



REPUBLIC OF SLOVENIA
MINISTRY OF HEALTH

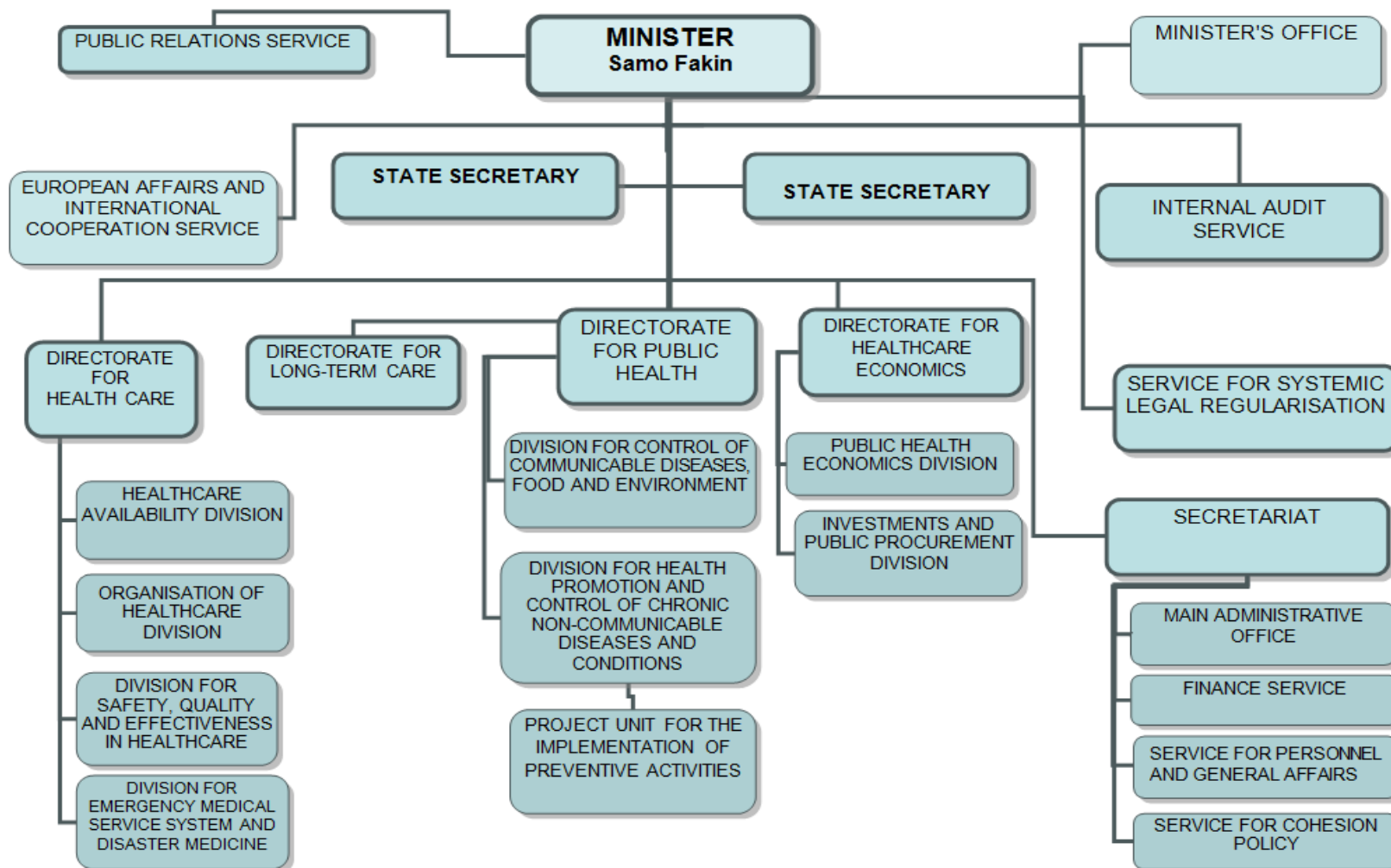
Public Health System in Slovenia



Tanja Mate
Head of Healthcare Directorate
MoH, Slovenia



Organisation

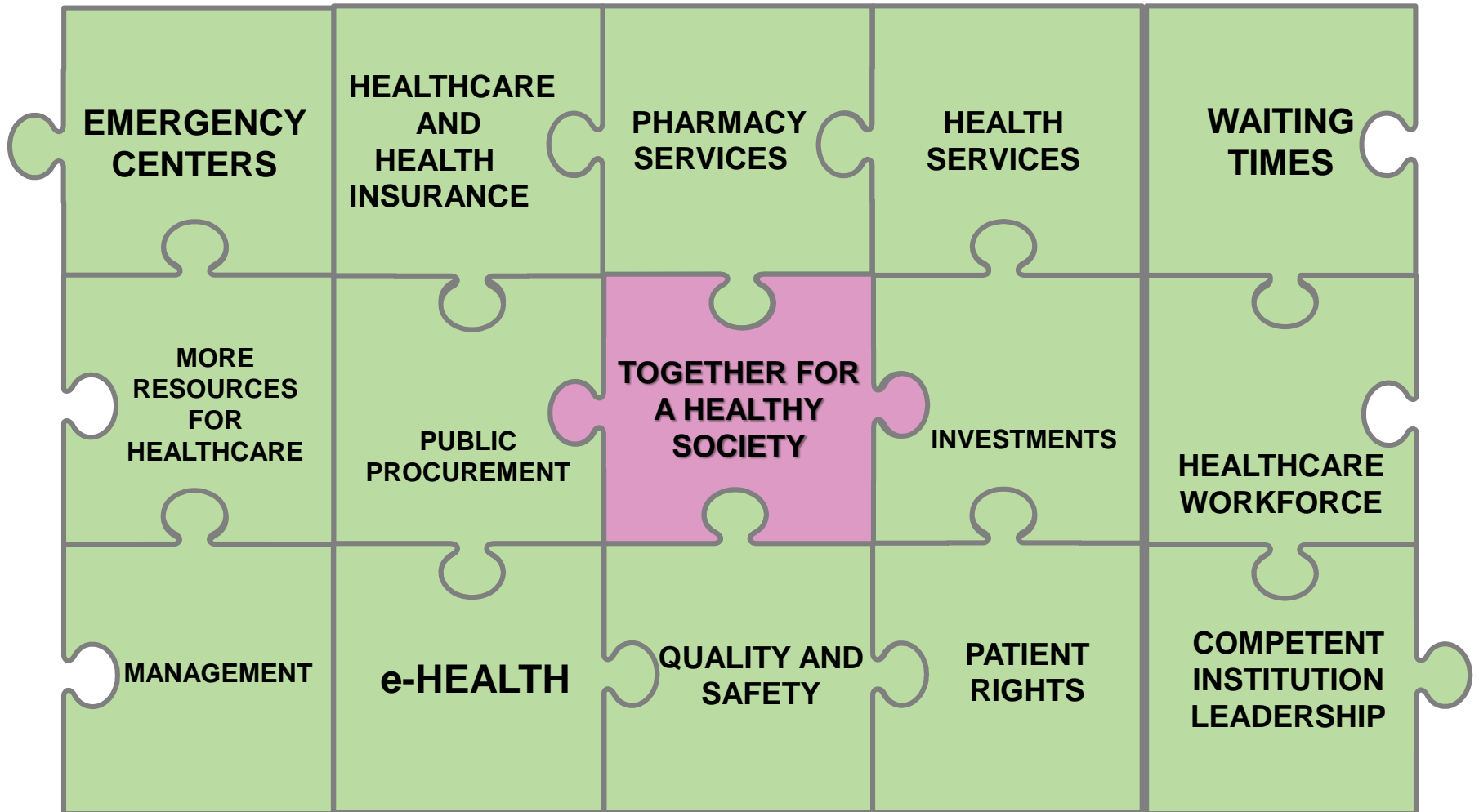




Key legislation



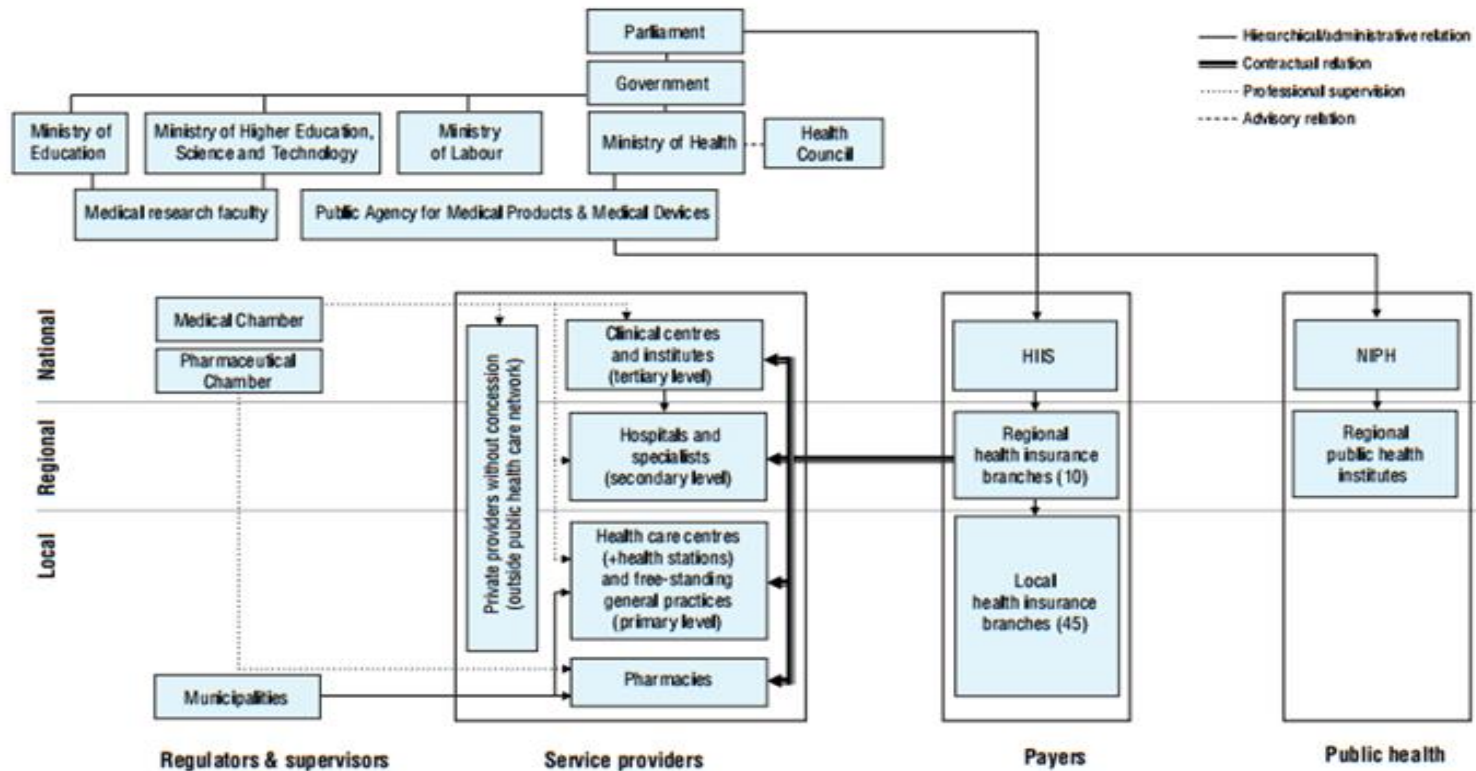
- Health Care and Health Insurance Act (Official Gazette of the Republic of Slovenia No. 72/06)
- Health Services Act (Official Gazette of the Republic of Slovenia, No. 23/05)
- Medical Practitioners Act (Official Gazette of the Republic of Slovenia, No. 72/06)
- Patients' Rights Act (Official Gazette of the Republic of Slovenia, No. 15/08 and 55/17)





Slovene Healthcare System - stakeholders -

Organization of the Slovene health care system



Decentralization and centralization

- Relatively centralized
- Limited responsibilities of municipalities
- MoH plans healthcare regarding state-owned providers
- National level: all administrative and regulatory functions
- Subnational level: predominantly executive duties



Primary / ambulantory care

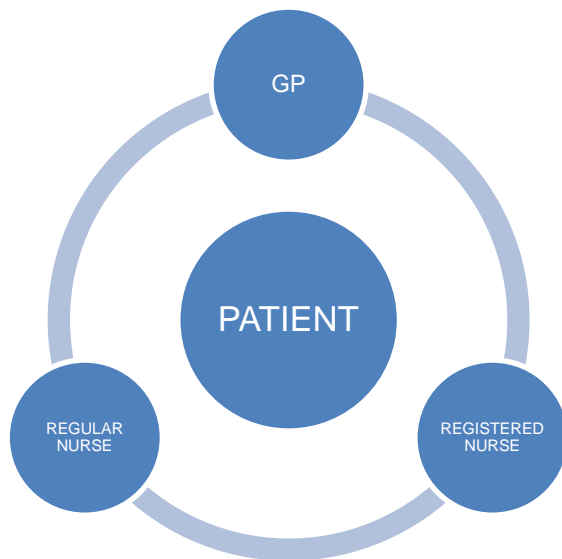
- falls under the jurisdiction of municipalities
- **The types of care provided:** emergency medical aid, GP/family medicine, health care for women, children and teenagers, community nursing, laboratory and other diagnostic facilities, preventive and curative dental care for children and adults, physiotherapy, ambulance services
- **Primary care practitioners:** GPs, paediatricians and gynecologists, as well as community nurses, midwives, dentists for adults and children, pharmacists, physical therapists, speech therapists, occupational therapists, psychologists or psychiatrists,...
- Gatekeeping!



- ✓ 63 primary health care centres
- ✓ 490 locations or outreach posts
- ✓ accessible to everyone, without referrals
- ✓ 76.5% of all doctors at primary level work in publicly funded health care centres

„Model practices“

- Are the existing family medical practices, enforced with a registered nurse ➡ strengthened team of family medicine
- Registered nurse takes care of screening for chronic disease risk factors, preventive counselling for patients aged 30 and over and for the care coordination of all registered patients with a stable chronic disease (e.g. arterial hypertension, diabetes type 2, asthma,..)
- **Purpose:** improve the quality of work, health promotion, screening, increased accessibility of the whole population



- ✓ The current number of family medicine „Model practices“ is **864**, which are divided into 55 health centers and 178 clinics with concessions ➡ regional coverage PROVIDED!



Health promotion centres (HPC)

- First created in 2002 in all primary health care centres across Slovenia
- Main role: provide lifestyle interventions against key risk factors for noncommunicable diseases by combining population and individual approaches
- 2013 – 2016 NEW PARADIGM (using Norwegian grant) → integration of different services targeting vulnerable groups with the help of creating partnership with key stakeholders, including social services and NGOs
- 2018 – 2019 based on previous experience with the financial help of European Social Fund we are now implemented this practices in 25 health care centres



- ✓ Additional preventive activities by community nursing
- ✓ Ensuring equality in health care for vulnerable groups
- ✓ Community-based approach
- ✓ Individual and group classes on lifestyle changes

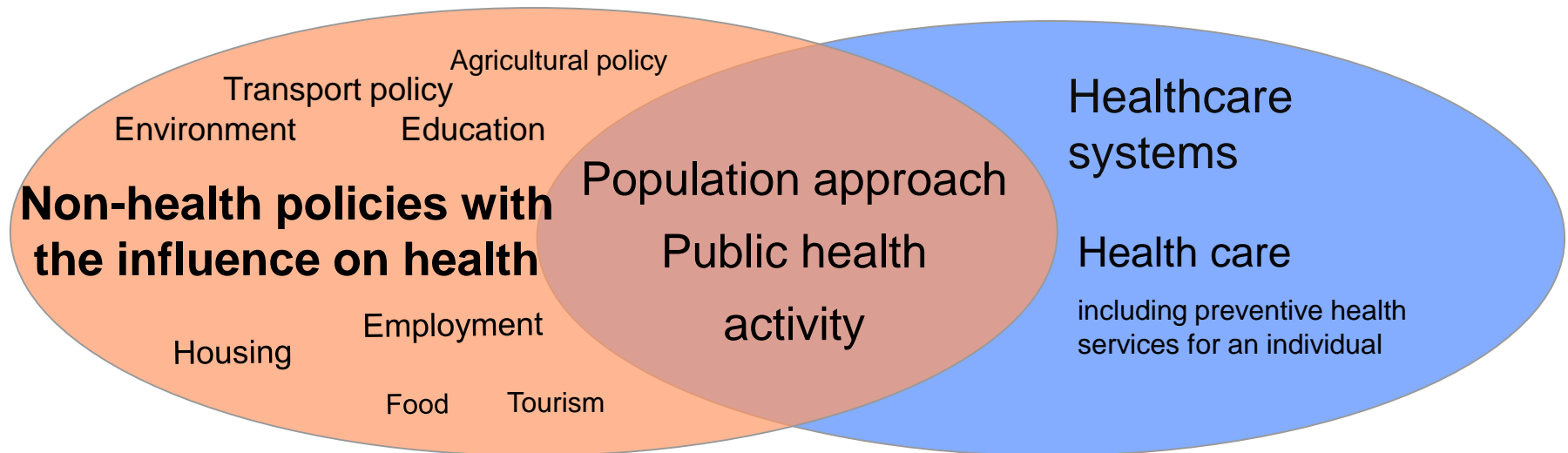
Secondary and tertiary care level

- **Secondary health care** includes specialized outpatient and hospital activities.
- **At the tertiary level**, healthcare activities involve the pursuit of activities by clinics, clinical institutes or clinical departments and other authorized health institutions.
- The state is the single owner of all public hospitals!



- ✓ 10 general hospitals
- ✓ 2 university hospitals
- ✓ 5 mental health hospitals
- ✓ 13 specialized hospitals (3 of them private)

PUBLIC HEALTH



Public health activity is carried out as a public service at the National Institute of Public Health (NIPH) and partly at the National Laboratory for Health, Environment and Food (NLHEF).

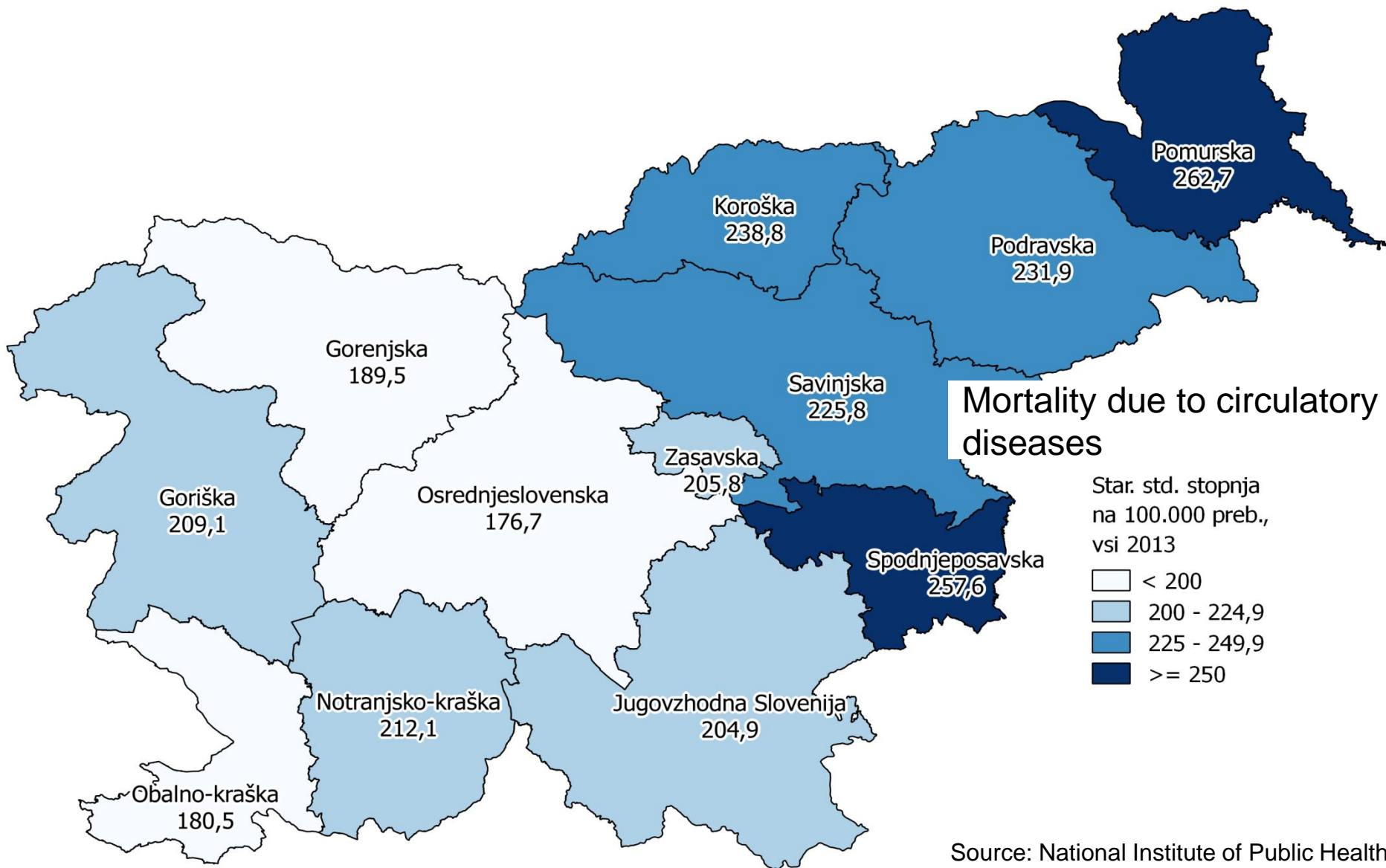


SOME HEALTH INDICATORS

- Life expectancy has prolonged (cca 7 y. in the last 25 years)
- Slovenia is among the leading countries in the world with the lowest infant mortality rate
- We have significantly reduced the mortality rate in regards of cardiovascular diseases
- We have implemented effective screening programs and other preventive activities for all age groups
- We are among the leading EU countries in terms of universal access to health care (according to the SILC methodology)
- Our GDP for healthcare is lower than in countries with comparable health indicators
- But... some problems still remain, i.e. cancer (cause of aging), alcohol, tobacco use, obesity and mental health



MORTALITY DUE TO CARDIOVASCULAR DISEASE





ADOPTED STRATEGIC DOCUMENTS

- National program for the management of diabetes
- National Cancer Control Program
- National program for nutrition and physical activity
- National HIV / AIDS Control Program
- National mental health program
- National program for the prevention of cardiovascular diseases in primary health care since 1990
- National program in the field of illicit drugs



- ✓ Measures and activities are planned in action plans that are multisectoral and interdisciplinary
- ✓ They are also implemented by NGOs and local communities, who are important partners in preserving of the whole population health

THE NEW RESTRICTION OF THE USE OF TOBACCO AND RELATED PRODUCTS ACT (UL RS, ŠT. 9/17, 29/17)

Transposition of the Directive 2014/40/EU

(http://ec.europa.eu/health/sites/health/files/tobacco/docs/dir_201440_sl.pdf)

Additional FCTC <http://www.who.int/fctc/en/> measures :

- 1) plain packaging for cigarettes and roll-your-own tobacco (1.1. 2020)
- 2) total advertising and sponsorship ban including point of sale displays (11.3. 2018)
- 3) licensing system for retailers (end of 2018)
- 4) ban on distance sales (internet) of tobacco and related products
- 5) ban on the depiction of smoking or tobacco products on TV, with the exception of films
- 6) ban on smoking in private vehicles in the presence of minors (under 18)
- 7) the same scheme applies to electronic cigarettes (except for plain packaging)



CIGARETTE PACKS





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BANNED FROM 11.6. 2017





LICENSING

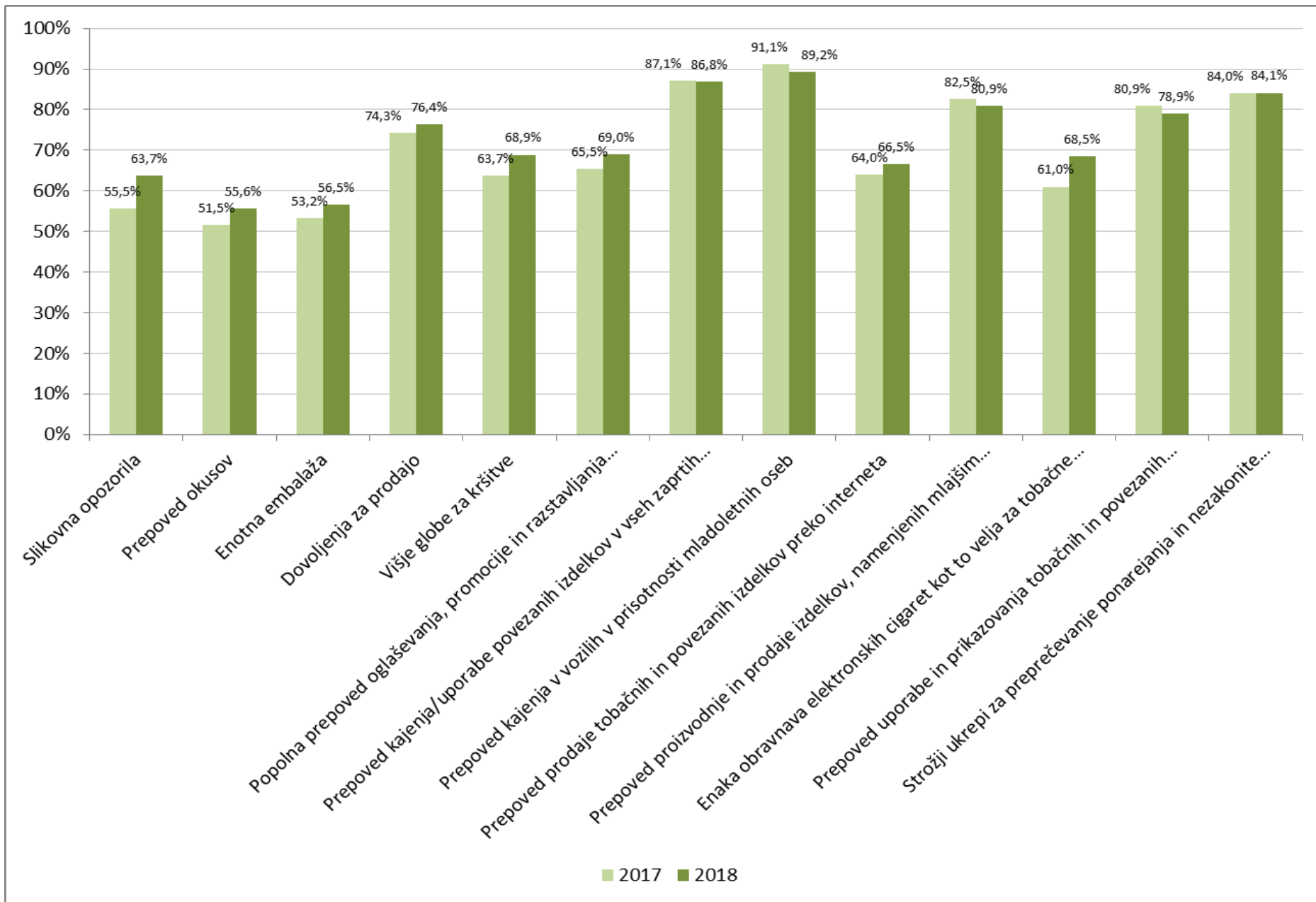
WHY

- Mystery shopping: 95% successful sales to minors
- More than 5000 retail shops
- Repeated offenders
- Promoters of cigarettes, private parties hosted by the industry

WHAT

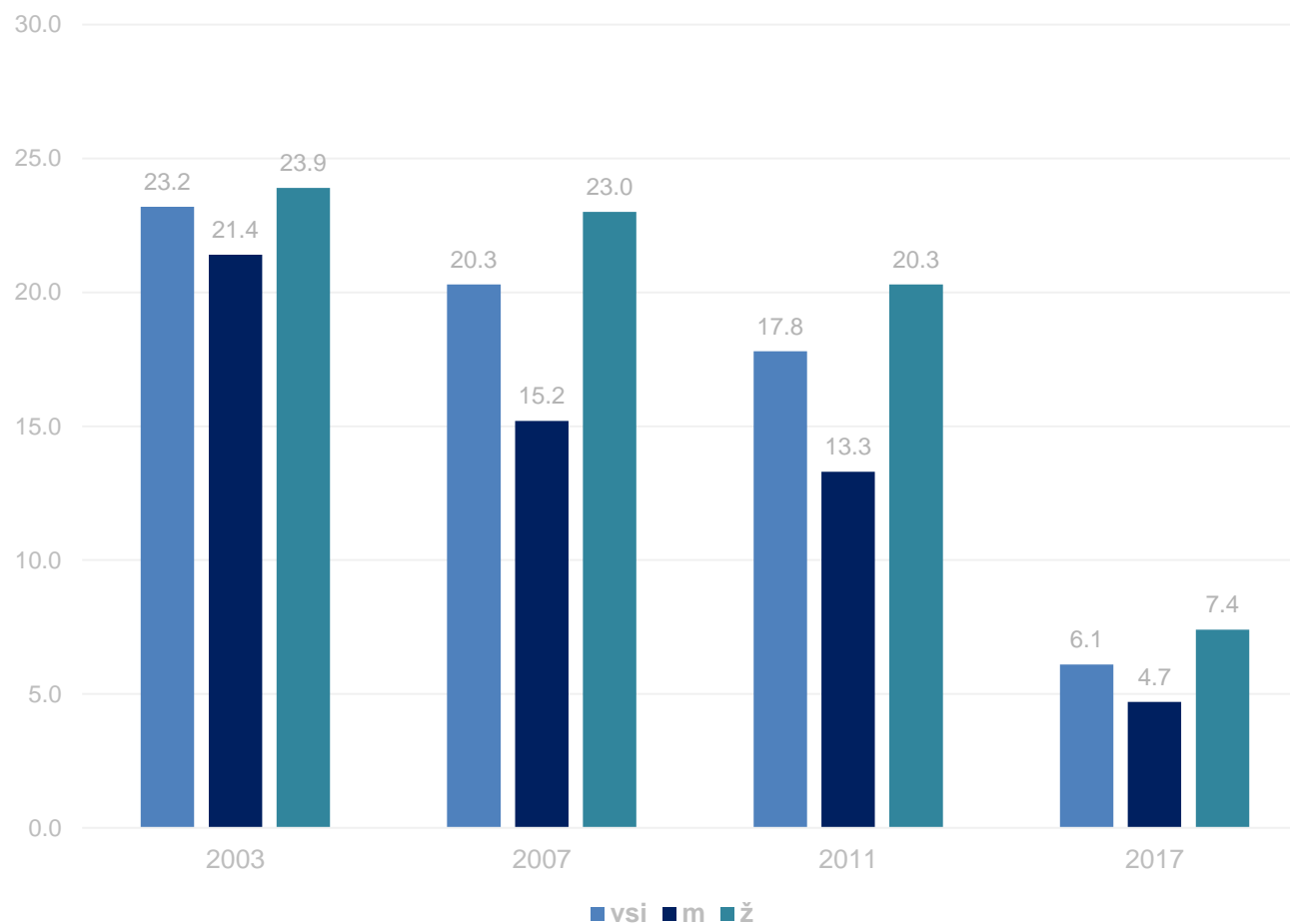
- Licences issued for 5 years – administrative fee (18,10 EUR)
- In case of selling to minors or violating advertising ban withdrawal of license and fine: 50.000 EUR
- After the third offence the withdrawal of license is final-with no option to get it back

Public opinion pools after the adoption of new measures



GLOBAL YOUTH TOBACCO SURVEY 2017

Smokers– The attitude of young smokers 13 -15 I,
GYTS Slovenija, 2003, 2007, 2011, 2017





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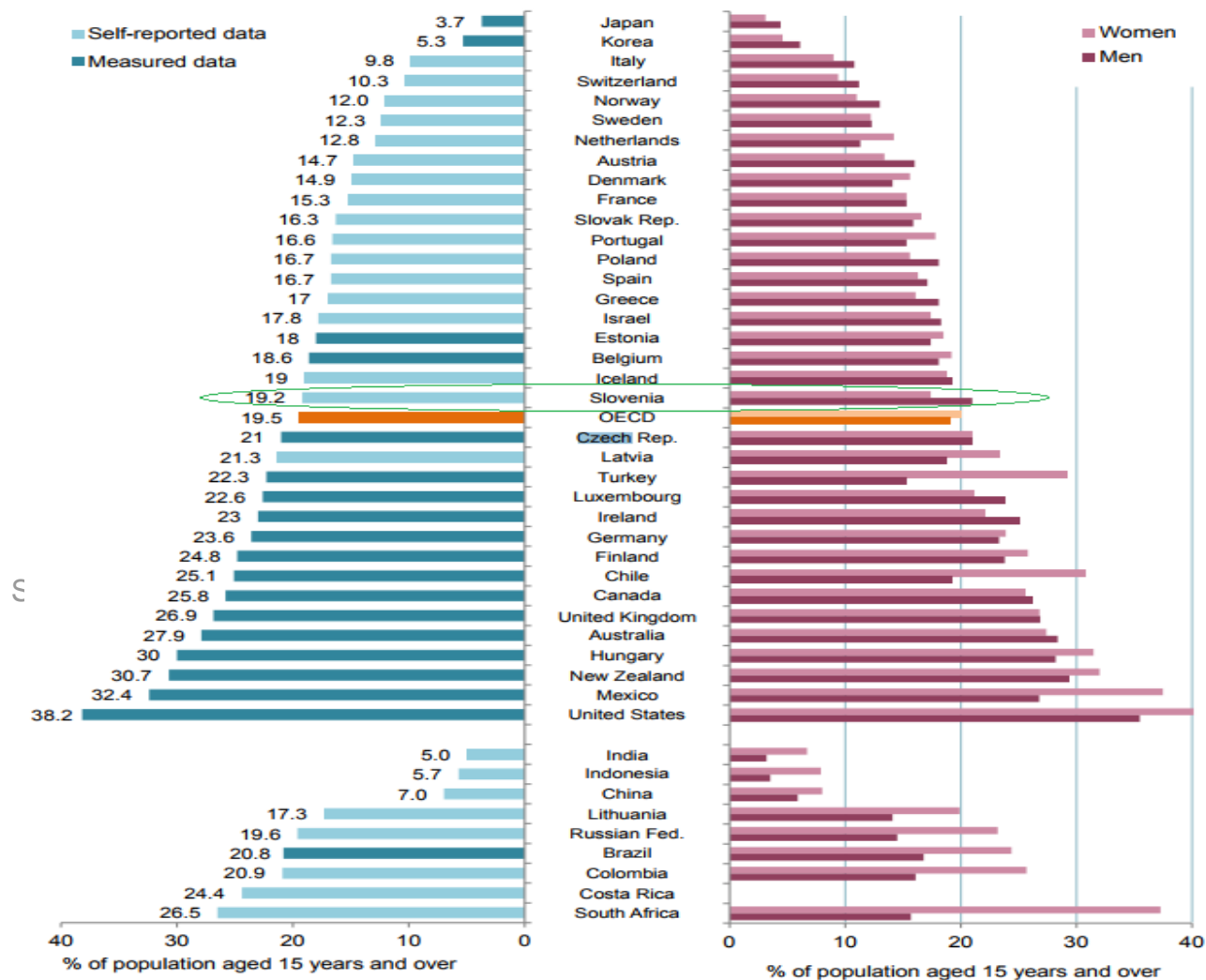


DÖBER TEK Slovenija

National Programme on Nutrition and Health
Enhancing Physical Activity 2015–2025



Figure 1: Obesity among adults, 2015 or nearest year



TO INCREASE

- ↑ Breastfeeding children
- ↑ Eating recommendations
- ↑ Physical activity

TO DECREASE

- ↓ Obese and overweight
- ↓ Intake of saturated fats, sugars and salts
- ↓ Intake of trans-fats
- ↓ Undernourished and functionally less capable



Nutrition

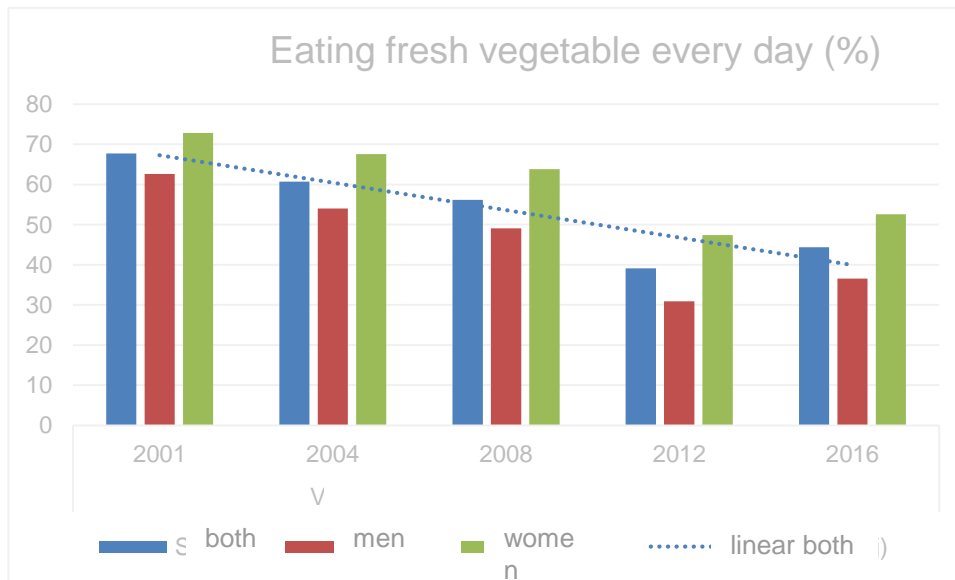
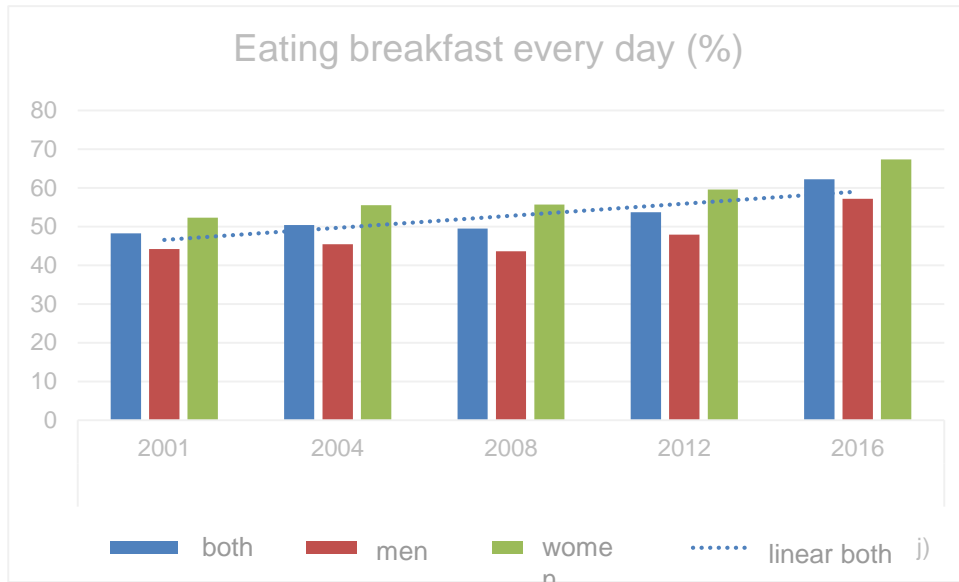
- Local and sustainable food
- Nutrition guidelines
- Tourism and services
- Food industry
- Accessibility

Physical activity

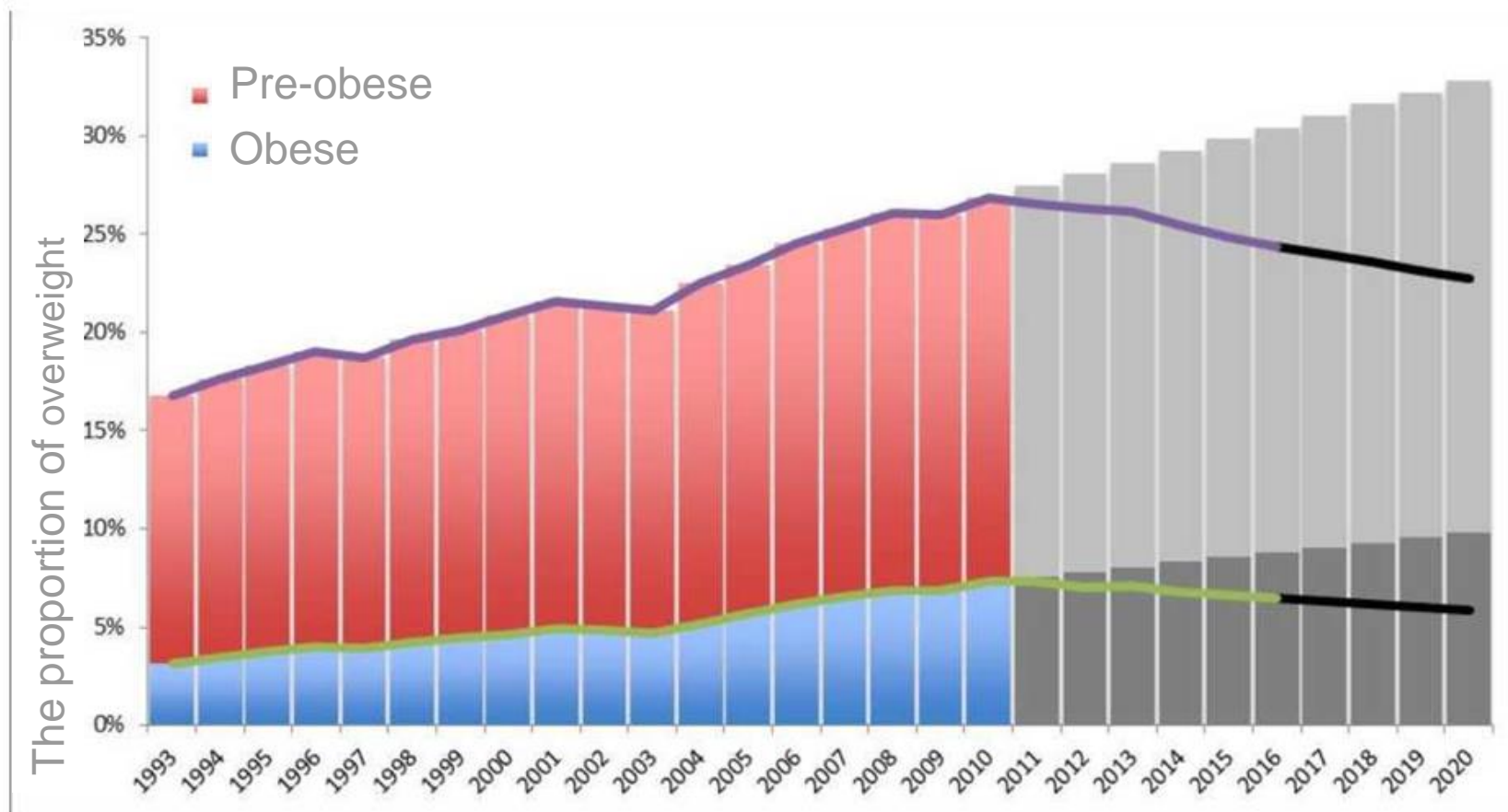


EDUCATION AND AWARENESS

ADULTS' EATING HABITS, TRENDS 2001- 2016



TRENDS IN OVERWEIGHT IN SLOVENIA AMONG 7 TO 14-YEAR-OLDS UNTIL 2016 AND PREDICTION UNTIL 2020, NATIONAL DATA



Source: Starc G, Kovač M, Jurak G, Strel J (2016). The outcomes of the Healthy Lifestyle intervention on children's physical fitness: A case of Slovenia. Launch Conference of the EU Strategy for the Alpine region. Ljubljana: Sport faculty

KEY IS IN COOPERATION



Cooperation with the food industry and trade



Safe, healthy and locally produced food



Promoting the physical activity



Healthy choices in schools



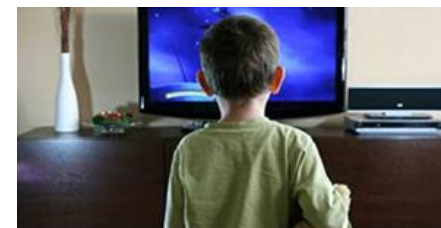
ŠOLSKI LONEC

Mladi potrebujejo zdravo prehrano in gibanje!



HEMA
ŠOLSKEGA
SADJA
IN ZELENJAVE

Advertising to children on TV



www.prehrana.si

Verified food information portal

Prehrana.si
Nacionalni portal o hrani in prehrani

Moja prehrana Novice Sestavine Živilj Dobro je vedeti

Prehrana.si Slovenija

0 projekti Povezave Kam po nasvet?

Vse o mleku, laktozi in laktozni intoleranci

Več

Zadnje novice

- Vpliv praženja bučnih semen na vsebnost antioksidantov
Bučno olje je cenjeno zaradi mamilskatega ugodnega učinka na...
- Kruh z vrednimi tropinami
Po prebavi gročja ostane vsaj 20 % tropin, pretežno grozdne...
- 44. srečanje timov: Kakovostna obravnava bolnika v družinski medicini
Zabavljive ali priložnosti družinske medicine in...

PREHRANSKI NASVETI

Role of health care

- workshops in Health care centers
- introduction of multidisciplinary approach
- school of clinical nutrition



www.dobertekslovenija.si



Domov

Aktualno

Dober tek Slovenija

Akcijski načrti

Knjižnica

NACIONALNI PROGRAM 2015 - 2025

Z nacionalnim programom 2015–2025 želimo v Sloveniji izboljšati prehranske in gibalne navade prebivalcev od zgodnjega obdobja življenja do pozne starosti. Temeljni namen je zagotoviti podporo za zdravje vsakoga posameznika

[Več o tem](#)



10 ciljev

Prednostna področja

Akcijski načrt do 2018

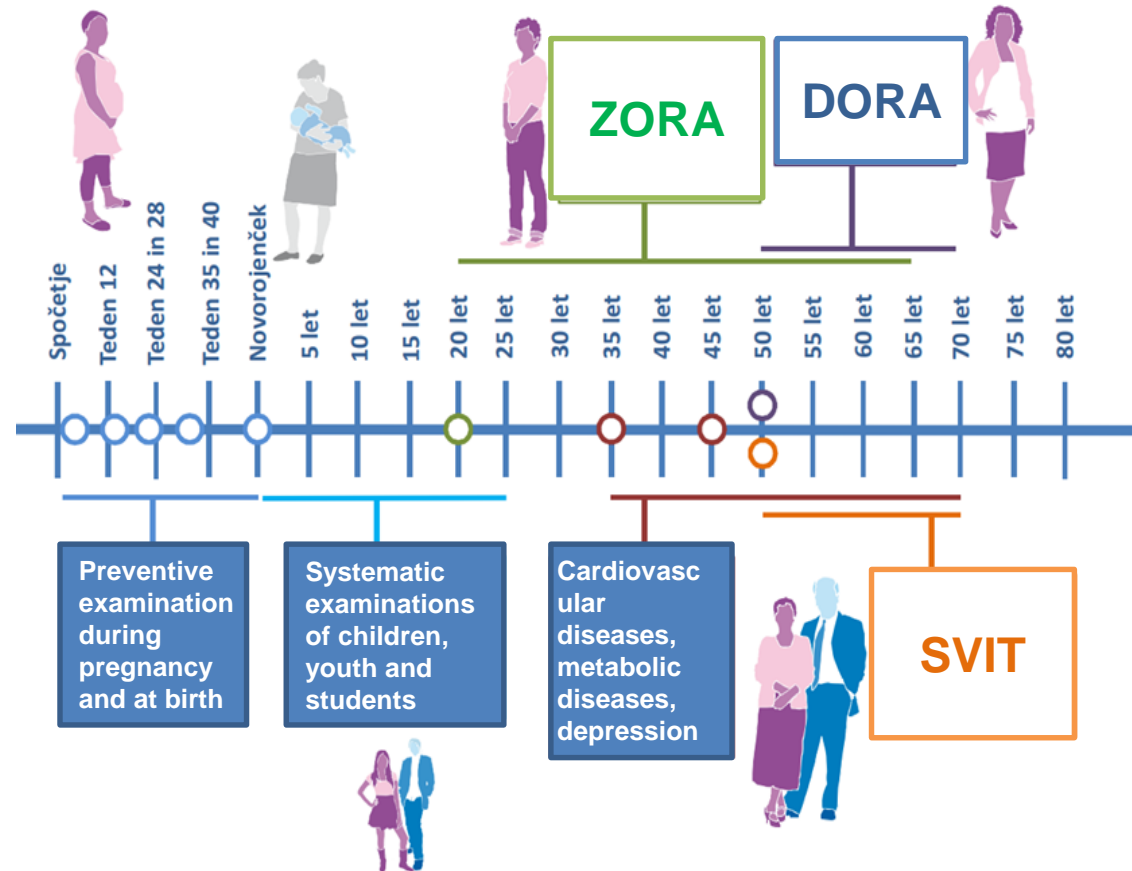
Prehrana.si

Novice





SCREENING PROGRAMS

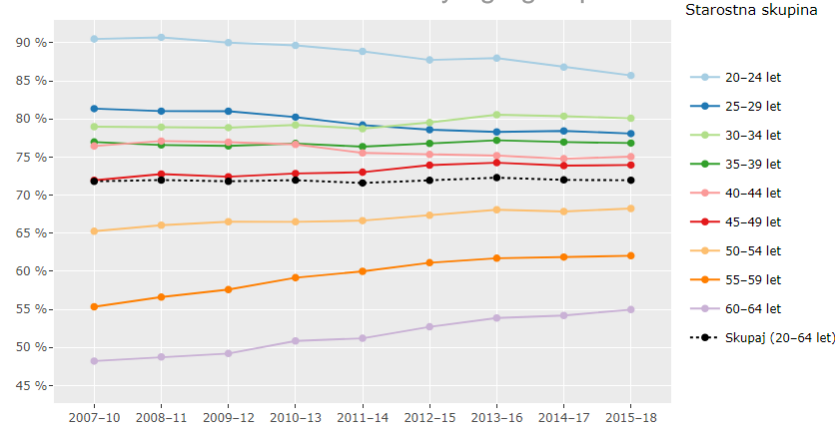


- ✓ **Dora** – breast cancer screening program for women between the age of 50-69
- ✓ **Zora** – a screening program for detecting cancer on the cervix, intended for women aged 20-64
- ✓ **Svit** – a screening program for the diagnosis of colon and rectal cancer, aimed at both men and women aged 50-69

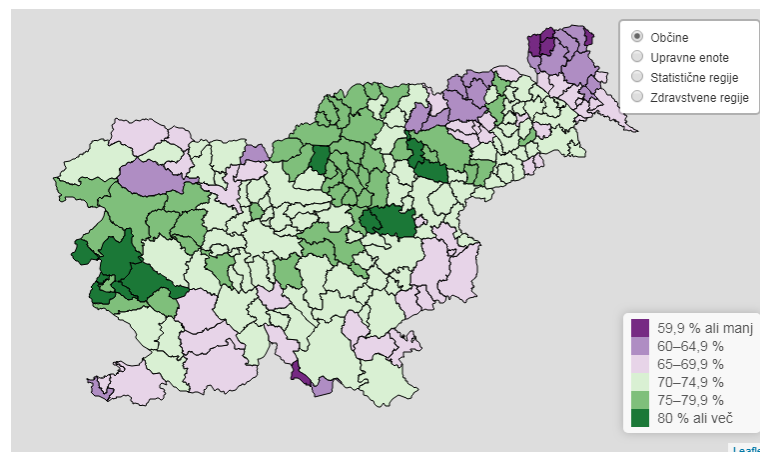
ZORA

- ✓ As part of the ZORA program, gynecologists will detect those women who have a pre-stage or initial stage of cervical cancer by examining healthy women in time. It is then possible to prevent or completely heal with simple therapeutic treatments.
- ✓ ZORA is a national screening program, every 3 y. women get a written invitation on their home address.
- ✓ Because RMV is growing slowly and requires several years to progress from cancer to pre-cancerous forms, it is possible to find out and treat the majority of dangerous changes in the cervix at three-year intervals.
- ✓ In the last 3-year period (July 1, 2015-30, June 6, 2018), the screening of the target population of ZORA exceeds 70%, which is gratifying.

Performed examinations by age group



Participation distribution



IMPACT OF CERVICAL SCREENING – SLOVENIA



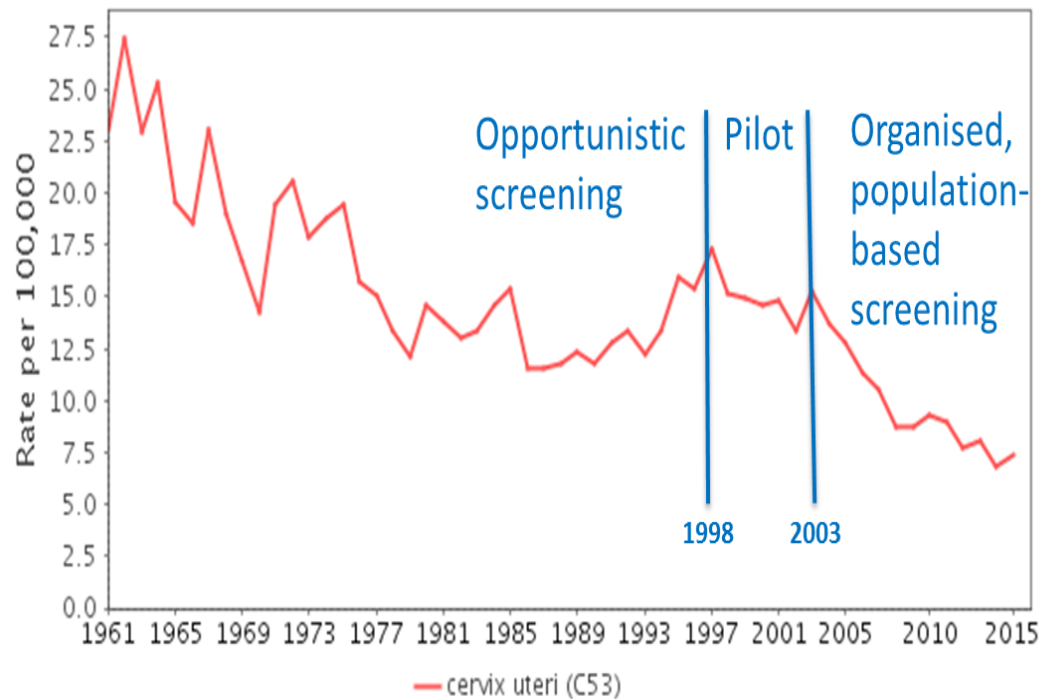
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Age standardized incidence rate (world standard)

cervix uteri (C53)
world standard, female
1961-2015, Slovenija



<http://www.slora.si/en/>



Slovenia one of the EU countries with organised screening with highest recorded decrease in cervical cancer incidence (Elfstrom, 2015).

Institute of Oncology Ljubljana, Cancer Registry of Slovenia, 27.11.2018

DORA

- ✓ In the DORA program for breast examination with screening mammography we invite women aged 50 to 69 years every two years. In that life period breast cancer is the most common.
- ✓ Women get written invitation on their home address.
- ✓ Images are examined by two radiologists, independently, which contributes to greater reliability.
- ✓ No waiting times, no referral, no extra charge

73% national participation



13 stationary centres + mobile centres



Stacionarni presejalni centri programa DORA:

IZOLA • NOVA GORICA • KRANJ • LJUBLJANA • DOMŽALE • TRBOVLJE • BREŽICE
NOVO MESTO • MARIBOR • PTUJ • MURSKA SOBOTA • SLOVENJ GRADEC • CELJE

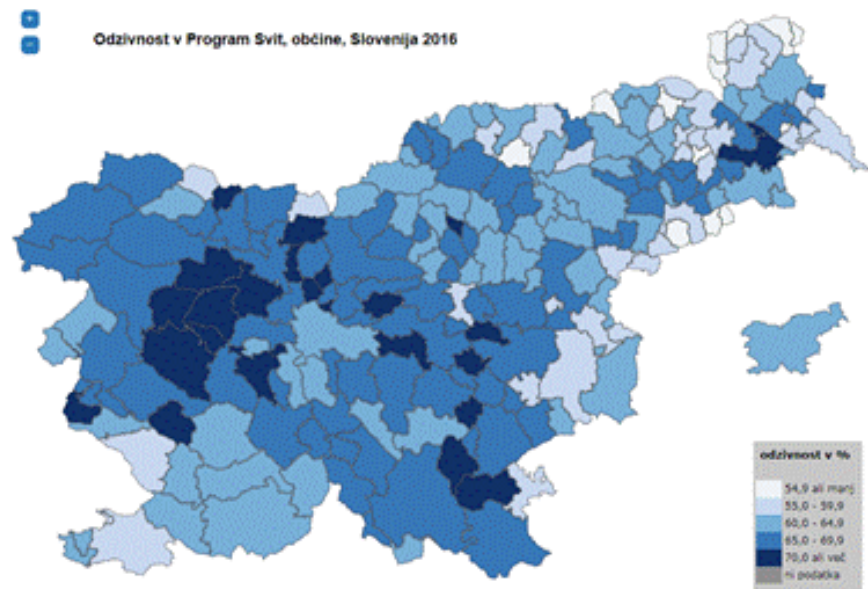
SVIT

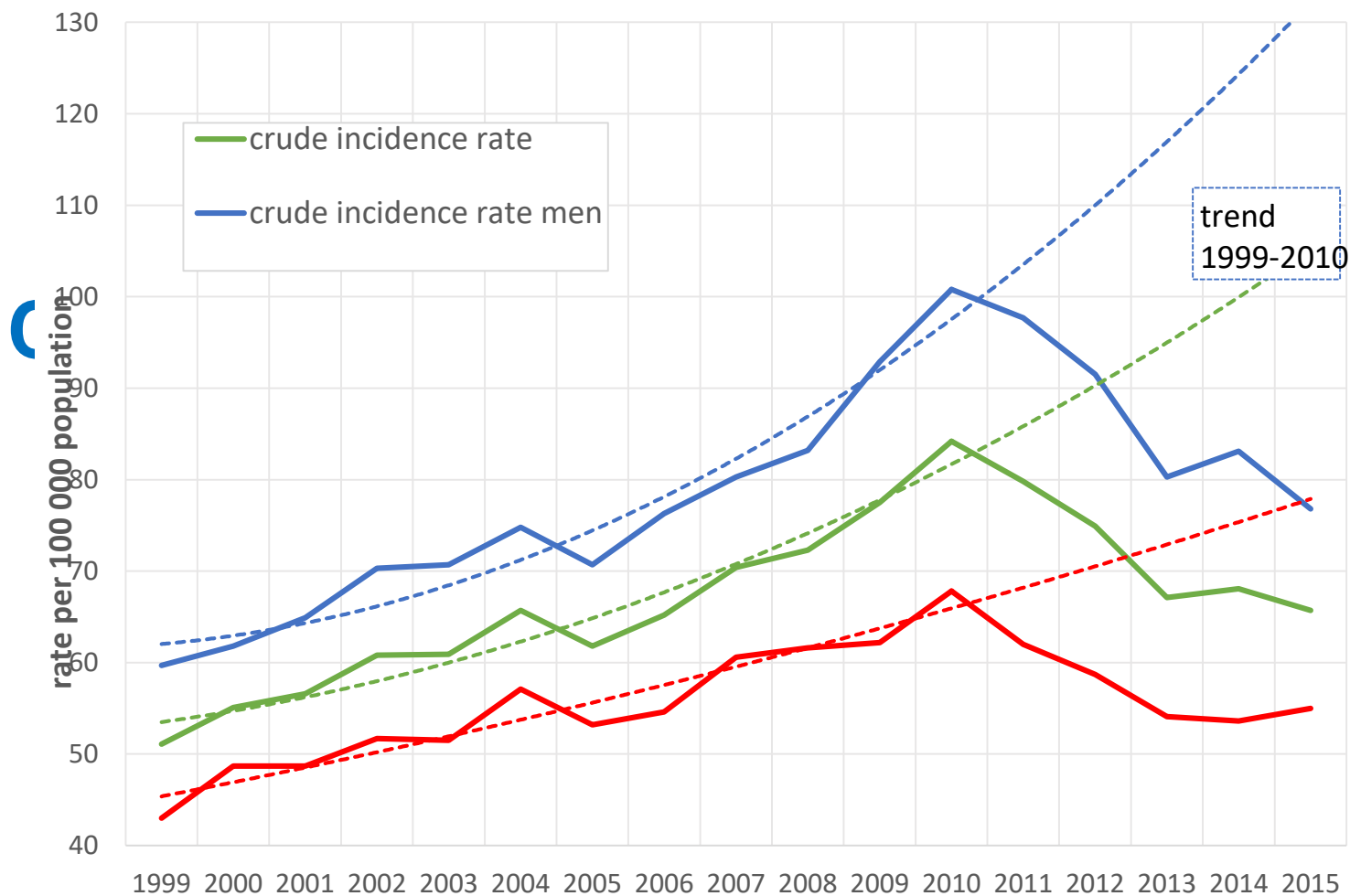
- ✓ The Svit program is a preventive health program designed to prevent and detect early cancer of the colon and rectum.
- ✓ Svit includes men and women aged 50-74
- ✓ With the Svit program, many cancers of the colon and rectum can be prevented, because we uncover and remove polyps that are pre-cancerous.
- ✓ Participation in Svit program is for target population free of charge. Costs are covered by Health Insurance Institute of Slovenia.

62,74%
national
participation



Participation distribution





In Slovenia

Source: SLORA, Cancer register, Institute of Oncology



Thank you for your attention!