

Prevención de la Diabetes: programa Finlandés

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Short Report

Prevention of type 2 diabetes: the Finnish experience

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KEYWORDS

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ABSTRACT

Prevention is nowadays an acknowledged part of health care. Type 2 diabetes is a costly disease with severe complications and its prevalence is increasing on a global scale. Several studies show that type 2 diabetes can be prevented and changes in lifestyle are effective.

Finland was the first country in the world that started a national prevention programme. The implementation of the programme is called FIN-D2D Project and it started 2003. The first part of it will be finished by the end of the year 2007. FIN-D2D Project was first started in five hospital districts and the population in those districts is 1.5 million inhabitants. The Prevention Project influences health through three strategies: a population strategy, a high risk strategy and by early diagnosis and management. The main focus of the programme is on high risk strategy and screening. To prevent type 2 diabetes it is essential to find those people at high risk as soon as possible and to provide information and initiate appropriate interventions.

The new challenges for health care professionals working in the prevention project have been careful planning and co-operation with community sector and decision-makers. Group education has become an important part of education.

The effectiveness, cost-effectiveness and feasibility of the programme have been estimated and the evaluation will be published during the year 2008. If the results are positive the aim is to make prevention of type 2 diabetes a permanent part of primary and occupational health care practises. Copyright © 2007 FEND

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