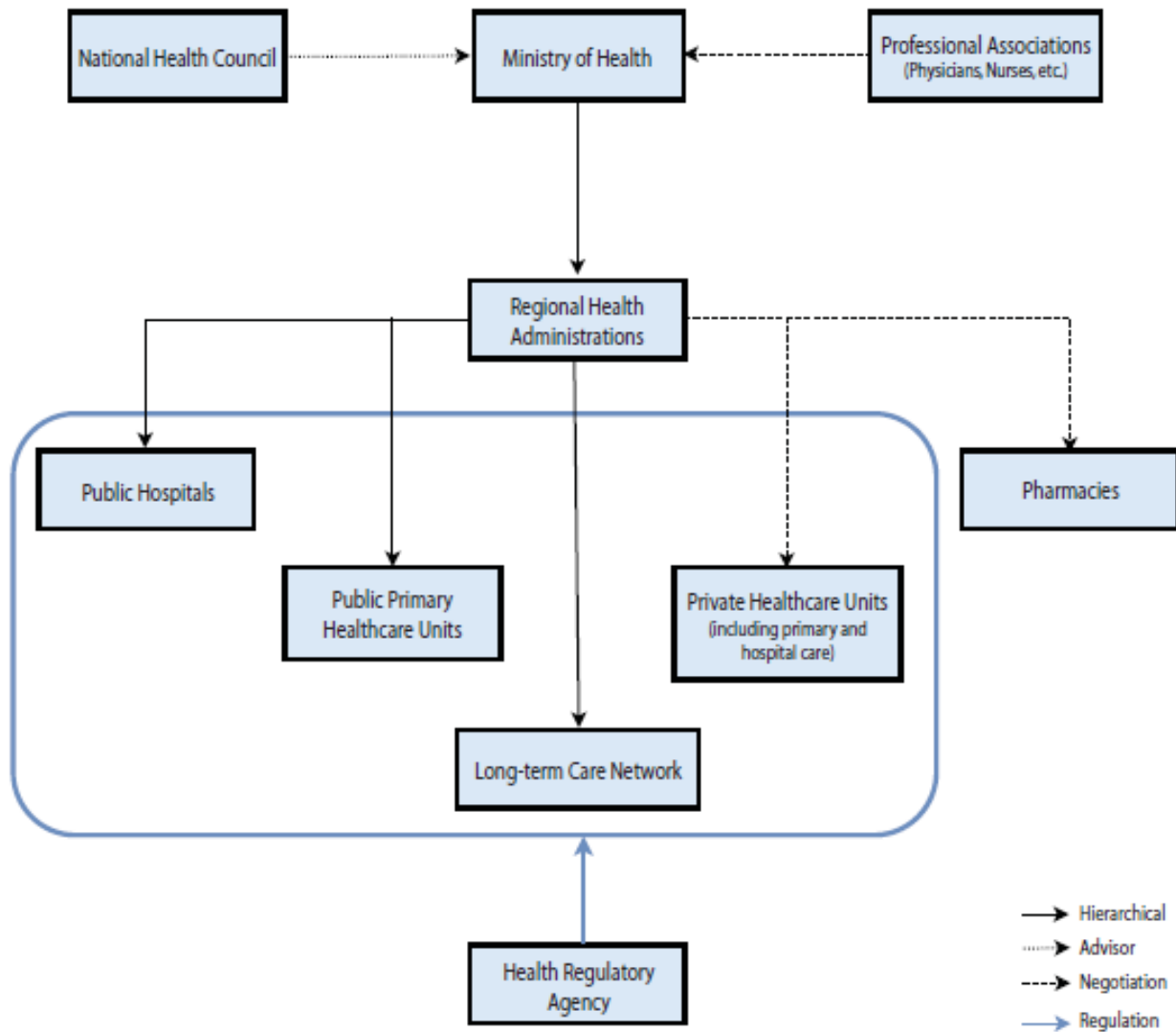
Health services:

- **Public health services (NHS)**
- **Private health services**

Source: Simões J, Augusto GF, Fronteira I, Hernández-Quevedo C. Portugal: Health system review. Health Systems in Transition, 2017; 19(2):1–184.



Overview chart of the health system

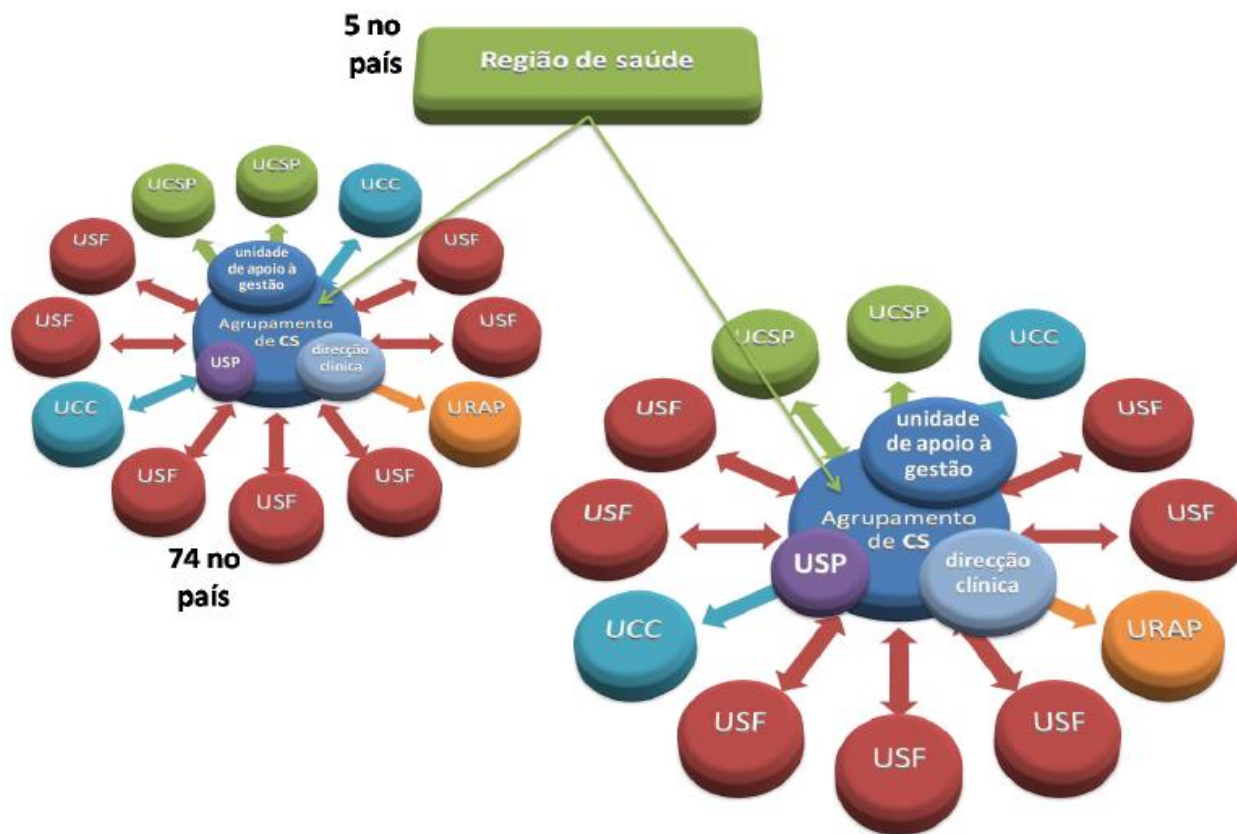


Source: Authors' own compilation.

Note: The Health Regulatory Agency does not include pharmacies, which is reflected in the figure, placed outside the blue box.

National Health Service:

- **Primary Health Care: Primary Healthcare Centre Groups** (since 2008)



Source: Relatório do Grupo Consultivo da Reforma para os Cuidados de Saúde Primários, 2009

Ministry of Health: Planning and regulation

Regional Health Administrations: **Management of the NHS** (Health administration board)

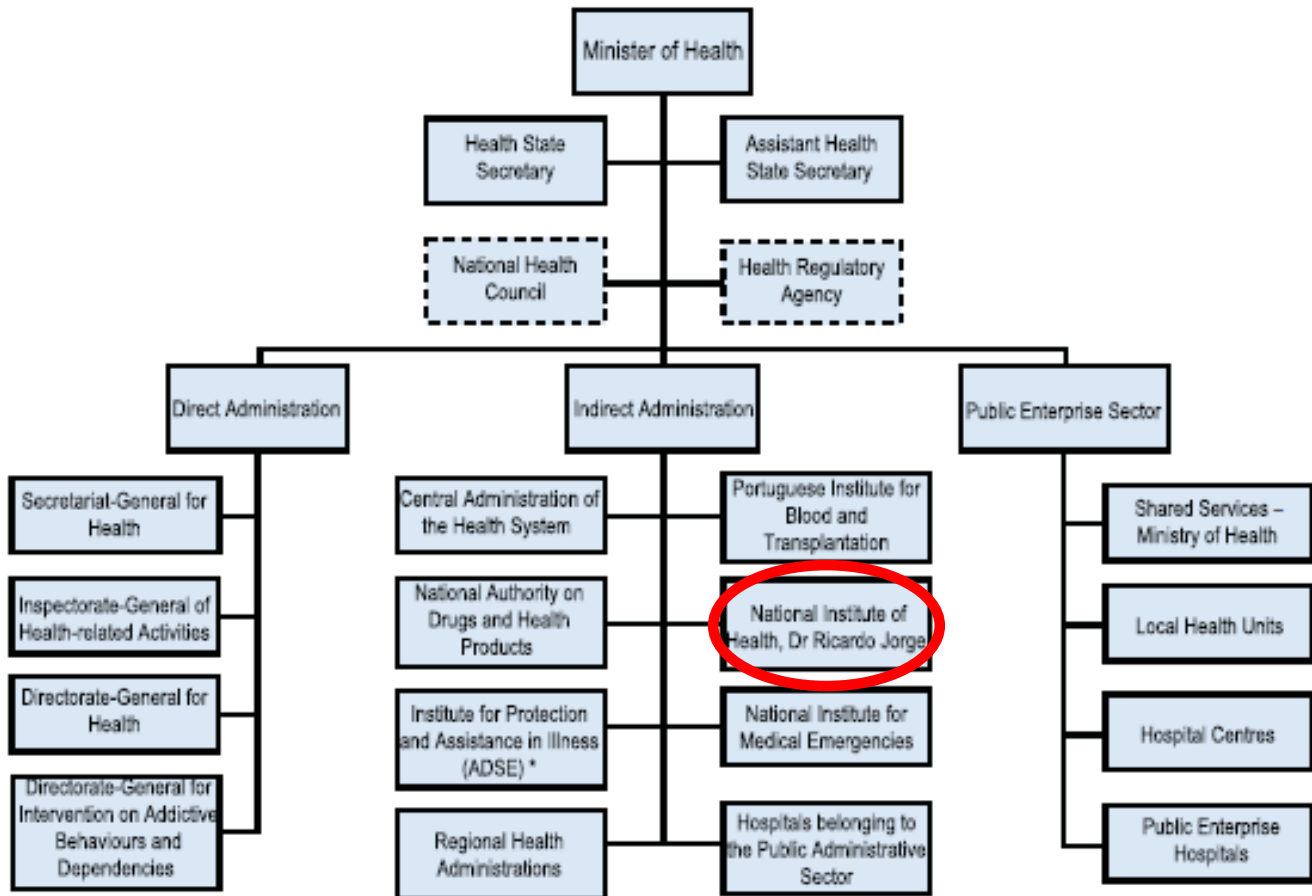


- Strategic management of population health,
- Supervision of hospitals,
- Management of the NHS primary care centres,
- Implementation of national health policy objectives;
- Contract services with hospitals and private sector providers for NHS patients;
- Financial responsibilities: limited to primary care (Hospital budgets are defined and allocated centrally).

Source: Simões J, Augusto GF, Fronteira I, Hernández-Quevedo C. Portugal: Health system review. Health Systems in Transition, 2017; 19(2):1–184.



Organizational chart of the Portuguese Ministry of Health



Source: Authors, based on SNS, 2016.

Notes: Dotted lines represent some degree of independence from the Ministry of Health; *ADSE is under the indirect administration of both the Ministry of Health and the Ministry of Finance.

Health planning

Population-based Planning: planning based in the health needs of a specific population

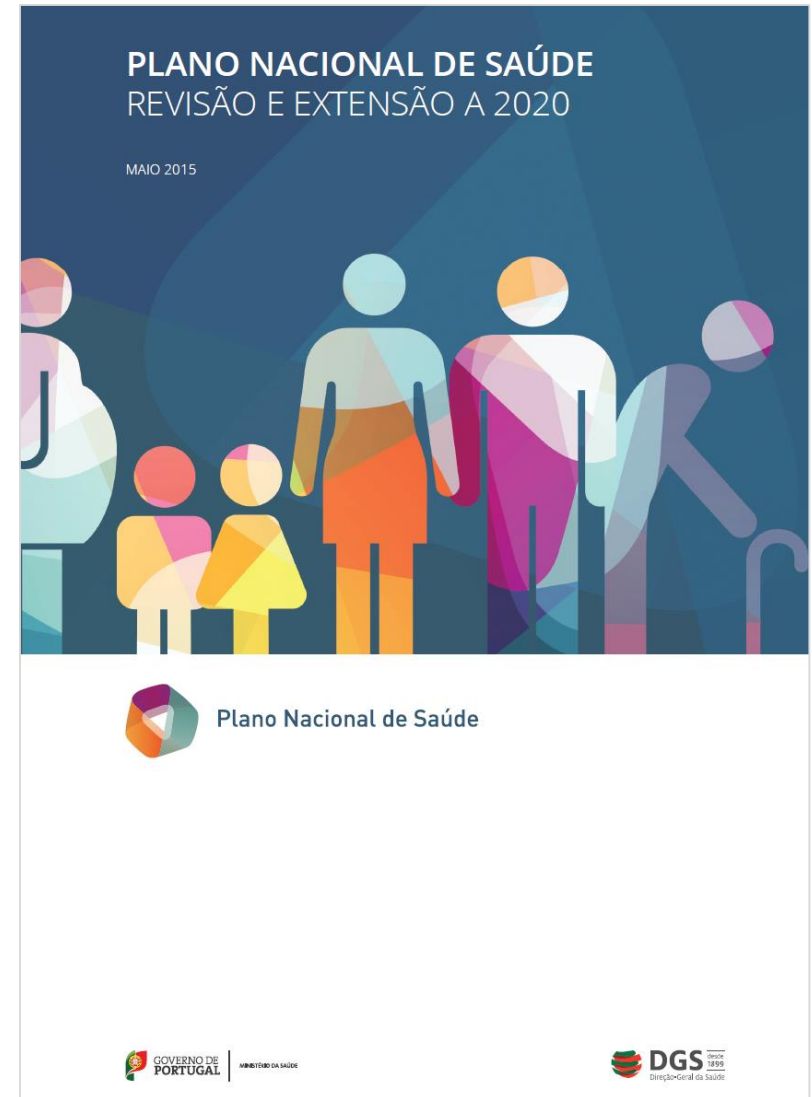
- Identifies the target population
- Identifies the health needs of that population
- Estimates the services needed to meet the needs identified
- Proposes the allocation of resources to provide the services

Population-based Planning:

- **National level**
- **Regional level**
- **Local level**

Population-based Planning:

- **National level:**
 - **National Health Plan (NHP)**
Directorate-General of Health



Population-based Planning:

- **Regional level:**
 - **Regional Health Plan (RHP)**

5 Health Regional Administrations

Public Health Department

PLANO REGIONAL DE SAÚDE DO NORTE

2014-2016

PLANO REGIONAL DE SAÚDE DO CENTRO

2015-2016



Administração Regional de Saúde do Alentejo, I.P.

2013 - 2016

PLANO REGIONAL DE SAÚDE

UM FUTURO PARA AS NOSSAS CRIANÇAS



Population-based Planning:

- **Local level:**

- **Local Health Plan (LHP)**

55 Primary Healthcare Centre Groups

Public Health Units



PLANO LOCAL DE SAÚDE (PLS) – ACES ALGARVE I CENTRAL NO ANO DE 2015-2016

▶ O Plano Local de Saúde do ACES Central identifica as principais linhas de atuação no âmbito de quatro eixos estratégicos.

EIXOS ESTRATÉGICOS

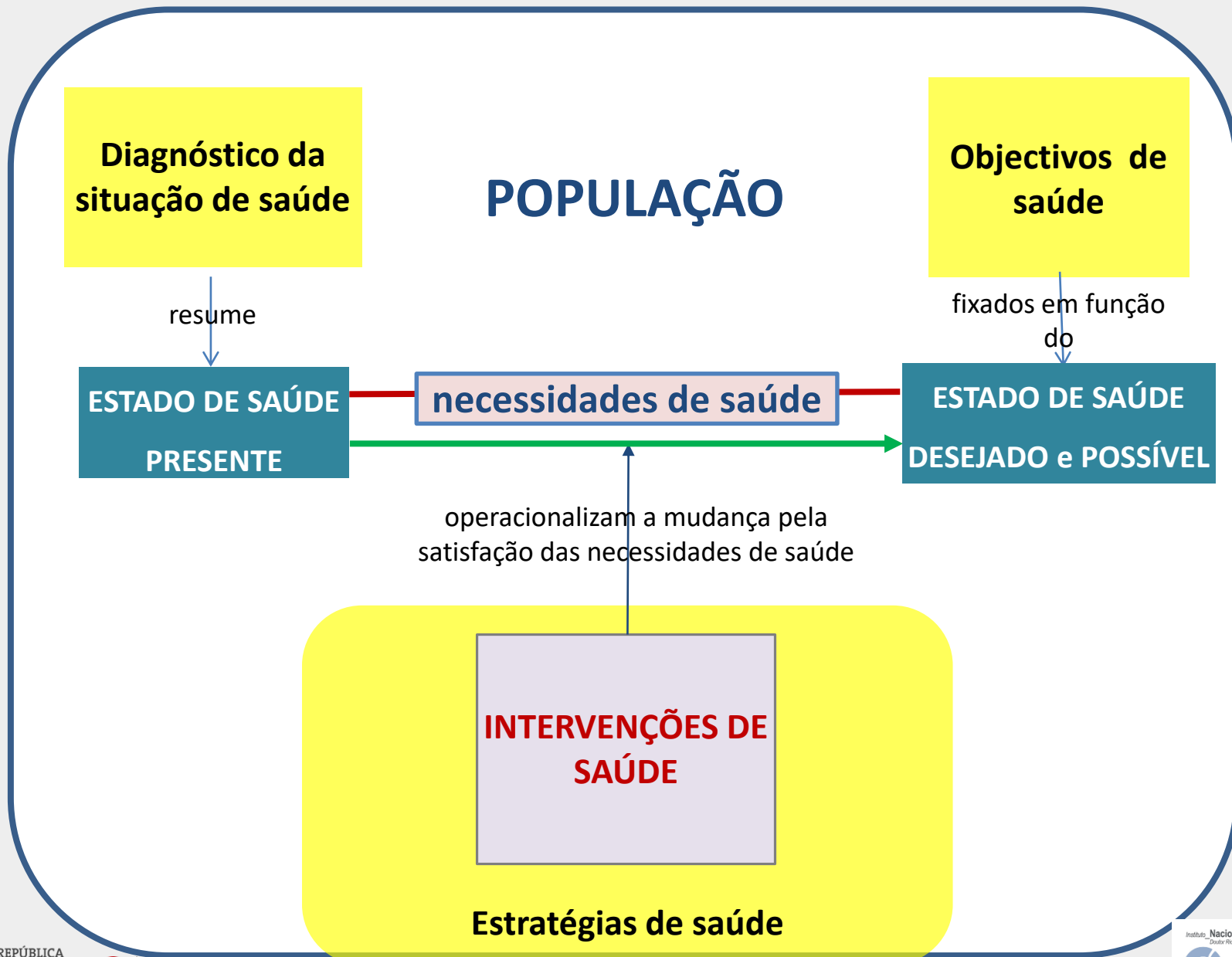
- Eixo I - Optimizar o funcionamento da estrutura orgânica e funcional
- Eixo II - Promover o acesso, a qualidade e efectividade dos cuidados de saúde prestados
- Eixo III - C
- Eixo IV - R

ÉVORA

PLANO LOCAL DE SAÚDE



Conceptual model for the Local Health Plan



Vision:

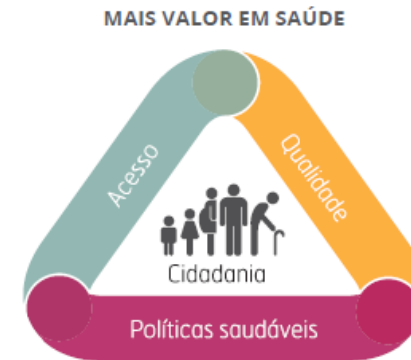
To maximise health gains through the alignment around common goals, the integration of sustained efforts of all sectors of society, and the use of strategies based on citizenship, equity and access, quality and healthy policies.



Four Strategic Axes:

- **Citizenship** in Health
- **Equity and Adequate Access to Healthcare**
- **Quality** in Health
- **Healthy Policies**

Figura 6: Modelo Conceptual do PNS.



Priorities:

- **Premature death (< 70)** ↓
- **Healthy life expectancy** ↑
- **Tobacco consumption** ↓
- **Obesity and overweight** ↓



Priority health programmes, in the scope of the NHP:

- Prevention and control of **tobacco consumption**
- Promotion of **healthy nutrition**
- Promotion of **physical activity**
- **Diabetes**
- **Cerebro-cardiovascular diseases,**
- **Oncological diseases**
- **Respiratory diseases**
- **Prevention and control of antimicrobial resistance and infections**
- **Viral hepatitis**
- **HIV/AIDS and tuberculosis**
- **Mental health**

PLANO LOCAL DE SAÚDE DE ALMADA-SEIXAL

2013-2016

Programas de saúde prioritários no âmbito do PNS

Prevenção e Controlo do Tabagismo

Promoção da Alimentação Saudável

Promoção da Atividade Física

Diabetes

Doenças Cérebro-cardiovasculares

Doenças Oncológicas

Doenças Respiratórias

Hepatites Virais

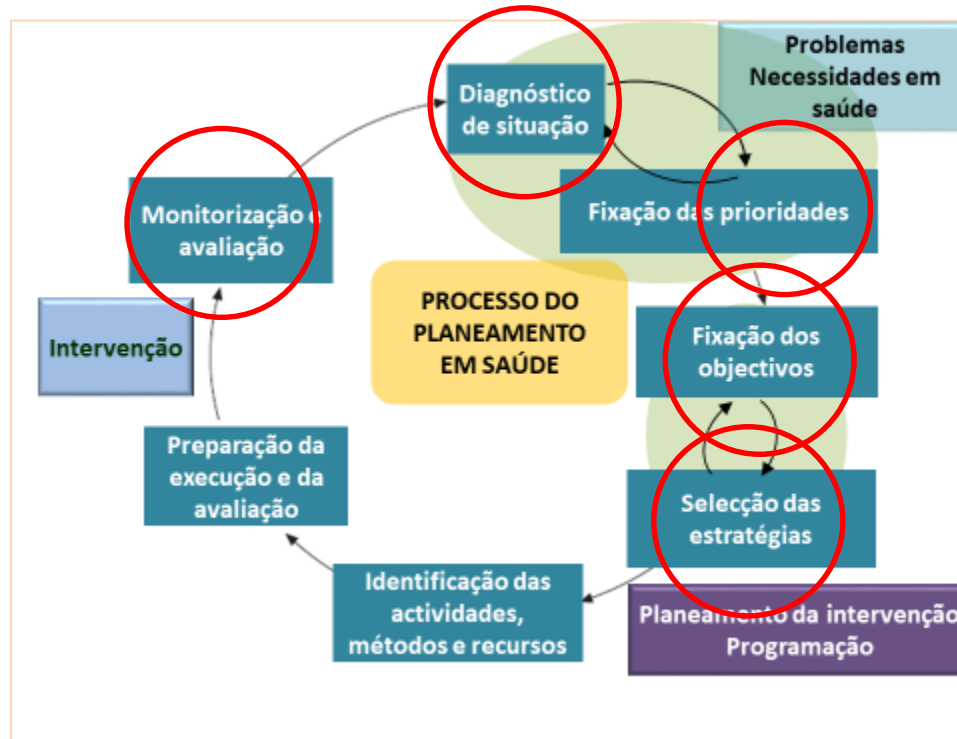
Infeção VIH/SIDA e Tuberculose

*Prevenção e Controlo de Infeções e de
Resistência aos Antimicrobianos*

Saúde Mental

Current and future challenges

What do we need for an effective Health Planning?



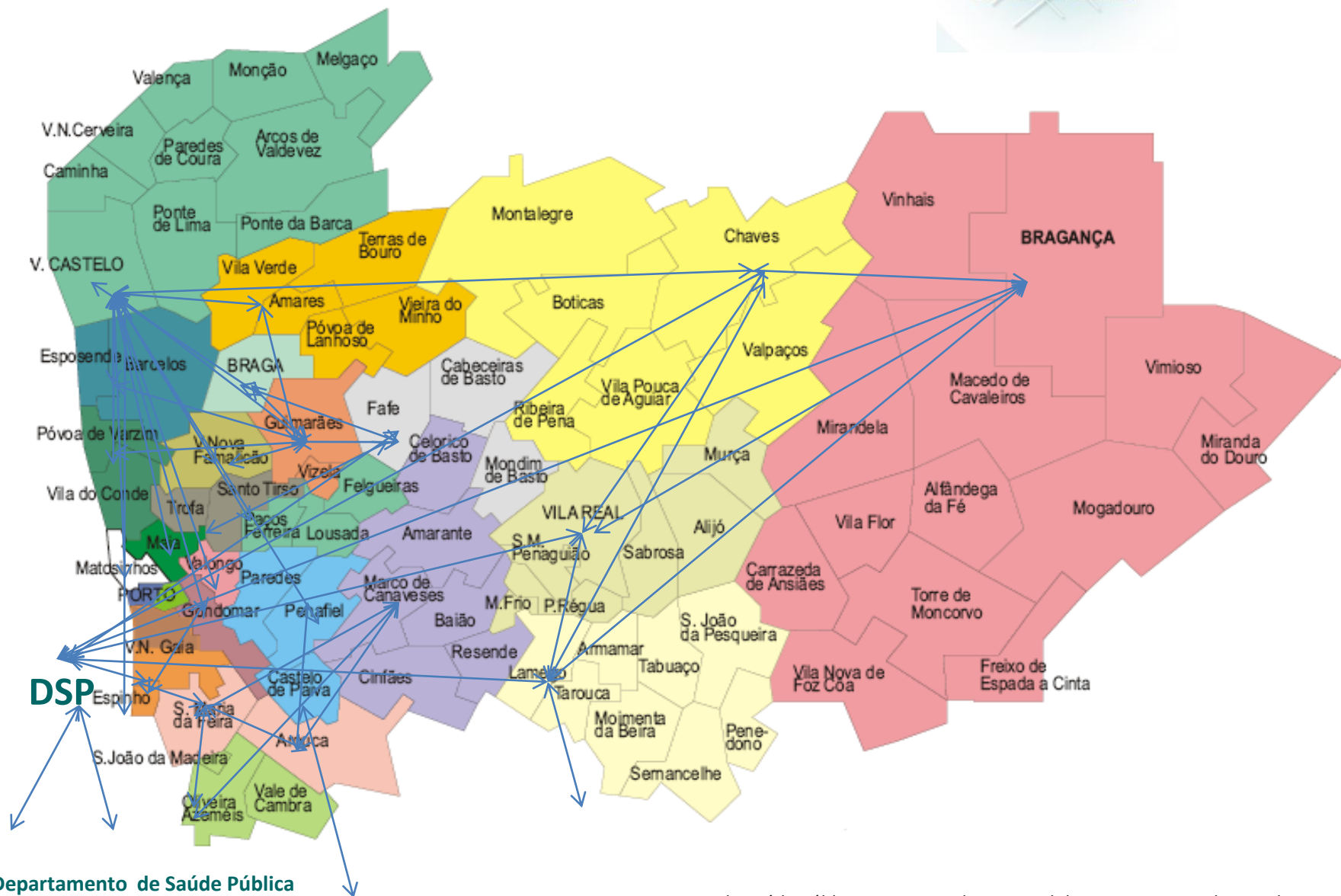
1. Evidence!
2. Implementation!



PLANOS LOCAIS DE **SAÚDE** DO NORTE 2011 – 2016



REDE DE OBSERVATÓRIOS LOCAIS DE SAÚDE DO NORTE (ROSNorte – 07.2010)





Observatório Regional de Saúde

Perfil de Saúde da Região Norte

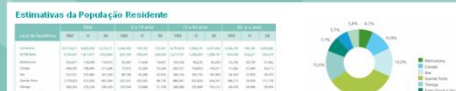


Versão Papel



Quem Somos?

Quem Somos?



Como Vivemos?

Como Vivemos?



Que Escolhas Fazemos?

Que Escolhas Fazemos?



Que Saúde Temos?

Que Saúde Temos?

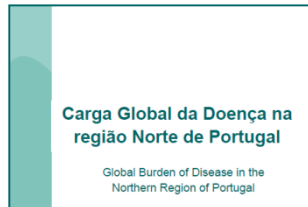


A Região Norte Num Abrir e Fechar de Olhos...

THE PORTUGAL'S NORTHERN REGION AT A GLIMPSE...

Indicador	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Mortalidade infantil	10.5	10.2	9.8	9.5	9.2	8.9	8.6	8.3	8.0	7.7
Mortalidade P	15.2	15.0	14.8	14.6	14.4	14.2	14.0	13.8	13.6	13.4
Índice de Desenvolvimento Humano	0.85	0.86	0.87	0.88	0.89	0.90	0.91	0.92	0.93	0.94
Índice de Pobreza Relativa	15%	15%	15%	15%	15%	15%	15%	15%	15%	15%

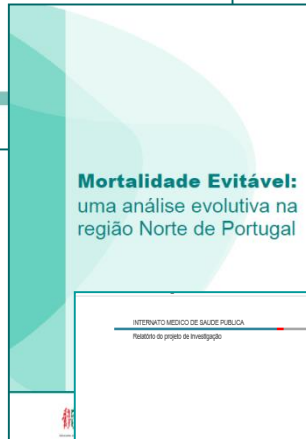
A Região Norte Num Abrir e Fechar de Olhos...



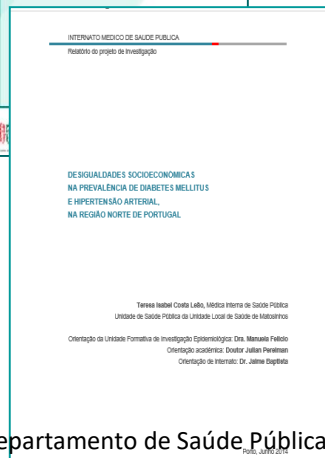
► **Carga Global da Doença na região Norte de Portugal (2010)**



► **Carga da Doença atribuível a fatores de risco na região Norte de Portugal (2011)**

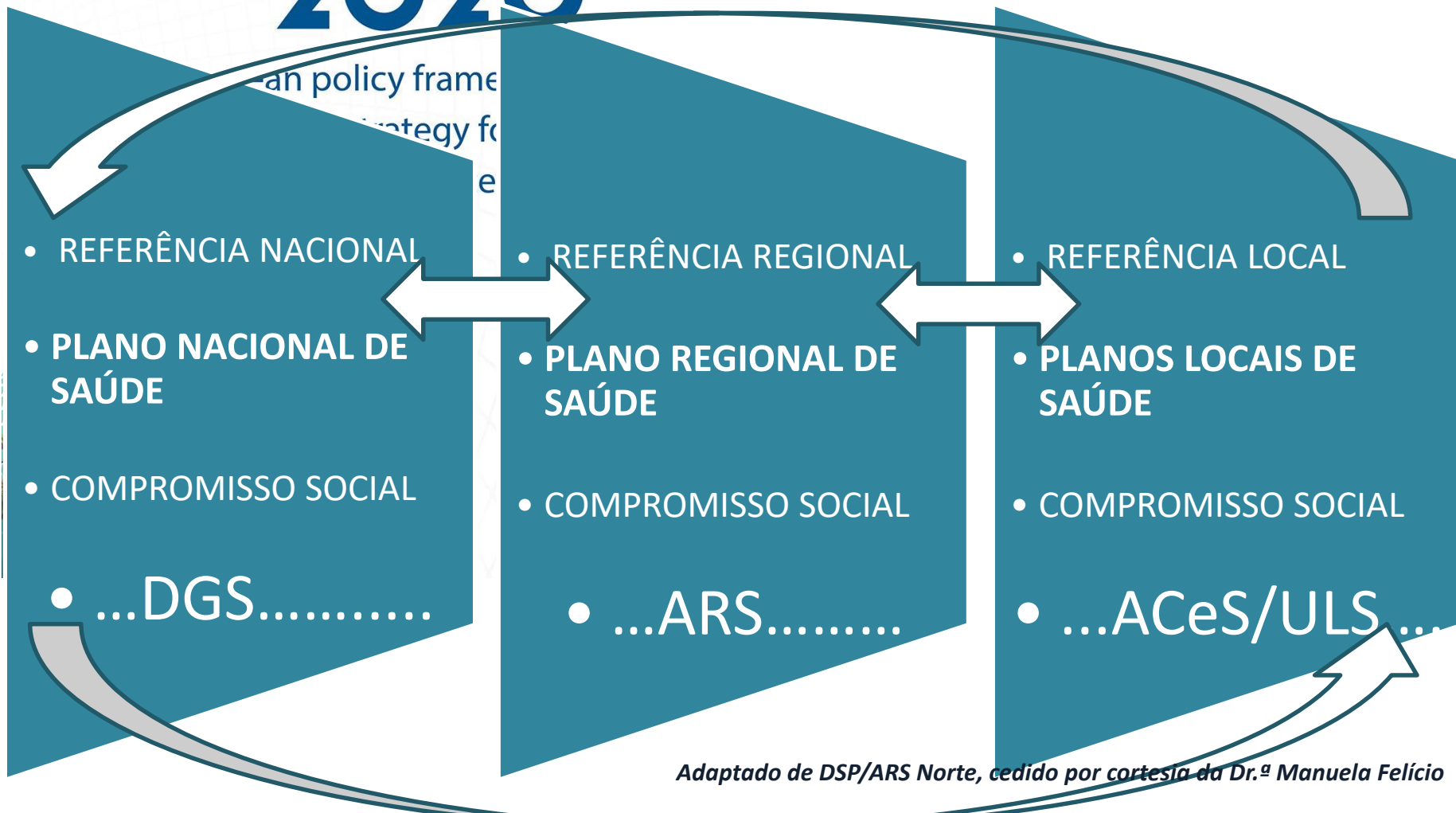


► **Mortalidade Evitável: uma análise evolutiva na região Norte de Portugal (1989 a 2010)**

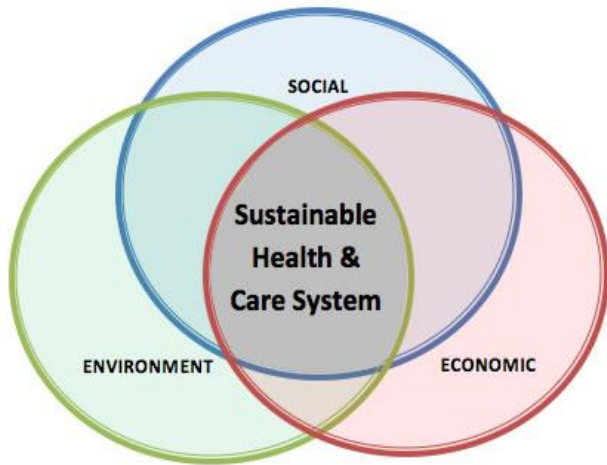


► **Desigualdades socioeconómicas na prevalência de diabetes mellitus e hipertensão arterial, na região norte de Portugal (2014)**

HEALTH 2020



Health Sustainable Planning



Fonte: <http://www.sduhealth.org.uk/policy-strategy/what-is-sustainable-health.aspx>



Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs.

— Gro Harlem Brundtland —

AZ QUOTES

Fonte: http://www.azquotes.com/author/2074-Gro_Harlem_Brundtland

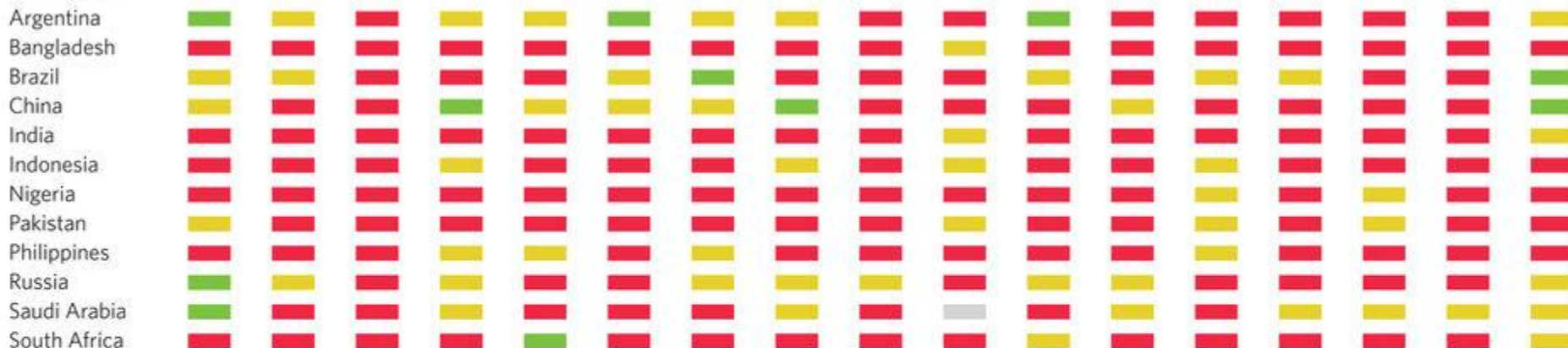


How to get better health levels, using the resources available, without compromising the ability of future generations to meet their own health needs?

Planeamento *Para a* Saúde Sustentável: Fatores Críticos de Sucesso (3)



NON-OECD



OECD (Augmented Dashboard)



Fonte: National baselines for the Sustainable Development Goals assessed in the SDG Index and Dashboards. Guido Schmidt-Traub, Christian Kroll, Katerina Teksoz, David Durand-Delacore & Jeffrey D. Sachs. Nature Geoscience 10, 547–555 (2017)



Health Planning

"Process by which one decides to achieve a better future than the present, changing what is necessary to get there"

Hernán Durán, 1989

Thank you very much