

Why and how we use PYLL in our municipalities?

How to promote health and welfare, and social security and sustainability in practice: view from City of Lahti and Päijät-Häme District in Finland



Päijät-Häme District



Population ~ 214,000

Main urban center Lahti



SOCIAL



Legal background

The Finnish Local Government Act (365/1995) 1§:

- "Municipality aims at promoting welfare of citizens and enhancing local sustainability"

Objective of Health Care Act (1236/2010) in section 2 is to:

- "promote and maintain the population's health and welfare, work ability and functional capacity, and social security;"
- "reduce health inequalities between different population groups"

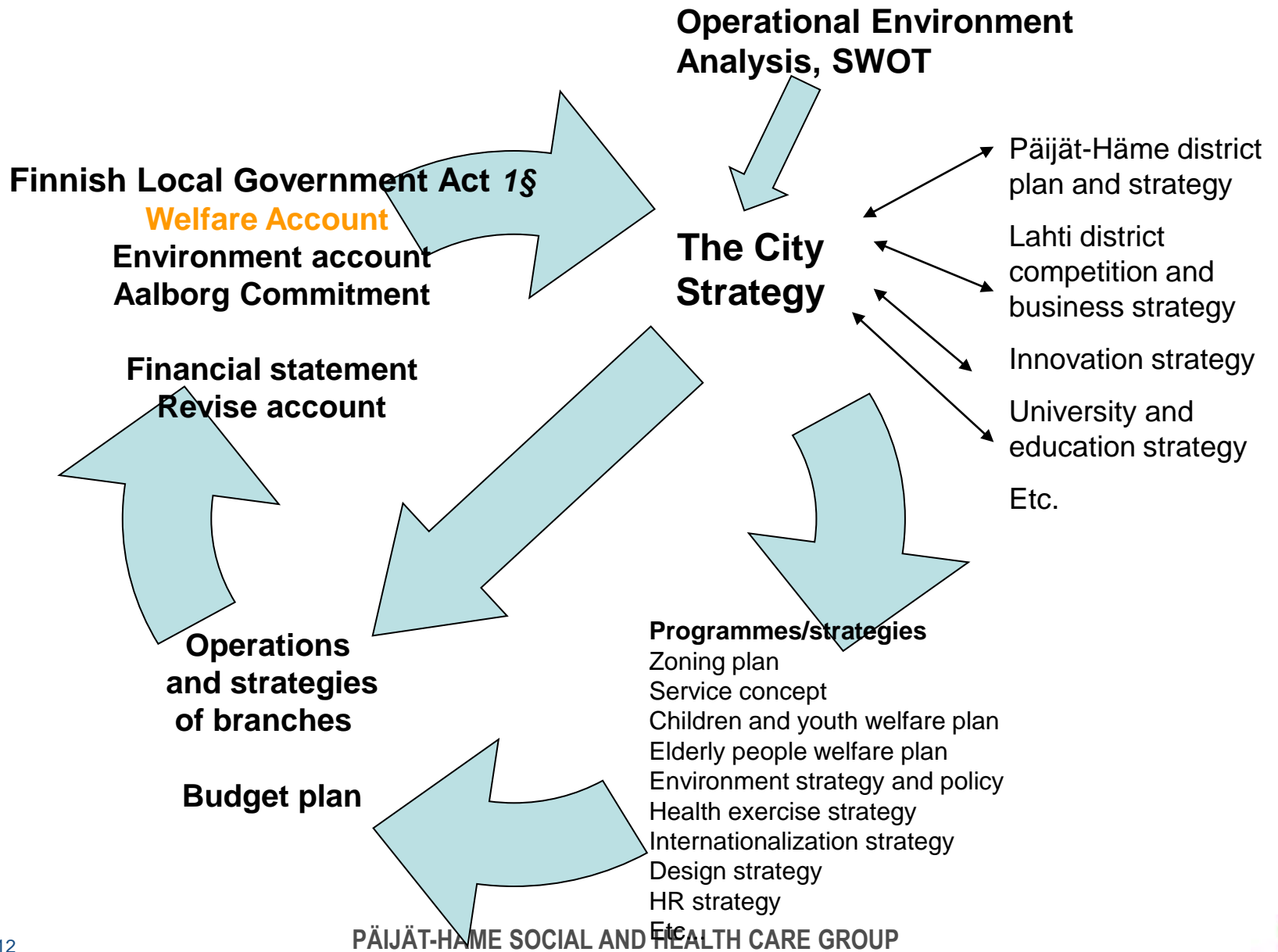


Why and how we use PYLL in city of Lahti?

- There is an urgent need of a feasible, comparable and reliable instrument for assessing indicators of population´s health and social welfare;
- and also monitoring the outcomes of development projects
- PYLL is one of the indicators in Welfare Statement and Account in Lahti



Welfare Account and Statement in the City Strategy



Lahti 2004 - 2008 Menetetyt elinvuodet -indeksi

(Potential Years of Life Lost = PYLL)

Verrattuna koko maan lukuihin

		PYLL 2004 - 2008		
		Molemmat	Miehet	Naiset
Kaikki kuolinsyyt (A00-R99, V01-Y89)		4262 - 100 %	6130 - 100 %	2473 0 100 %
Pahanlaatuiset kasvaimet (C00-C97)	N2	627 + 14 %	707 + 11 %	559 ++ 23 %
Hengityselinten pahanlaatuiset kasvaimet (C33-C34)		97 + 2 %	182 - 2 %	38 - 2 %
Rinnan pahanlaatuiset kasvaimet (C50)				155 + 7 %
Umpieritys- ja aineenvaihduntasairaudet (E00-E90)		87 0 2 %	136 - - - 2 %	38 +++ 2 %
Diabetes (sokeritauti) (E10-E14)		61 - - 1 %	88 - - - 1 %	35 - 1 %
Mielenterveyden ja käyttäytymisen häiriöt (F00, F02, F04-F09, F11-F99)		29 0 1 %	28 ++ 0 %	31 - - - 1 %
Verenkiertoelinten sairaudet (I00-I425, I427-I99)	M 2. N3-4	613 0 14 %	1053 - 16 %	205 +++ 9 %
Iskeemiset sydänsairaudet (I20-I25)		309 0 7 %	563 - 8 %	75 + 3 %
Akuutti sydäninfarkti, uusiva sydäninfarkti (I21, I22)		158 - 4 %	295 - 4 %	34 ++ 1 %
Aivoverisuonten sairaudet (I60-I69)		105 ++ 2 %	132 ++ 2 %	81 ++ 3 %
Hengityselinten sairaudet (J00-J64, J66-J99)		81 - 2 %	95 + 1 %	69 - - - 3 %
Influenssa ja keuhkokuume (J10-J18, J849)		23 +++ 1 %	44 0 1 %	1 +++ 0 %
Pitkäaikaiset alahengitysteiden sairaudet (J40-J47)		24 ++ 1 %	41 0 1 %	10 - 0 %
Alkoholiperäiset sairaudet ja alkoholimyrkytykset (F10, G312, G4051, G621, G721, I426, K292, K70, K860, O354, P043, X45)	M3 N3-4	553 - - 12 %	905 - 14 %	219 - 9 %
Tapaturmat ja myrkytykset (V01-X44, X46-Y89)	M1 N1	1481 - 33 %	2238 - 34 %	736 - - - 31 %
Maaliikennetapaturmat (V01-V89*)		128 +++ 3 %	185 +++ 3 %	71 +++ 3 %
Itsemurhat (X60-X84, Y870)	M1a N1a	636 - - - 14 %	938 - - - 14 %	342 - - - 14 %

0 = ±5%

+ = 5% - 15% parempi
- = 5% - 15% huonompi

++ = 15% - 25% parempi
-- = 15% - 25% huonompi

+++ = yli 25% parempi
--- = yli 25% huonompi

Summary of the lost capital in Lahti (allocation of actions according to PYLL)

- Prevention of suicides (whole population) 4 300 000 €
- Prevention of alcohol caused diseases (men) 2 400 000 €
- Prevention of cardiovascular diseases (men) 1 500 000 €
- Altogether 8 200 000 €



Health promotion in Päijät-Häme district (main goals and plans)

- Preventing alcohol and other psychoactive substance misuse
- Preventing social exclusion and accumulation of underprivilegedness
- Mental health strategy plan
- Elderly people health service structure plan
- Involving patients with LTC (long term conditions) to their own care
- GOAL-project
- HYVE-project



GOAL = Good **A**geing in **L**ahti region (international name)
Ikihyvä Päijät-Häme 2002-2012 (national name)

Collaborators

- University of Helsinki, Palmenia and Faculty of Social Sciences
- National Institute for Health and Welfare
- Joint Authority for Päijät-Häme Social and Health Care and its 15 municipalities
- Lahti University of Applied Sciences



PÄIJÄT-HÄME SOCIAL AND HEALTH CARE GROUP

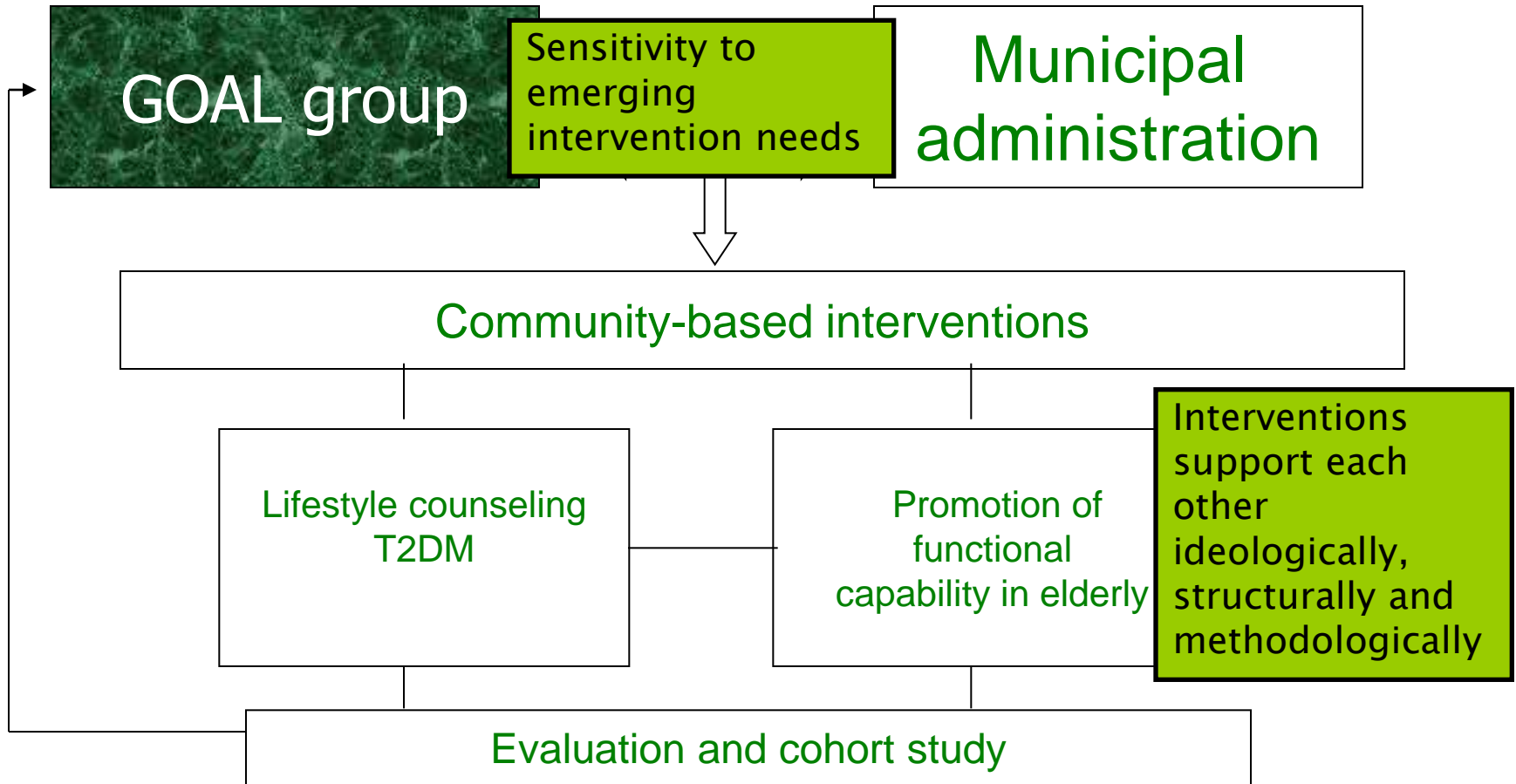


Goals

- To empower both professionals and population in health promotion
- To increase welfare, diminish morbidity, and improve quality of life among ageing, and thereby to increase attractiveness of the region



GOAL model

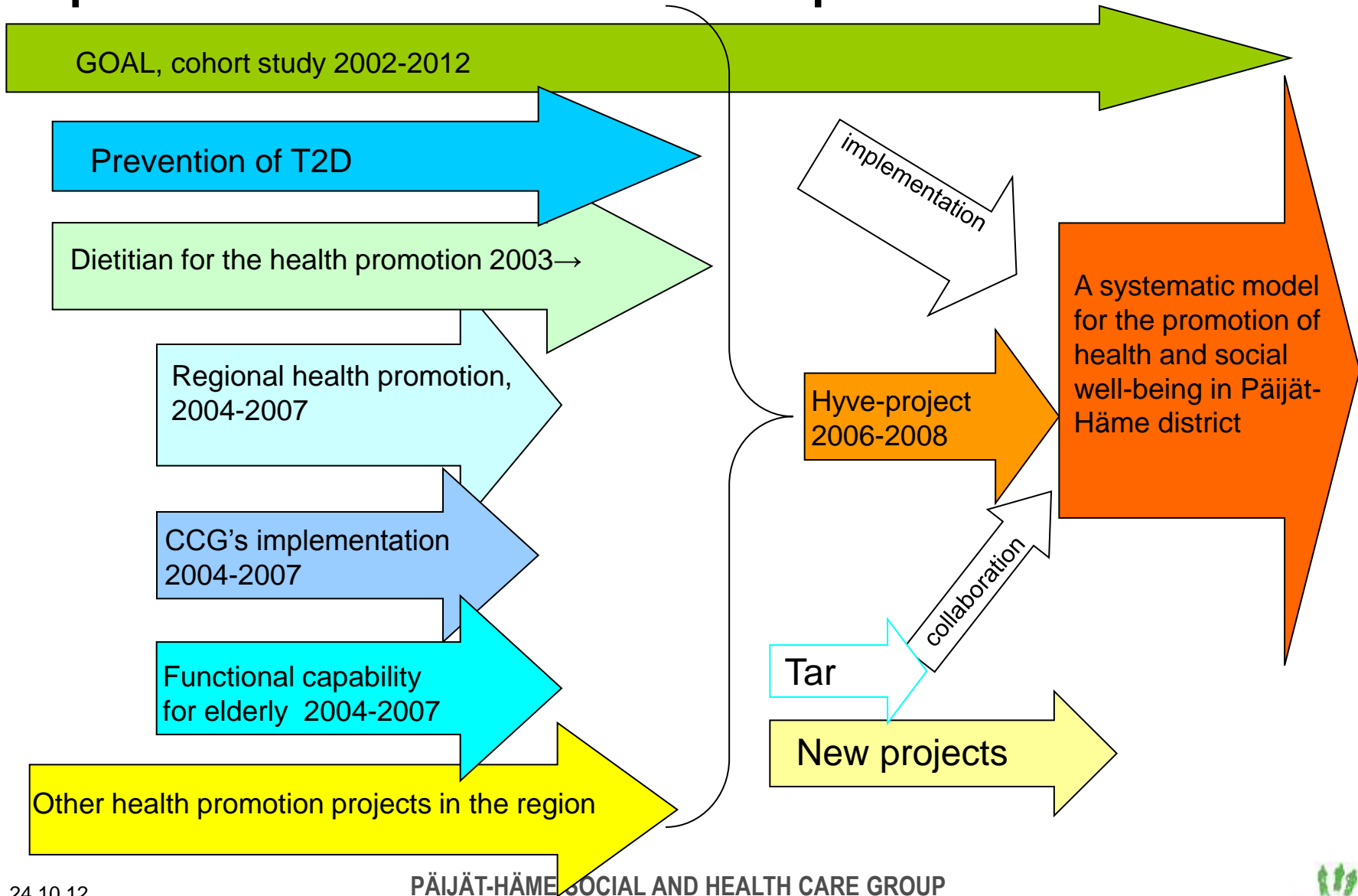


Hyve-project aims

- To create a systematic model for the promotion of health and social well-being in Päijät-Häme district (15 municipalities)
- Piloting of the model
 - Prevention of cardiovascular diseases especially type 2 diabetes = lifestyle counselling
 - Promotion of functional capacity of the elderly



Implementation of health promotion



Summary

- PYLL is an excellent instrument in both assessing populations' health and the outcomes of different health and social care interventions and development projects
- To be successful in health promotion everyone should be involved (population, lay decision-makers, health care professionals, and individual patients and their families)



