

PHIRI

Population Health Information
Research Infrastructure



16th EPH Conference
programme Dublin 2023

WS Supporting present policy making to address future challenges: foresight and health policies

INTRO

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Austrian National Public Health Institute
(GÖG)

Gesundheit Österreich
GmbH

www.phiri.eu



This project has received
funding from the European
Union's Horizon 2020
research and innovation
programme under grant
agreement No 101018317



PHIRI

The Population Health Information
Research Infrastructure for COVID-19:

- a **European mechanism**, that aims to
- facilitate and support **data-driven population health research**
- and **exchange of best practices**
- to support **decision making**

41
partners

30
countries

3
years

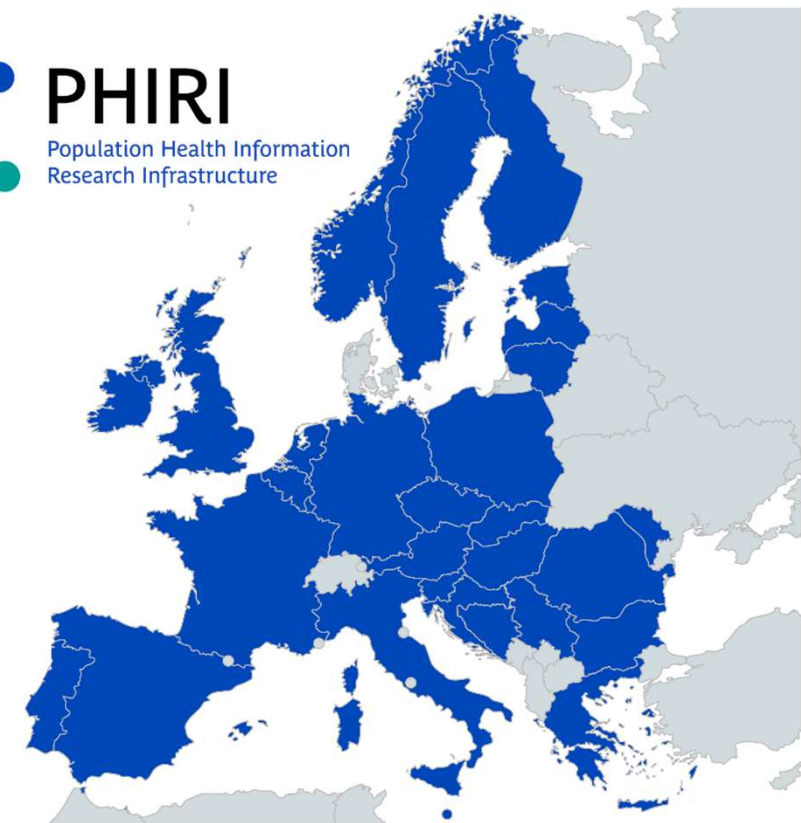
Gesundheit Österreich
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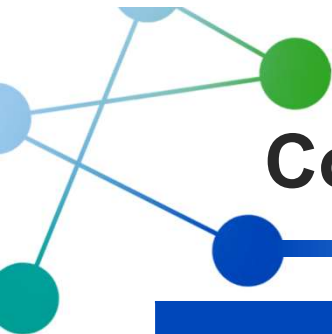


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Map of PHIRI Partners



Core outcomes and Deliverables

A TRUE EUROPEAN COORDINATION MECHANISM FOR PANDEMIC PREPAREDNESS and BEYOND

A CENTRAL TOOL FOR RESEARCHERS and ADVISORS to DECISION MAKERS

A FEDERATED RESEARCH INFRASTRUCTURE incl. a METADATA CATALOGUE (also on ZENODO) tested by USE CASES

TRANSFER of EVIDENCE into KNOWLEDGE (e.g., Spring School, Guidelines)

DEVOTE EXCHANGE MECHANISM (e.g., Rapid Exchange Forum)

➡ TOOLS and TRAINING for FORESIGHTING and SCENARIO BUILDING



www.healthinformationportal.eu



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National Institute for Public Health
and the Environment
Ministry of Health, Welfare and Sport

Gesundheit Österreich
GmbH

NOVA
UNIVERSIDADE NOVA
DE LISBOA



 sciensano

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National Institute for Public Health
and the Environment
Ministry of Health, Welfare and Sport

Foresight for policy making: to be better prepared for the future

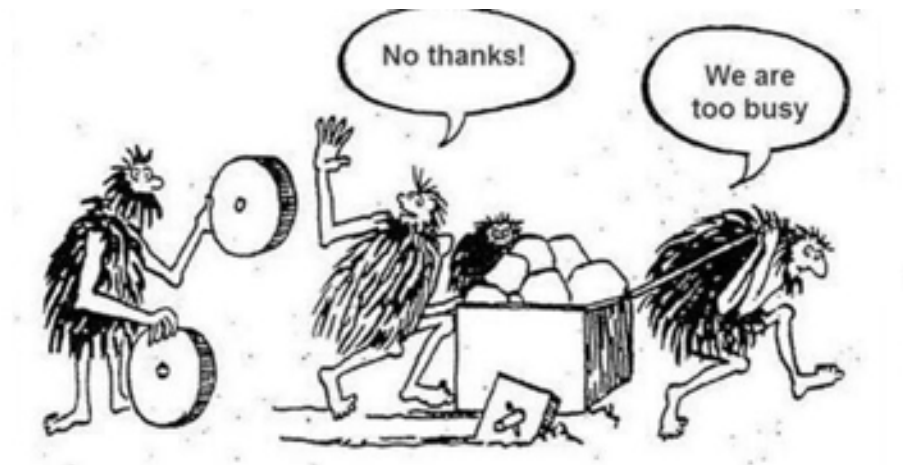
Henk Hilderink
Daniela Moya
Liz Mutubuki
Marit de Vries

4.F. - Workshop: Supporting present policy making to address future challenges: foresight and public health policies



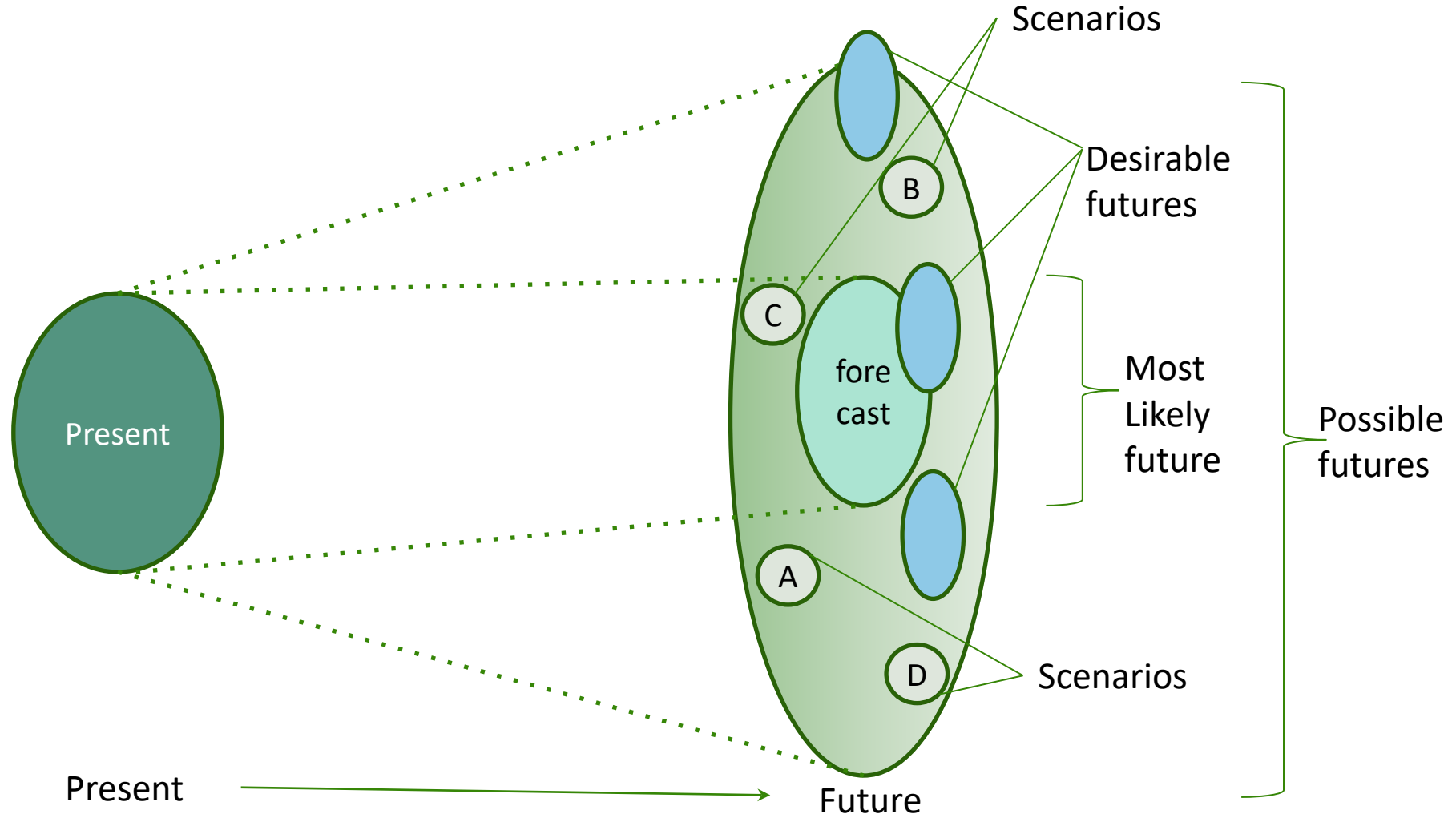
Why (strategic) Foresight?

- Future is uncertain but worth/necessary to explore
- To identify future societal challenges
- Anticipating on (undesirable) trends and changes
- To review and assess strategies and policies (“policy making is about the future”)
- Promote discussion about future trends





From present to future





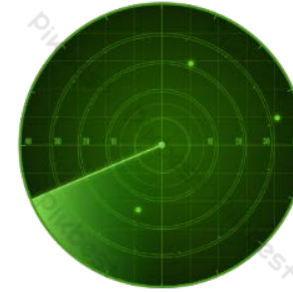
Many definitions, common elements

- › **Foresight** is a systematic, participatory, future-intelligence-gathering and medium-to-long term vision-building process aimed at enabling present-day decisions and mobilizing joint actions.
 - **Systematic:** methodological sound, systemic, 6-step scenario building approach, knowledge translation
 - **Participatory:** involvement of relevant stakeholders based on a structured participation process
 - **Future intelligence:** use state-of-the-art knowledge and methods (quantitative and qualitative) to gain insights into the future
 - **Medium to long-term:** we don't predict the future but try to foresee what we might be facing, addressing accompanying uncertainty.
 - **Present day decisions** and mobilizing joint actions: the objective is to support foresight-informed policy making



General Foresight approach

What future are we facing?



What are the most important challenges?

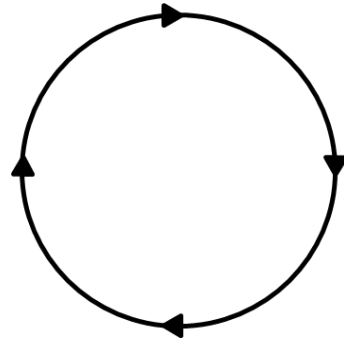


What are the options for action?

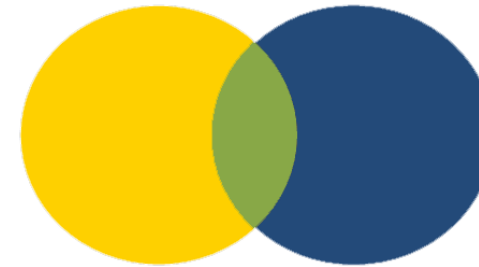




Foresight and effective Knowledge translation to policy



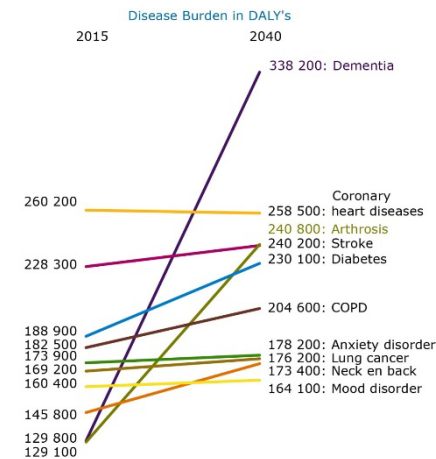
The Policy Cycle (when)



Organizing interaction (with / to whom)



The DIKW-pyramid (what)

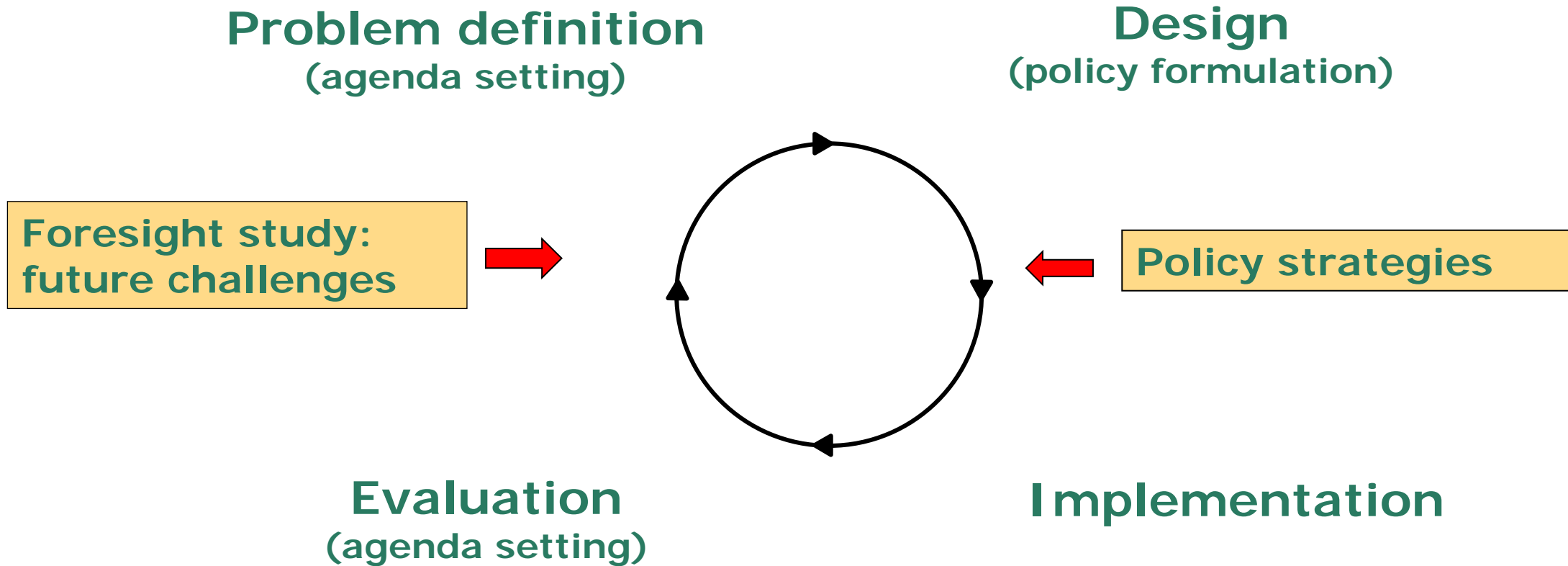


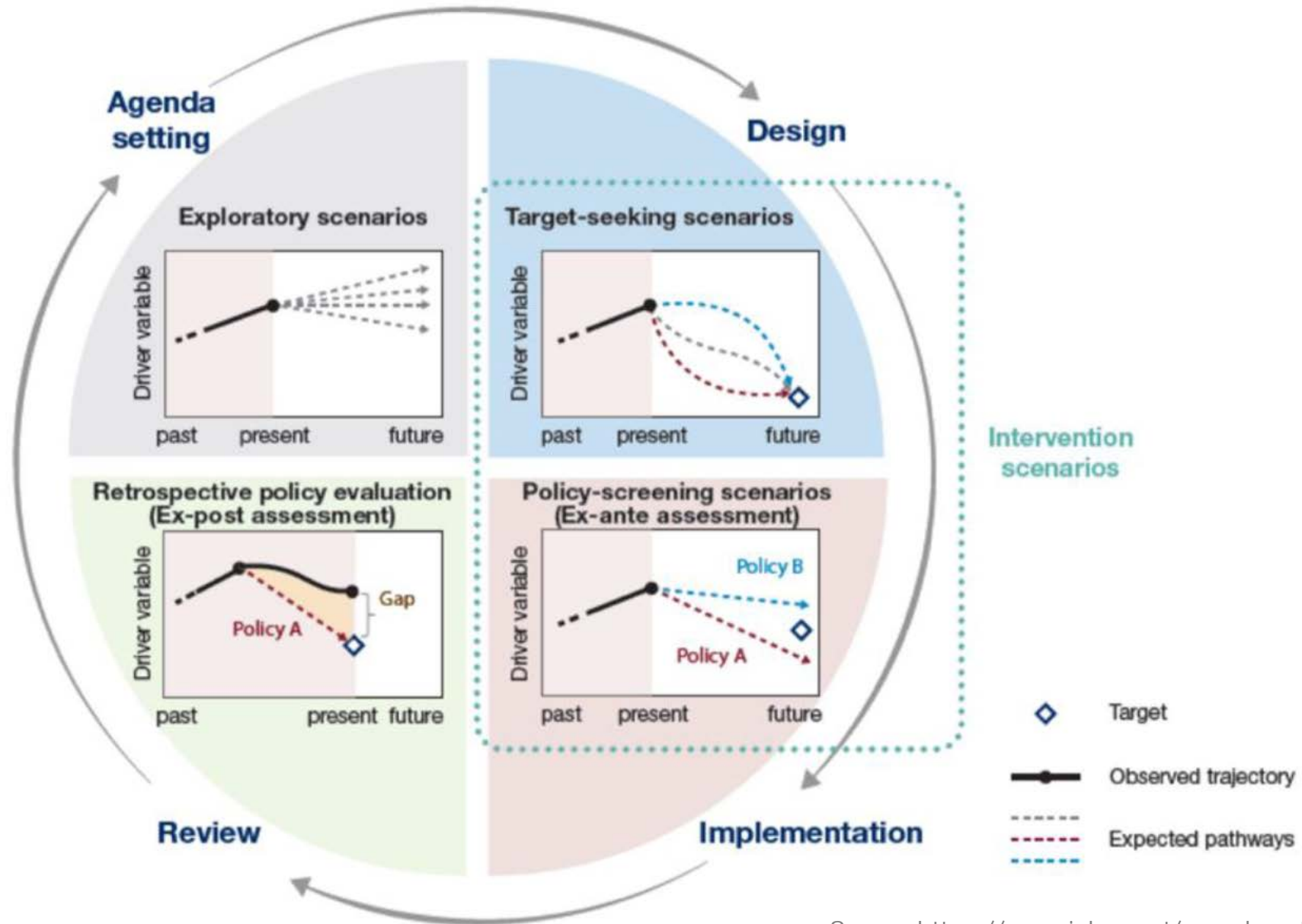
Possible products (how)

(Lavis et al. 2003)



Foresight and the health policy cycle (*when*)

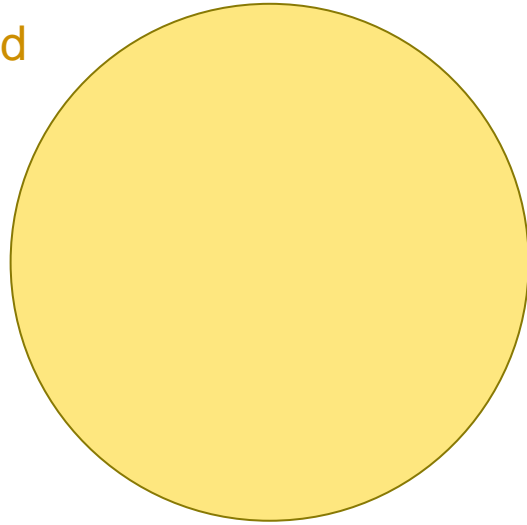




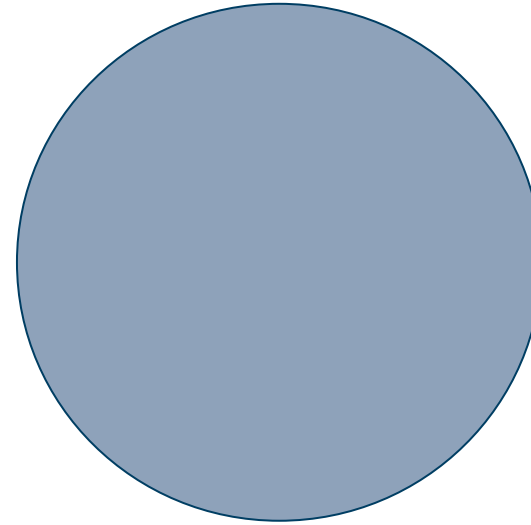


Mind the gap...

Research field

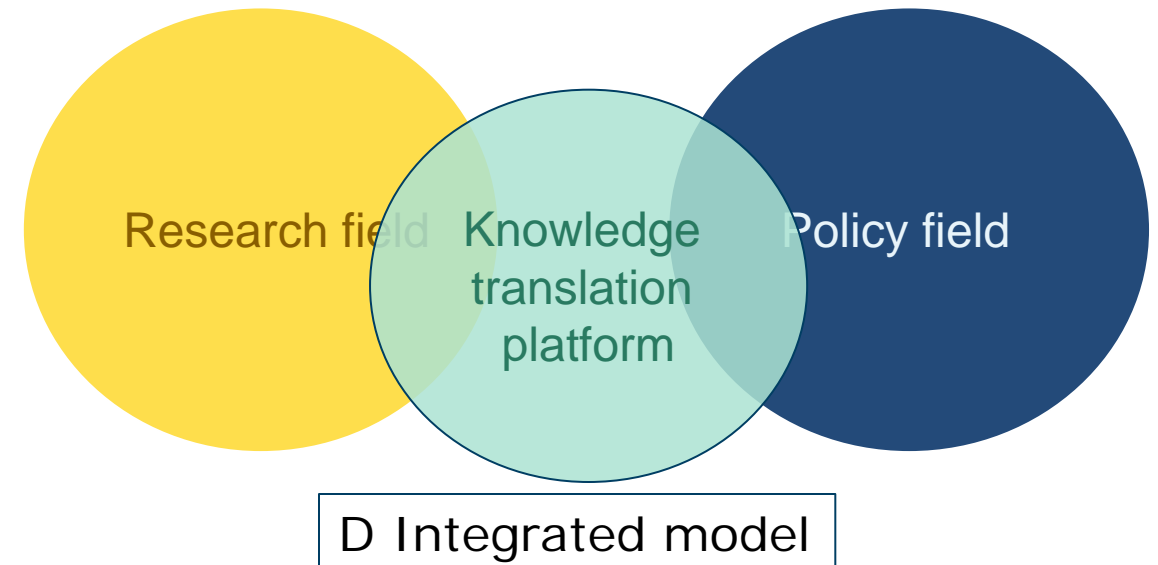
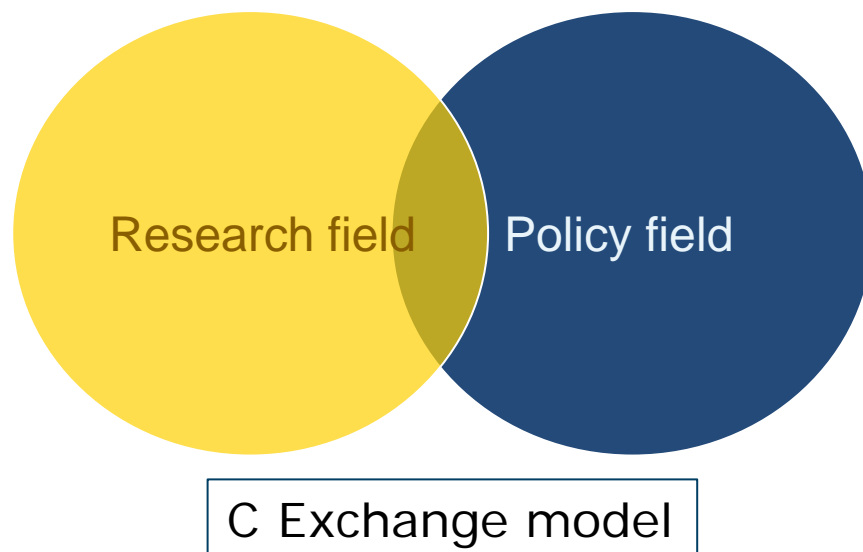
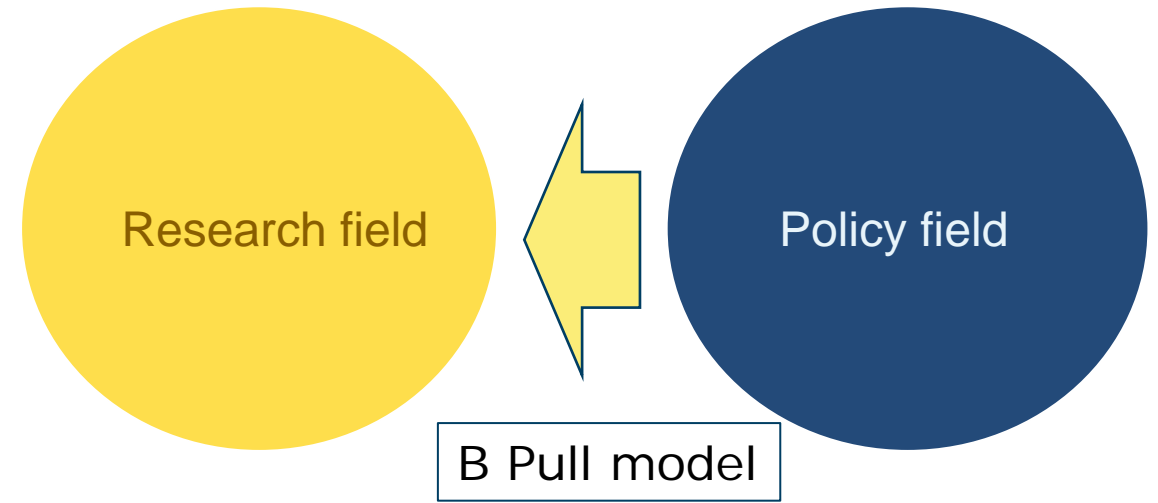
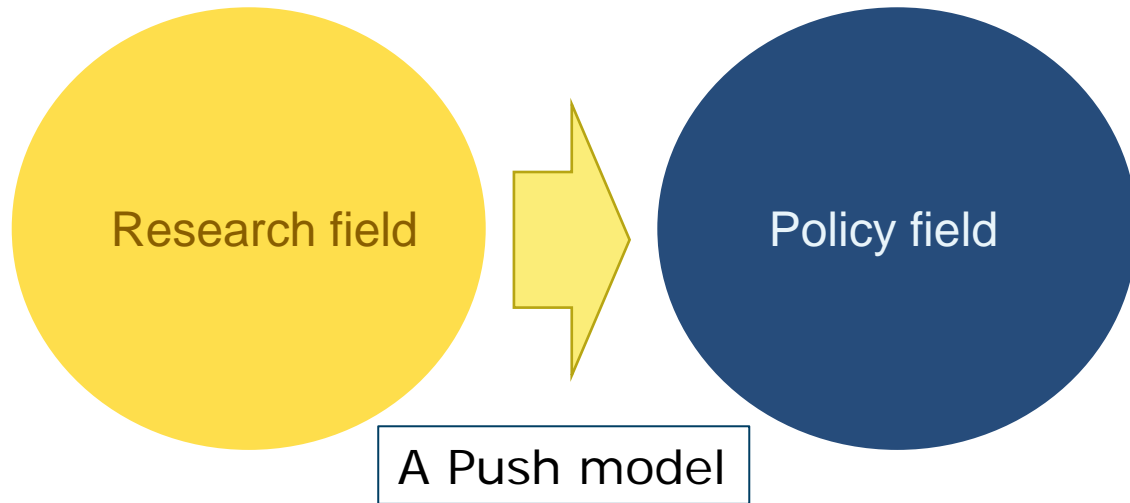


Policy field





Models of Knowledge Translation





Challenges linking foresight to policy making

- › Long term of foresight versus short term interest of policy makers
- › Policy makers & uncertainty: a difficult combination
 - All evidence is about the past, foresight is about the future
- › Policy making / politics has a normative nature
 - Foresight can deal with this type of uncertainty
- › Apply different models of knowledge translation to increase impact



Thank you

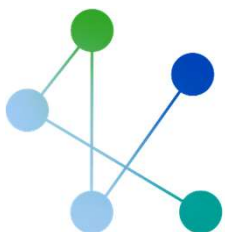
More information:

Henk.Hilderink@rivm.nl

www.rivm.nl/en/public-health-foresight

www.eupha.org/foresight





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PHIRI – EUPHA 2023

4.F. - Workshop: Supporting present policy making
to address future challenges: foresight and public
health policies

Thu 9th, 16:40-17:40 *Liffey A*

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Input

A pandemic's impact on Mental Health (Foresight Informed Policy Factsheet)

Beate Gruber

Gesundheit Österreich GmbH

PHIRI **Gesundheit Österreich GmbH**
A pandemic's impact on mental health
Foresight Informed Policy Factsheet

1. Key messages

- The pandemic might be over. But not for mental health.
- The negative impact of crises on mental health is delayed and long-lasting.^{1,2}
- Measures should thus be taken in a timely manner to respond adequately to the expected negative effects.^{3,4}
- Monitoring the population's mental health consistently.^{5,6}
- Health has established a mental health surveillance system.
 - Analyzing and comparing data allows us to identify effects on specific groups who appear to show different results, e.g. girls and young women are affected most.
 - All more studies and high frequency survey data could result in even deeper insights.
- Enabling the provision of psychosocial support at various levels.^{7,8,9}
- An array of support can contribute to addressing adverse mental health effects.^{10,11}

Health includes interventions at all levels of the psychosocial dimension

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Objective of this Policy Brief

II. Background

Objective of this Policy Brief

To show how monitoring the current state of people's mental health – as done in Austria – can assist during the pandemic as well as in the recovery phase, as well as for anticipating adverse and long-term treatment outcomes.

Urgent action needs to be taken.

Even though the pandemic has almost practically ended, the measures **young people** are facing with **pre-existing mental health conditions** are showing significant long-term effects.¹²

Mental stress outlasts any crisis.

Studies on **water stress** show that the peak of psychological stress and stress reactions is reached when the physical stress subsides.¹³ Similar, **economic consequences** for individuals, communities, countries, and regions, will cause an a significant rise in mental stress and suicide as observed in many cases.^{14,15}

Since the commencement of the COVID-19 pandemic, there are currently no studies with data on the individual's different approaches to be taken.

Comprehensive surveillance of mental health is a way forward.

A comprehensive view of **adverse mental health indicators** is a good approach to identify general effects on the psychosocial health of the population. A focus on **health surveillance** with the support of different mental health indicators can help to identify adverse mental health effects. In Austria, in line with the recommendations, **regular surveillance of psychosocial health** was established in 2020. In the absence of survey data, it was decided to focus on available online data from Austria and to use health observation and monitoring systems.

Surveillance of Mental Health in Austria – a comprehensive model

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Results

The study results on people's mental health during the pandemic are likely to differ from those seen in many other European countries as well.

A need to know where's going on:

Use of the latest psychosocial health indicators

At the beginning of the pandemic and has been on a high level since, which indicates that psychosocial stress with the general population is elevated.¹⁶ An increase in loneliness and mental health as secondary stress was reported.¹⁷ The number of consultations by women are currently even higher than in the first year of the pandemic, with a higher number of women are currently even higher than in the first year of the pandemic.¹⁸ These are signs that **older people might be more affected**.

In solid practice after a decline in the number of patients based on regions which does not allow conclusions to be drawn as to a specific trend.

Measures are again needed – In 2022, especially, attention is to be paid to the need for a targeted support of people with mental health conditions.

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Overview & Objective

Want more?

Introduction

01

Austrian approach to implementing measures

03

Recommendation

05

02

MH Surveillance

04

Conclusion

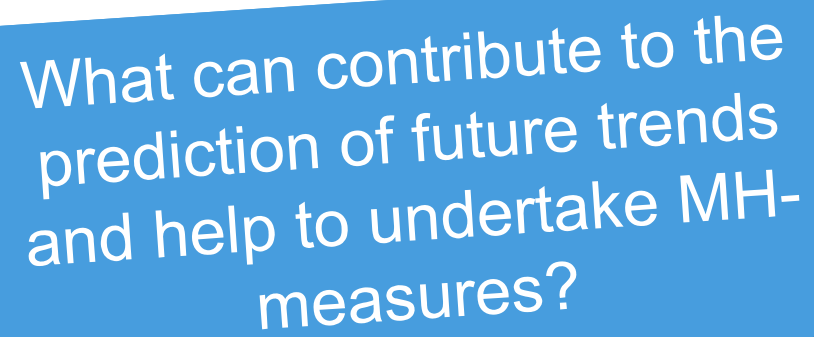




Introduction

The pandemic might be over. But not so for mental health.

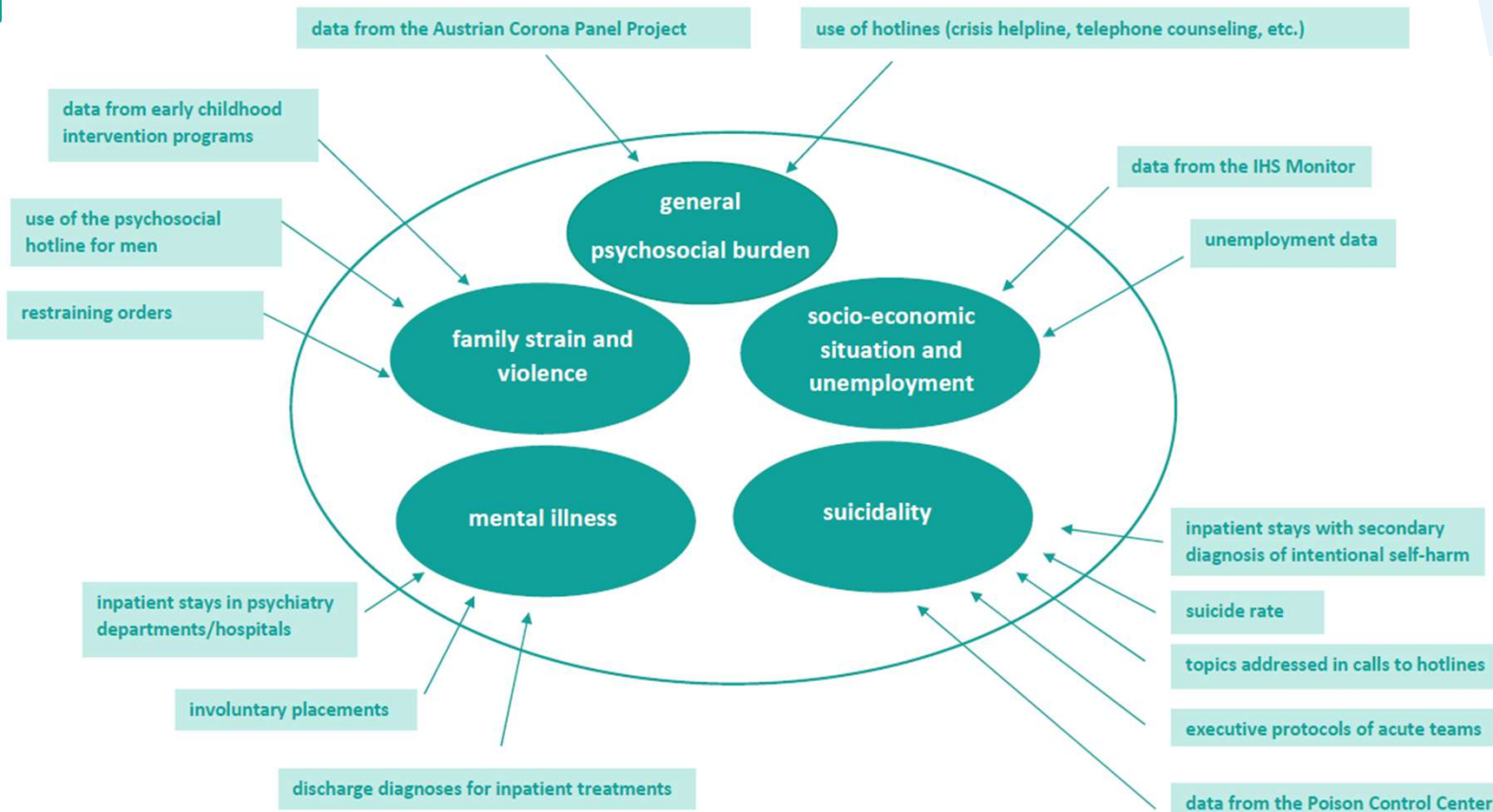
The negative impact on mental health is delayed and long-lasting.⁽¹⁻⁶⁾



What can contribute to the prediction of future trends and help to undertake MH-measures?



MH-surveillance: Data sources



Elements of foresighting!

Current trends – future impact!

Deeper insight - discuss actions



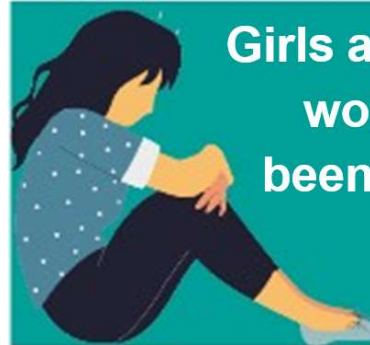
This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 101018317

MH-surveillance: Results

Young people
have suffered
disproportionately



Girls and young
women have
been suffering
more



Psychosocial
burden has
risen




Alarming rise in
reported rates
of suicidal
ideation

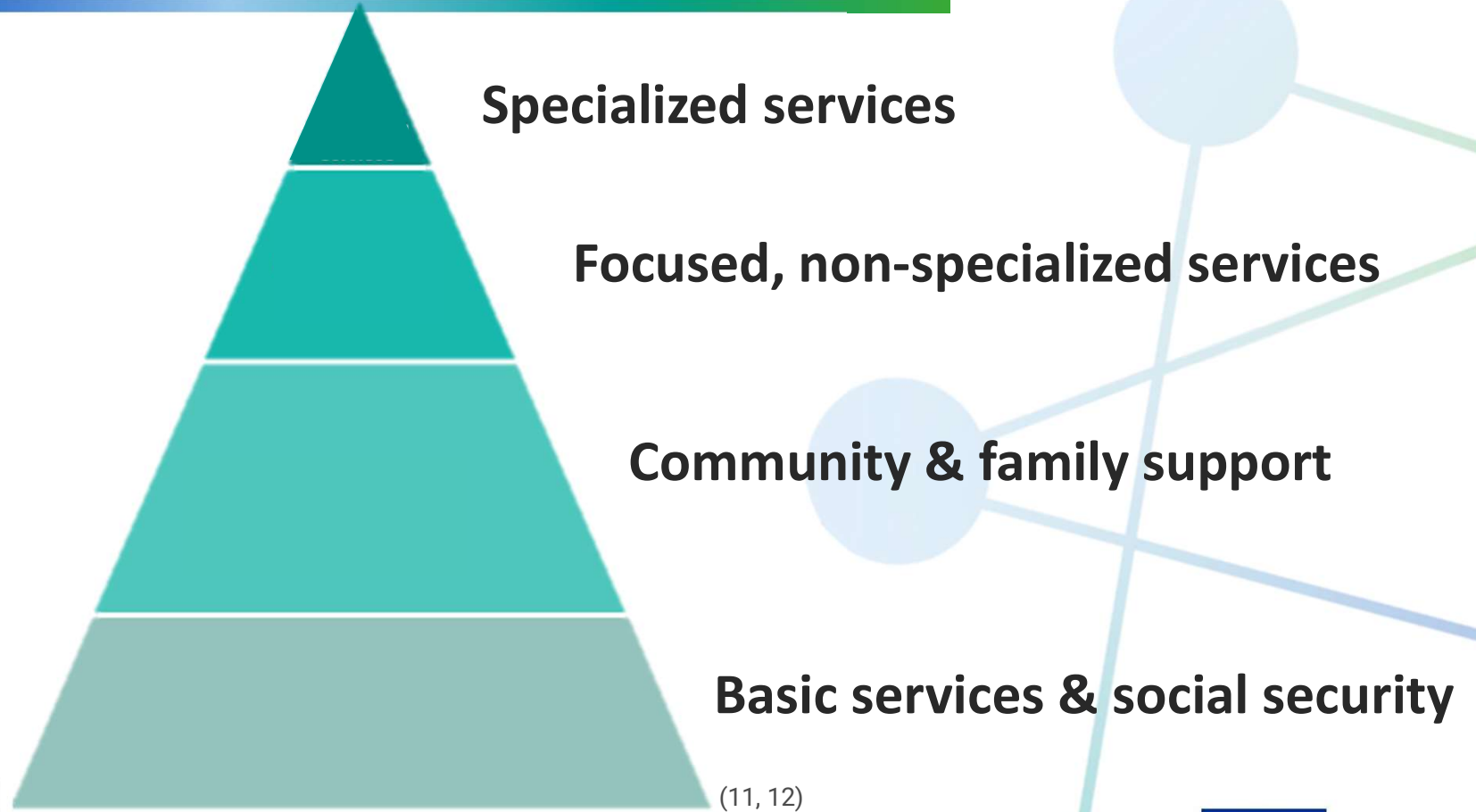




MH-surveillance: Limitations

- Barriers & people who do not actively seek help.
 - Better availability of data can lead to overweighting of individual problem areas.
 - High-frequency survey data is missing.
- 

Austrian approach to implementing measures



Conclusion

- Identifying most vulnerable groups
- Analyzing/understanding country-specific context (PHIRI)





Recommendation – based on the Austrian approach

- Monitor mental health constantly ⁽¹¹⁾
- Derive measures in a timely manner
- Ensure psychosocial support at various levels ^(11,12)

What can contribute to the prediction of future trends and help to undertake MH-measures?

References – Want to learn more?

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Promoting primary healthcare services resilience with chronic disease management digitalization

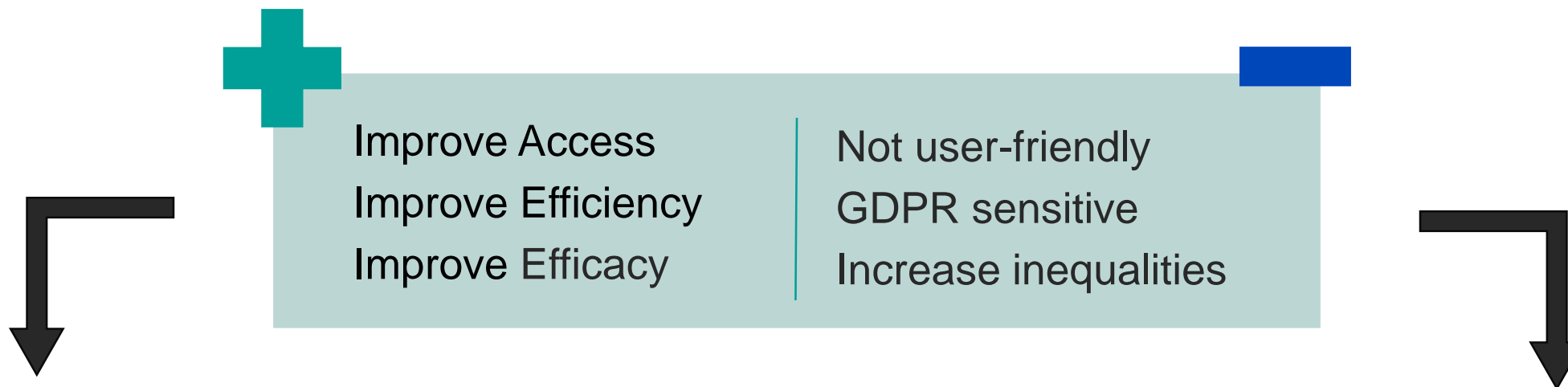
A foresight study in the Lisbon health region

Mariana Peyroteo, Mélanie Maia & Luís Velez Lapão

UNIDEMI, Department of Mechanical and Industrial Engineering, NOVA School of Science and Technology, Universidade NOVA de Lisboa



Digitalisation and the COVID-19 Pandemic in Portugal



Manage access to hospital care:

- messaging/calling services for consultations
- urgent home monitoring for high-risk patients

Negative opinions:

- Increase the workload
- Not interoperable with loss of information

Digitalisation and the COVID-19 Pandemic in Portugal



Potential role that the digital transformation of PHC

&

Measures and actions for a sustainable implementation of digitalisation

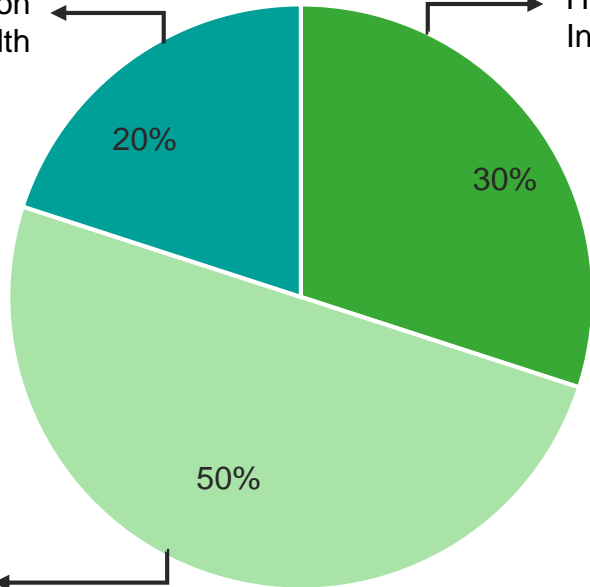
ACES Arco Ribeirinho

Understanding the context

Understanding the context		
Introduction	Identification of driving forces	Identification of critical uncertainties

Citizen Support
Communication
Digital Health

Financial management
Human Resources
Innovation



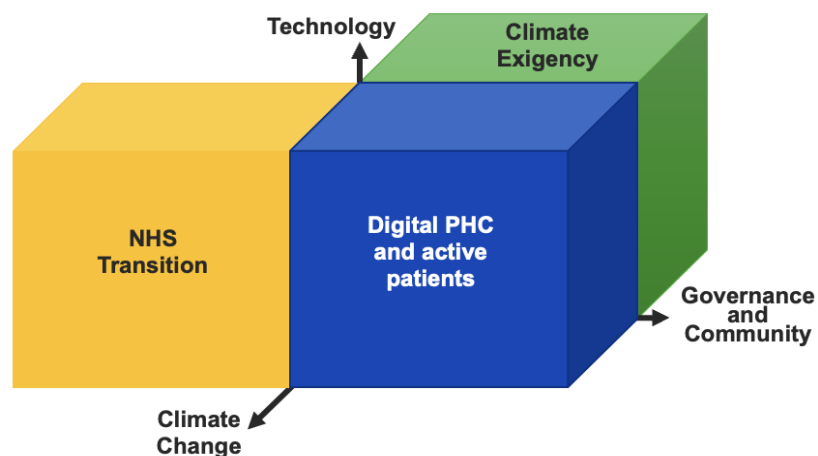
General Practice
Nursing
Physiotherapy

Economy	Increase in poverty and inequality
Sociocultural	Health literacy Importance of patient empowerment
Technology	Interoperability between different infrastructures Improvement of Information Systems
Environment	Lack of infrastructure preparedness New migratory pattern with epidemiological transition Rising temperatures and sea levels
Political	Lack of Human Resources in Health New PHC legislation and legal frameworks

Developing scenarios

Understanding the context

Developing scenarios



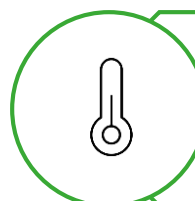
Digital PHC and Active Patients

- Investment in PHC technologies and digitalization
- Greater involvement of the community and the patient in their health



NHS Disruption

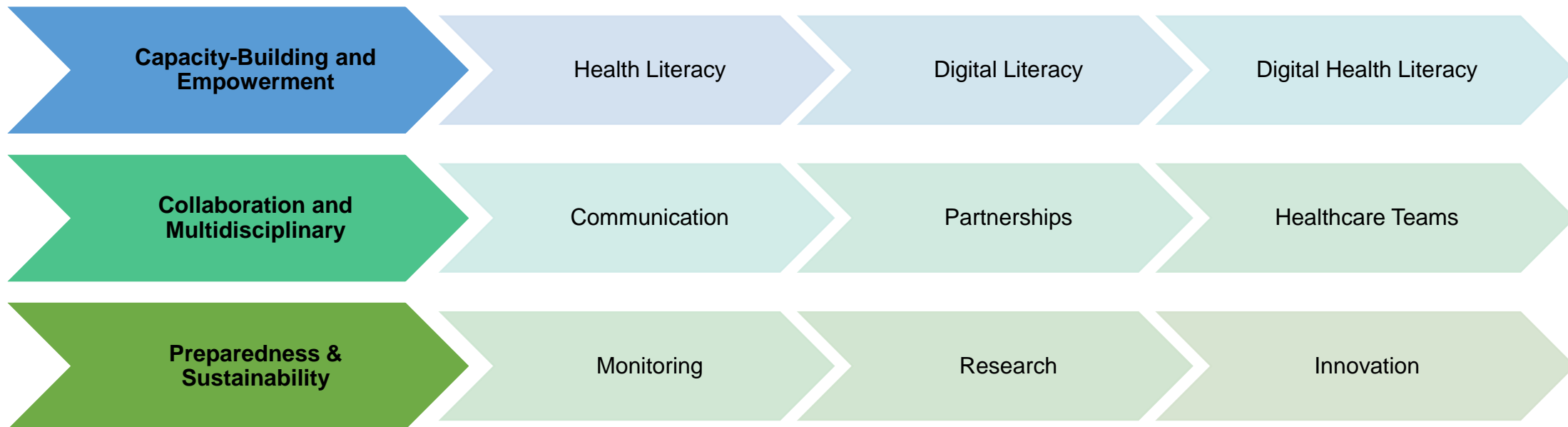
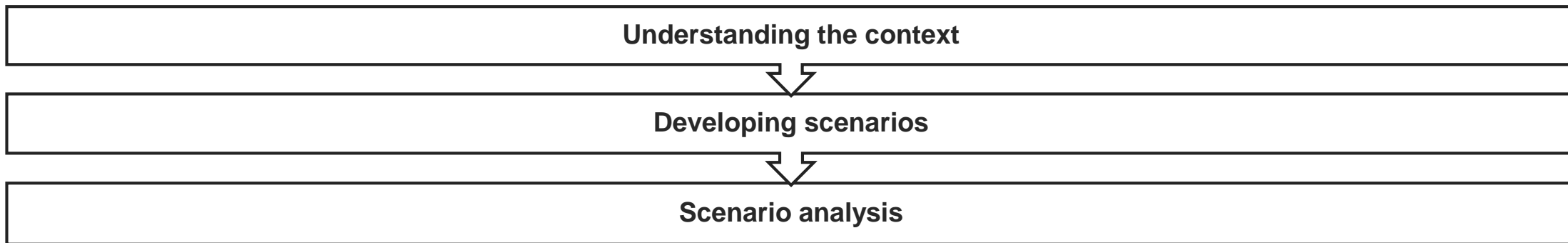
- Loss of response capacity due to lack of human resources
- Growth of private health services and/or non-profit hospitals



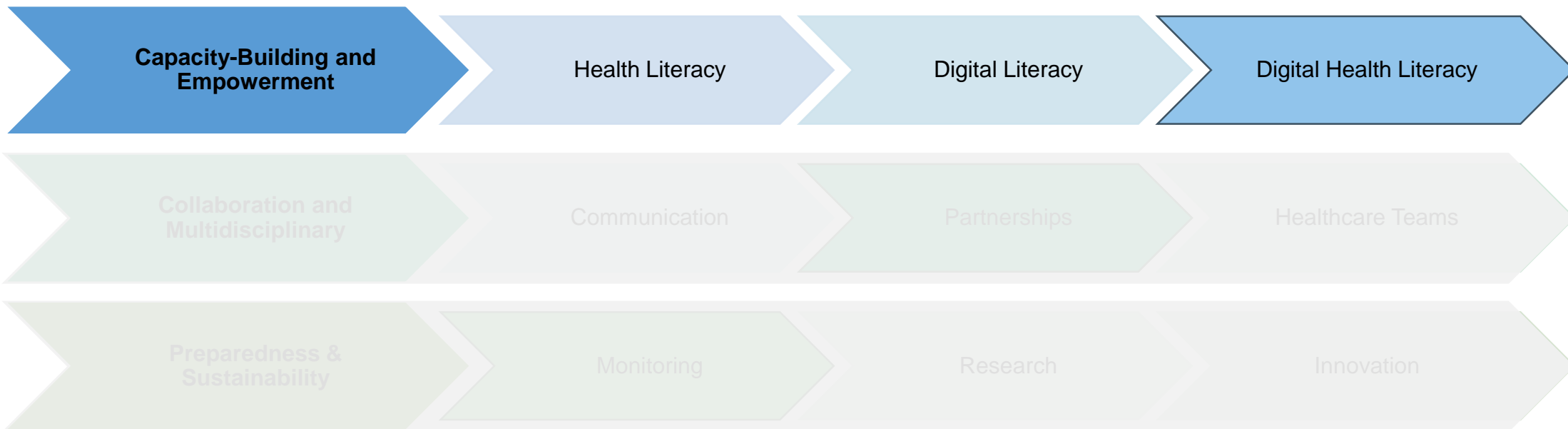
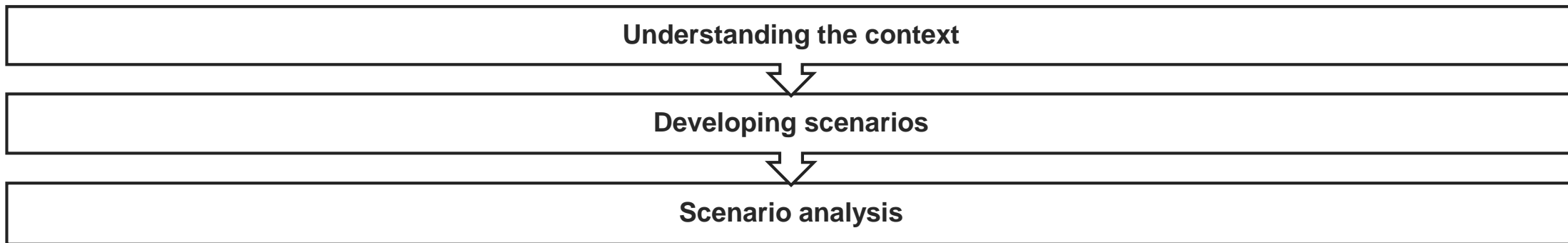
Climate Exigency

- Epidemiological transition (tropical and re-emerging diseases)
- Migration by populations from different parts of the world

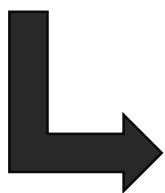
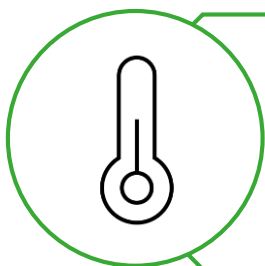
Scenario analysis



Scenario analysis



Nowadays...





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