

CPME Survey on National Guidelines for Doctors Addressing the Promotion of Healthy Lifestyles in Primary Care

On 19 November 2015, the CPME Executive Committee adopted the 'CPME Commitments to the EU Platform on Diet, Physical Activity and Health 2016-2017' (CPME 2015/103 FINAL).

These commitments within the [EU Platform for Action on Diet, Physical Activity and Health](#) include a mapping of national guidelines for doctors addressing the promotion of healthy lifestyles in primary care. This mapping will highlight in particular where guidelines address obesity in children, health inequalities, and physical activity. The objective is to identify and further analyse the guidelines' source, evidence-base, and target audience.

Please answer the following questions. You can provide a direct link to a website if the information source is online. Please provide a short summary of the content if the website is in any other language than English.

Thank you!

1. What kind of guidelines or policies has your national medical association set for doctors in order to address the promotion of healthy lifestyles in primary care (e.g. [the policy of the Swedish Medical Association](#))?

Currently we do not have available such a comprehensive material. There are several conferences and actions ongoing on this topic, from which we can expect the emergence of complex and modern recommendations:

1. " Preventive medicine in the context of the present " - regular
with support of the President of Slovak Medical Chamber, the Minister of Health and the rector of the Slovak medical university.

2. Forum public health „Nutrition and health“ - regular

with support of the President of Slovak Medical Chamber MUDr. Marián Kollár, the Minister of Health JUDr. Ing. Tomáš Drucker and the rector of the Slovak medical university prof. MUDr. Peter Šimko, PhD.

3. Conference on chronic non-communicable diseases and healthy lifestyles, held 20. – 21. 9. 2016 in Bratislava.

The participants of the conference were representatives of the European commission, of the EU member states, of the Slovak Ministry of health and the WHO. It was one of the key priorities of the presidency of the Slovak republic in the Council of the EU in the field of health care. During the conference were presented the experiences of member states in the so-called reformulation of commonly eaten food and reduce the occurrence of risk factors. The result of the conference was a broader discussion in order to promote a common strategy in this field.

2. Has the government set any strategies to address the promotion of healthy lifestyles in primary care in your country (e.g. the strategy in Slovenia)?

Currently we do not have available such a comprehensive material.

In our country there is for doctors available a journal of the Ministry of Health with current expert recommendations.

1 „ Professional guidance of the Ministry of health of the Slovak republik on promoting the nutrition of infants and toddlers breast feeding.“ [October 2009](#)

2. „Professional guidance of the Ministry of health of the Slovak republik on the organization of the clinical nutrition.“ [August 2006.](#)

But now - with the passage of 10 yaers - the amendment of dietary hospital system appears be current and urgent.

3. A complex issue of a school diet is the subject of the state supervision. [Recipes for school canteens: 2013](#)

4. [Regional Department of Public Health with its healthcare clinics and Nutrition and Food Safety agenda.](#)

Public Health Authority of the Slovak Republic is specialized institution, author of essential directions and priorities of state health policy in the field of public health and of development trends in the sphere of public health in the Slovak Republic which is in accordance with the EU trends. The authority is connected in its activities with European and WHO net for

surveillance of infectious diseases and with international projects related to protection of health of European and global importance.

Examples:

The National Action Plan for the prevention of obesity for years 2015-2020

National Programme for Children and Adolescents

National Mental Health Programme

I am 65+ and I am glad that I live healthily

Health Promotion Programme for Disadvantaged Communities

CINDI program

3. In your country, what kind of actions have the primary care organisations made to promote healthy lifestyles?

Currently we do not have available such a comprehensive material.

http://www.vpl.sk/sk/guidelines_1/

Stop smoking

Cardiovascular prevention

Onco Prevention

Vaccination

4. Any other comments

In our country we have had in the past a good traditional prevention program – KVOP (cardiovascular and oncological prevention) . Healthy public catering esp. in school canteens, a balanced diet for children and adolescents were included in the national programmes. There were many sports associations, sanatoriums and programs for children with disorders of nutrition and health counseling for citizens. The activities were part of the complex national program.

After the turbulent social processes, there has been some diversification of efforts. Currently our professional societies have their own prevention programmes for individual groups of diseases. However, there is a substantial effort to create a common system of preventive recommendations for the *normal* population which has not yet and does not want to be patients, in the form of accessible, comprehensible and „friendly“ information.

For improve the dietary habits, increase physical activity and change the general lifestyle, it is necessary to engage the whole public at all levels, and get involved also food companies, which should e.g. adhere to a code of ethics in advertising directed at children and indicate clearly informations for customers.

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Supplement:

Ten rules of a healthy plate



1. Eat regularly 5 times a day: breakfast, morning snack, lunch, afternoon snack and dinner.
2. Reduce intake of salt to less than 5 g of salt per day.
3. Avoid consuming a lot of foods or drinks with added sugar.
4. Consume at least 5 portions of fruit and vegetables each day.
5. Drink at least 2 liters of liquids per day, prefer water and drink with non-added sugar.
6. To increase your fiber intake you could: go for whole grains breads, pastries or wholemeal.
7. Replace saturated fats (e.g. margarine) by virgin oils (e.g. sunflower seeds oil, olive oil).
8. Choose a variety of proteins, which include fish, lower-fat meat and poultry, eggs, beans and peas, soya products and natural seeds and unsalted mixed nuts.
9. Increase intake of skimmed milk, low fat yoghurt and reduced fat cheese.
10. Eat smaller food portions.


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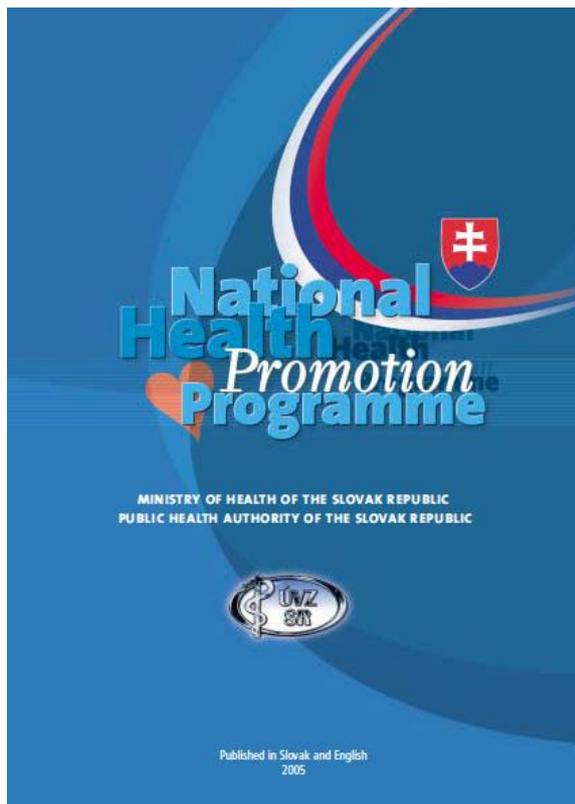

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Create your healthy plate





**Doporučený diagnostický a léčebný postup
pro všeobecné praktické lékaře**



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