



RSCN

REFERENCE SITE COLLABORATIVE NETWORK

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RSCN 2023 General Assembly. Naples 13/11/2023. AHL Reference Site Representatives, E.C

REFERENCE SITES KEY UPDATES

Tuscany Reference site in the driving seat for innovative approaches to diabetes

Preventing and reducing overweight and obesity in teen-agers is the new project financed by the Italian Ministry of Health through the National Center for Disease Prevention and Control that is coordinated by Tuscany. This collaborative effort involves also Veneto and Calabria regions, Tuscany Regional Agency for Health and Federico II University Interdepartmental Center CIRMIS to co-create an innovative approach to prevent obesity in teen agers. Among the main objectives of the project are:

- The definition of a proposal for an innovative preventive diagnostic-therapeutic care pathways (PPDTA) starting from current experiences.
- The co-creation of a dedicated app as a "pilot experiment" with teen-agers

<https://iperseo.dieti.unina.it/>

Towards these objectives, Campania RS organised an engagement event during the European Researchers night involving two cooking schools and «Scuola Italiana Comix», that provided precious insights about some of the features of a possible tool, such as a gamification layer.

This event was followed by a food layer integrated in AHL Napoli event, where the cooking recipes elaborated by the students of the 2 cooking schools in collaboration with Nectar trained chefs and Unina nutritionists were evaluated and awarded.



Students from the Institute G. Fortunato and Vittorio Veneto of Naples, along with their teachers Domenico Parisi and Patrizia Libetti. Guglielmo Chinese, Director of the ITS BACT Foundation, ITS BACT NECTAR project coordinator Emanuela Di Marino, Professor Maddalena Illario and Dr. Claudia Vetrani.

EVENTS UPDATES



AHL-Naples 2023 event: this 3-day event was an opportunity to share achievements to date and agree on future moves in terms of digital and innovative solutions for a healthy and active lifestyle. The three-day international conference was sponsored by the Federico II University of Naples. "This three-day intensive, promoted by the Department of Public Health and the Federico II School of Medicine and Surgery – explains Maria Triassi, president of the School of Medicine and Surgery – is a focus on the initiatives undertaken in the fields of digital health, technological innovation and aging healthy and active; there are many projects, national and European, which converge with this objective. A particularly important laboratory is the Scampia conference center where the PNRR for digital medicine is implemented".

"The AHLNaples conference was focused on Healthy and Active Life, an evolution of the European partnership for healthy and active ageing, which lasted more than ten years – specifies Maddalena Illario, Department of Public Health Federico II – The three days celebrated the efforts of this large international community of which Federico II is part with respect to the exchange of good practices and the integration of digital and innovative solutions in care pathways".

The objective of this conference, therefore, was to facilitate the adoption and implementation of emerging strategic drivers for the transformation of health and care, through the sharing of knowledge on use cases and optimal scenarios from a strong approach interdisciplinary and inter-organisational

approach to health and which offer opportunities for sustainable development in all industrial sectors.

"We managed to bring the European Commission to Naples, and in particular to Scampia, - explained Guido Iaccarino, Department of Medicine and Surgery Federico II - the result of the great work carried out by Federico II in this area in recent years. There are many projects that were illustrated in these three days, they come from different areas of work and involved various research groups from the university; they all have a strong impact on the territory and are further strengthened by the PNRR national projects".



AHL-Napoli Speakers, representing SHINE 2Europe, AHL Representatives, and RSCN invited Expert.



Petra Cadova - DG-RTD, Alina Lupu - DG-CNCT, Prof. Maddalena Illario - Federico II / RSCN Chair.

EVENTS UPDATES

The conference was attended by international representatives not only from the medical field, but also from the technological, organizational and nutritional fields, each bringing good practices to talk about and ideas for the creation of future scenarios. "I am happy that researchers and academics work together in the study and development of innovative technological and digital solutions to improve the quality of life - explained John Farrell, RSCN - We discussed scaling up, the barriers and the challenges we still face and need to overcome. We are learning a lot these days."

Federico II University has been collaborating for years with the national and international communities RSCN, NET4Age-Friendly, ProMIS in order to share experiences and good practices, in the certainty that only interdisciplinarity and the sharing of good practices validated between organizations acting at local, national and international levels can help generate a real impact for healthy and active living throughout the life course. This approach is in line with the WHO Council, which recently outlined its plans to reorient economies to ensure health for all through four interconnected themes:

- Value - evaluate and measure what matters through new economic metrics;
- Finance - how to finance health for all as a long-term investment, not as a short-term cost;
- Innovation - how to advance innovation in health for the common good;
- Capacity - how to strengthen the dynamic capacity of the public sector to achieve optimal levels of health for all.

<https://www.ahlnapoli2023.it/>



Petra Cadova - DG-RTD, Annamaria Colao - Unesco Chair and Prof. Guido Iaccarino - Department of Medicine and Surgery Federico II



Prof. Maddalena Illario - Department of Public Health Federico II / RSCN Chair and Maria Triassi, president of the School of Medicine and Surgery



John Farrell, RSCN Director, addressing himself to the students.

UPCOMING EVENTS

RSCN is a supporter of Ageing-Fit Lille 6-7 March 2024



For full passes:

- From 3 November to 1 February 2024 inclusive: 20% off the "regular rate"
- From 2 February 2024 to the event: 20% discount on the "late registration" rate

For visitor passes:

- 20% discount on the visitor pass price using your discount code*

<https://www.ageingfit-event.com/product/pass/pass-visitor/visitor/>

The programme is organised around 5 themed tracks to shed light on the challenges of innovation for ageing well, from prevention to care: <https://www.ageingfit-event.com/>

Discount code* : please contact info@rscn.eu

Radical Health Festival Helsinki 21-23 May 2024



<https://radicalhealthfestival.messukeskus.com/>

THREE QUESTIONS TO : LEO LEWIS

Which are the pillars around which the Regional Ecosystem is being developed ?

As well as Wales's Regional Ecosystem being built on partners representing the Reference Site Quadruple Helix, the Bevan Exemplar good practices are underpinned by the Prudent Health and Care Principles:

- Achieve health and wellbeing with the public, patients and professionals as equal partners through co-production.
- Do only what is needed – no more, no less, and do no harm.
- Care for those with the greatest health need first, making most effective use of all skills and resources.
- Reduce inappropriate variation using evidence-based practices consistently and transparently.



Leo Lewis, Wales Reference Site

Which is the impact you aim for ?

All Bevan Exemplar projects aim to achieve impacts in line with the Quadruple Aim as follows :

- Improve the patient experience
- Reduce the costs of health and care
- Improve the health of the population
- Empower staff, especially clinicians, to practice to the full extent of their registration and training, and eliminate any technology barriers hindering their ability to deliver care.

What would you recommend to the RS to prioritise in the process of building their ecosystem ?

Establish a shared vision with partners from all Quadruple Aim domains and start with a small number of initiatives that enable participation of all stakeholders. Avoid having a plan which is too rigid ; rather, learn by doing and update the plan accordingly.



Sarah Owen, Bevan Commission, at AHL-Napoli 2023, receiving an AHL Award for Best Practice

FEATURED REFERENCE SITE

Athens RS (part of AHA4ATTICA Reference Site) Interview with Theodore Vontetsianos

Population Ageing is posing several important challenges to our societies, that overcome country boundaries and hence require concerted global policies aimed at implementing sustainable approaches to transform it into an opportunity for sustainable development. Health inequalities, public health emergencies, environmental factors affect high, medium and low income countries, where they hinder the achievement of human full potential.

Q1. Which public health challenges do you foresee as priority for your Country and for your Region?

The biggest threat to public health in our country is the affordability and resilience of our health system. Major cuts, made during the crisis years, and the following pandemic have pushed the system to its limits. The modernization and survival of our NHS has been endorsed by the Prime Minister himself as his personal bet for the next few years. More and more, all the relevant stakeholders are realizing that radical or disruptive innovation, which means doing more with fewer resources, is the only way out and this is why the system is in an intense transition phase.

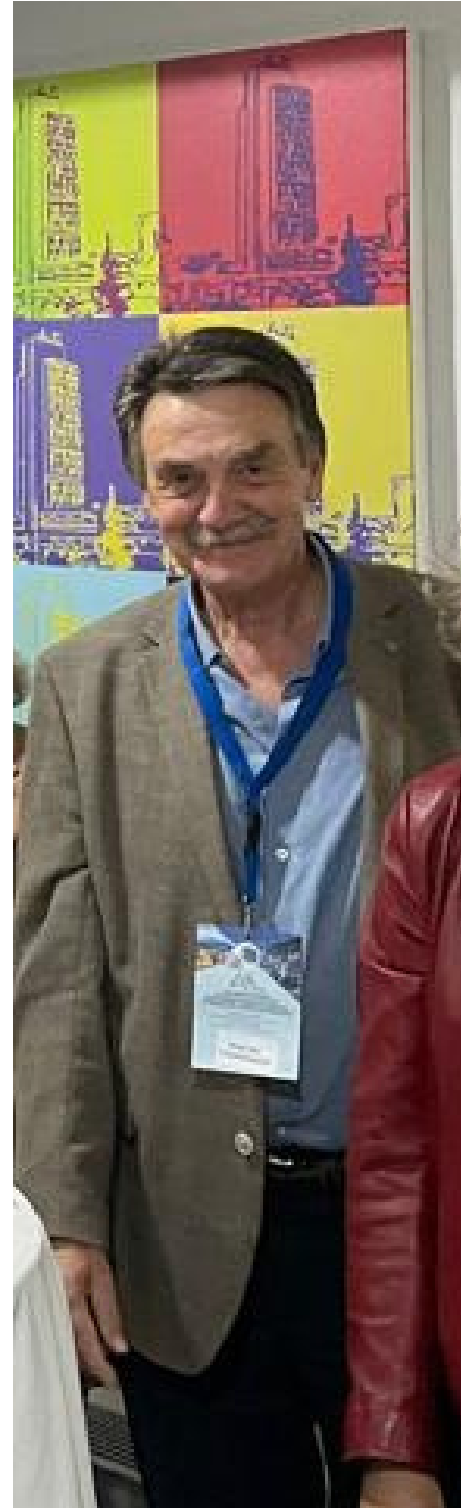
Q2. Skane is located in the heart of Northern Europe, at the crossroad between Baltic and Nordic Sea: which public health challenges do you see as peculiar of this setting? Which ones do you share with the part of Europe that is locate more South?

It is widely known throughout Europe the massive waves of refugees who have my country as a gateway to Europe with

the great health and social care problems they cause. My country, loyal to the system of European humanitarian values, provides free care in emergency situations with equal access to hospital care with the Greek population, a factor that puts even more pressure on the operation and resilience of our care system. The majority of these unfortunate people seek next to relocate to the European North, which means that a close cooperation is required to avoid the transmission of the multiple apparent health risks that this "journey" entails.

Q3. What role do you think the digital transformation of health and care can play in addressing these challenges?

It is now in everyone's (government, professionals, citizens) consciousness that the horizontal and vertical transmission of health data and the corresponding coordination of all relevant players, especially in recent years with the great help of AI, are among the essential characteristics of a sustainable, connected and interoperable health system. For this reason, their implementation is strongly foreseen by RRF strengthening. If strategically implemented, they can also be precious tools to combat major intermediate mechanisms of poor public health, such as the health illiteracy of the population, the great socioeconomic inequalities in access to quality services, major mental health problems etc.



Theodore Vontetsianos, Municipality of Athens, AHA4ATTICA Reference Site.

FEATURED REFERENCE SITE

Q4 Which enabling factors and bottlenecks do you see for implementing new solutions to improve health services in your RS?

4.1. How do you ensure all the stakeholders in your Reference Site are engaged in addressing the Region's AHA priorities?

By always combining the mutual incentive for each shareholder in coordination with the others, when and where this is possible. Of course, positive reform steps, even if small at a time, strong leadership, gradual allies' acquisition and appropriate compensation for each one's investment are valuable assets for sustaining commitment.

4.2. Which digital, or other innovative, solution is having the biggest impact on health or social care outcomes in the Region?

The empowerment of the following critical focus areas for reform, where digital innovation have been proved especially useful, having exceptional multiplier effects

- Prevention
- Social determinants intervention
- Shift towards self, home, community and primary care

4.3. What barriers did you have to overcome in implementing it?

- Stakeholders' established workflows and interests (preserving status quo, controlling adoption of innovations, siloed approach, lack of skill, knowledge and technology, avoiding risks, failing to act early, fear of making mistakes etc.).



CITY OF ATHENS

- Short of a different quality of leaders, comfortable to act under today's difficult professional environments, especially in regard to:
 - Mindset, culture, values
 - Capacity, capability, talents
 - Skill, knowledge, personality traits
- Absence of patients' and carers' associations partnership
- Weakness of leverage of the silver economy tsunami wave

Q5. What kind of support do you expect from the RSCN?

Many kinds of support like the following

- Facilitation the sharing of knowledge and expertise
- Creation opportunities for collaboration to address common health and care challenges
- Facilitation the AHA Reference Site regions in the development and implementation of regional health and care transformation actions
- Generation connections with European and International forums to promote long term approaches to active and healthy ageing

Q6. Would you be available to be an ambassador for the RSCN in your area?

The multidisciplinary Athens consortium has been close to the large European Initiative for Active and Healthy Aging (AHA) since its initial establishment. It applied for the accreditation of a Reference Site (RS) in 2019, only when it had secured the national structural funding for the sustainable implementation of innovative prevention and integrated care services in the multidisciplinary health and social care centers of the municipality of Athens. There are currently 4 such centers operating and three more to follow very soon. They have multiple medical and paramedical professional specialties (nurses, social workers, psychologists, social and work counselors, etc.), in order to provide one-stop holistic care. Therefore, Athens RS represents a real-world ambassador of the letter and spirit of Reference Sites Collaborative Network (RSCN), looking forward to a closer collaboration with the other RSs in Greece and Europe.

Q7. Are you aware of the WHO Decade of Healthy Ageing (2020-2030)?

Yes, looking forward to collaborate for an active participation.

OTHER NEWS

RSCN Webinar Series Kick-off:

JANUARY 17, 14.00-15.00. Save the date!

Tracking universal health coverage 2023 global monitoring report WHO

Umut Elmas, Federico II Department of Public Health, will provide an overview of the key content of the Report to ignite an open conversation with participants on the key issues emerging and how they can be addressed.

