

Economic assessment of best practices in public health

The Combined Lifestyle Intervention

Marion Devaux, OECD Health Division

Union Nationale des Mutualités Libres, Brussels, 26 November 2024





The OECD Guidebook for Best Practices in Public Health

The Guidebook is a tool to help policy makers select best practices in public health and lays out the frameworks used to assess the candidate best practices



PLAN-DO-STUDY-ACT (PDSA) FRAMEWORK

Recommended by the OECD Guidance on Best practices

Step 1: identify and assess the transfer feasibility to a different context

Step 2: prepare and implement

Step 3: monitor and evaluate

Analogous to 3-step strategy to the Joint Action CHRODIS Plus (use of PDSA cycles)

Phase 1: Pre-implementation

Phase 2: Implementation

Phase 3: Post-implementation





Best Practices on Healthy Eating and Active Lifestyles – selected case studies

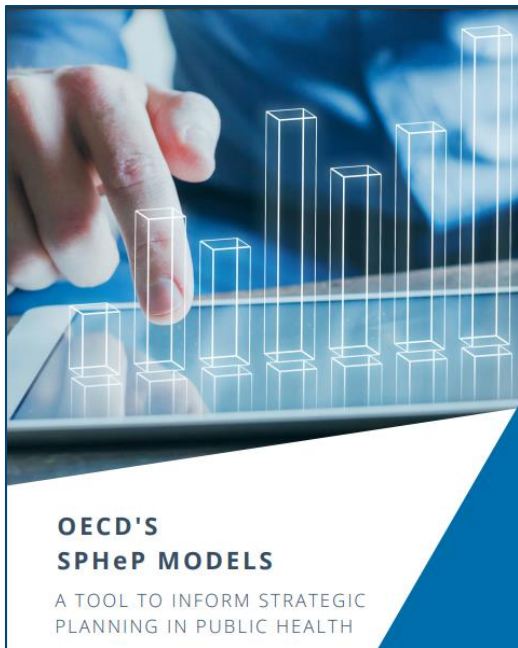
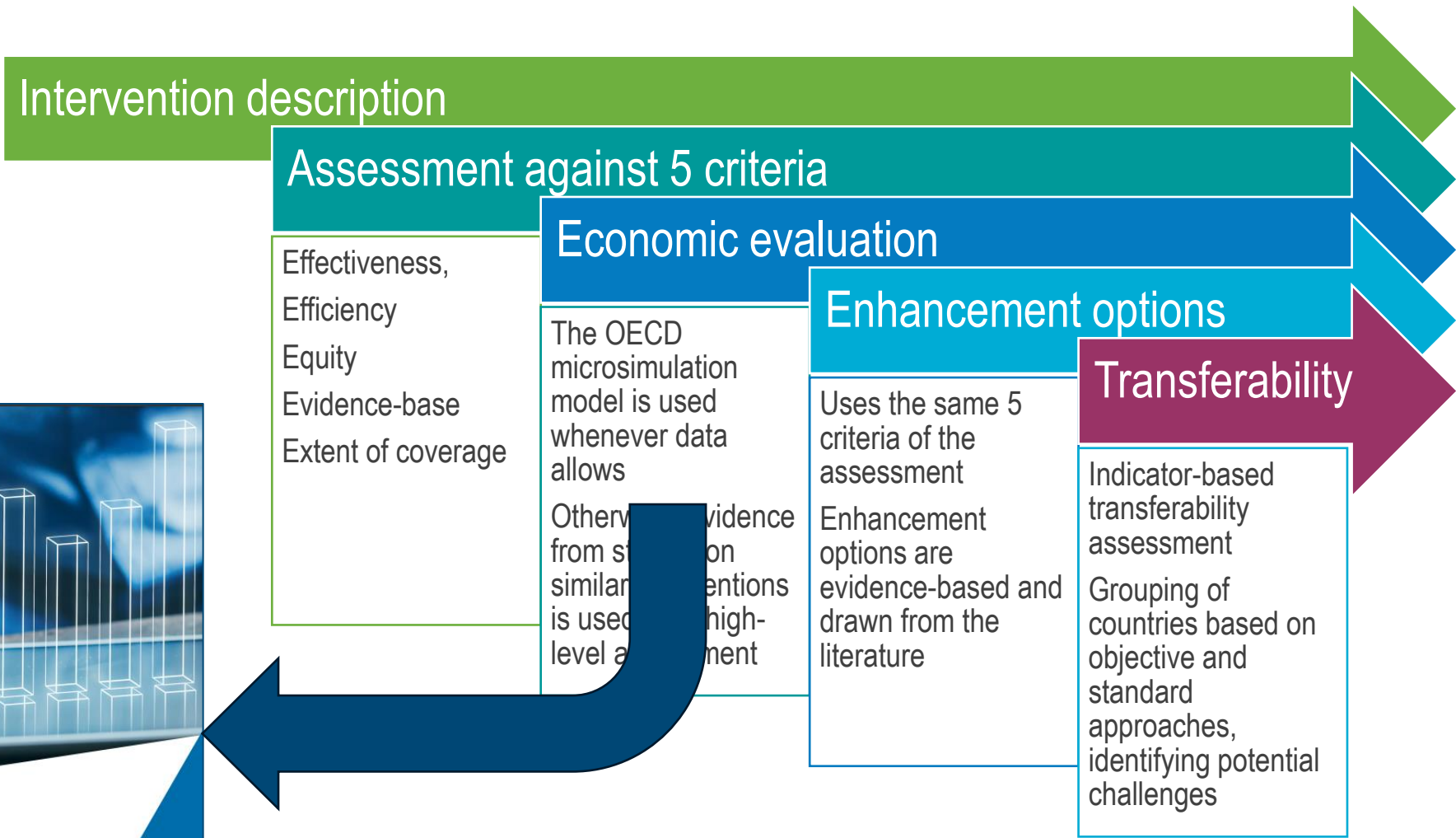
Intervention	Description	Country
Nutri-Score	Front-of-pack labelling intervention to address unhealthy eating	Various European countries
Physical Activity on Prescription (PAP)	Intervention to prescribe patients physical activity in a primary care setting	Sweden
Combined Lifestyle Intervention (CLI)	Primary care intervention offered to those who are overweight or obese. Patients are guided on how to improve diet, exercise and overall health	Netherlands
Young People at a Healthy Weight (JOGG)	Community-based intervention designed to improve diets and boost physical activity among those aged 0-19 years	Netherlands
Multimodal Training Intervention (MTI)	Physical activity and healthy eating program targeting those aged 65 years and older.	Iceland, Spain and Lithuania
ToyBox	Kindergarten intervention to improve healthy eating and physical activity	Various European countries
Personalised Approach to Obesity Management in Children (PAOMC)	Clinical, family-based and personalised childhood obesity programme targeting children aged 7 to 17 years	Estonia
Diabetes in Europe – Prevention using Lifestyle, Physical Activity and Nutrition (DE-PLAN)	Type 2 diabetes prevention intervention aimed at improving diet and physical activity levels through a lifestyle, community-based intervention	Various European countries
SI! intervention	Multidimensional school-based obesity prevention intervention, which targets lifestyle behaviour changes in 3-5 year olds	Spain
Let Food Be Your Medicine	Personalised nutrition mHealth app	Romania
Whole Grain Partnership	A front-of-pack labelling intervention to boost wholegrain consumption	Denmark
StopDia Pilot for the Somali population	Lifestyle intervention for the Somali population who are at-risk of developing type 2 diabetes (adapted from the nationwide StopDia intervention)	Finland

Healthy Eating and Active Lifestyles
BEST PRACTICES IN PUBLIC HEALTH

Source: OECD, 2022. [Healthy Eating And Active Lifestyles](#)



Candidate Best Practices Are Evaluated Using a Standard Approach Co-developed with Countries





Transferability Assessment

Transferability Assessment :

Four contextual factors affecting a successful transfer

Analysis based on high-level indicators of contextual factors in 4 domains

Data sources: OECD statistics, Eurostat, IHME, WHO

E.g., population's attitude towards physical activity and dietary advice

Population context

Sector-specific context

Primary care, E.g., health professionals capacity and training, access to GPs

E.g., spending on primary health care; cost of the programme; budget under the basic health coverage

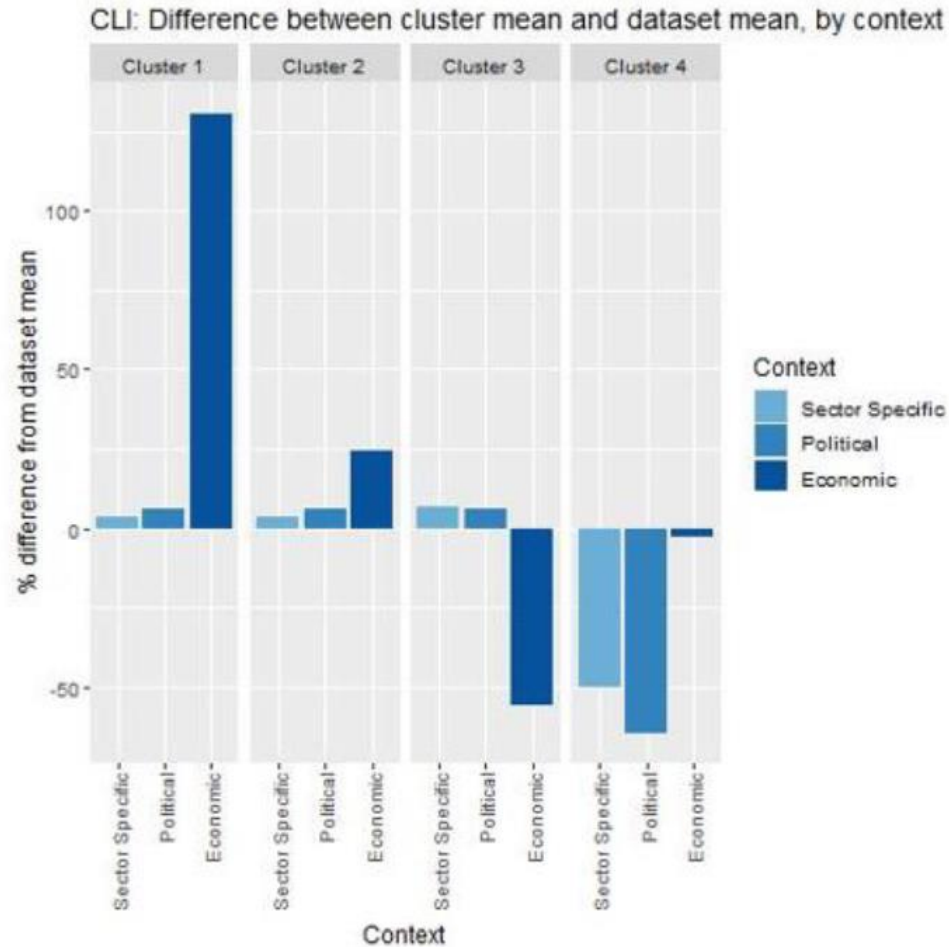
Economic context

Political context

E.g., national programmes and plan to reduce physical inactivity and to reduce unhealthy diets; Programme to promote counselling on physical activity



Assessment of transferability of CLI



- Cluster 1: Malta, Portugal, Korea, United Kingdom (4 countries) ;
- Cluster 2: Bulgaria, Canada, Estonia, Finland, France, Germany, Ireland, Italy, Lithuania, Mexico, Poland, Slovak republic, Slovenia (13 countries);
- Cluster 3: Australia, Austria, **Belgium**, Croatia, Czech Republic, Denmark, Hungary, Iceland, Latvia, Luxembourg, **Netherlands**, Norway, Romania, Spain (12 countries);
- Cluster 4: Cyprus, Greece, Sweden (3 countries)

Source: OECD, 2022. [Healthy Eating And Active Lifestyles](#)



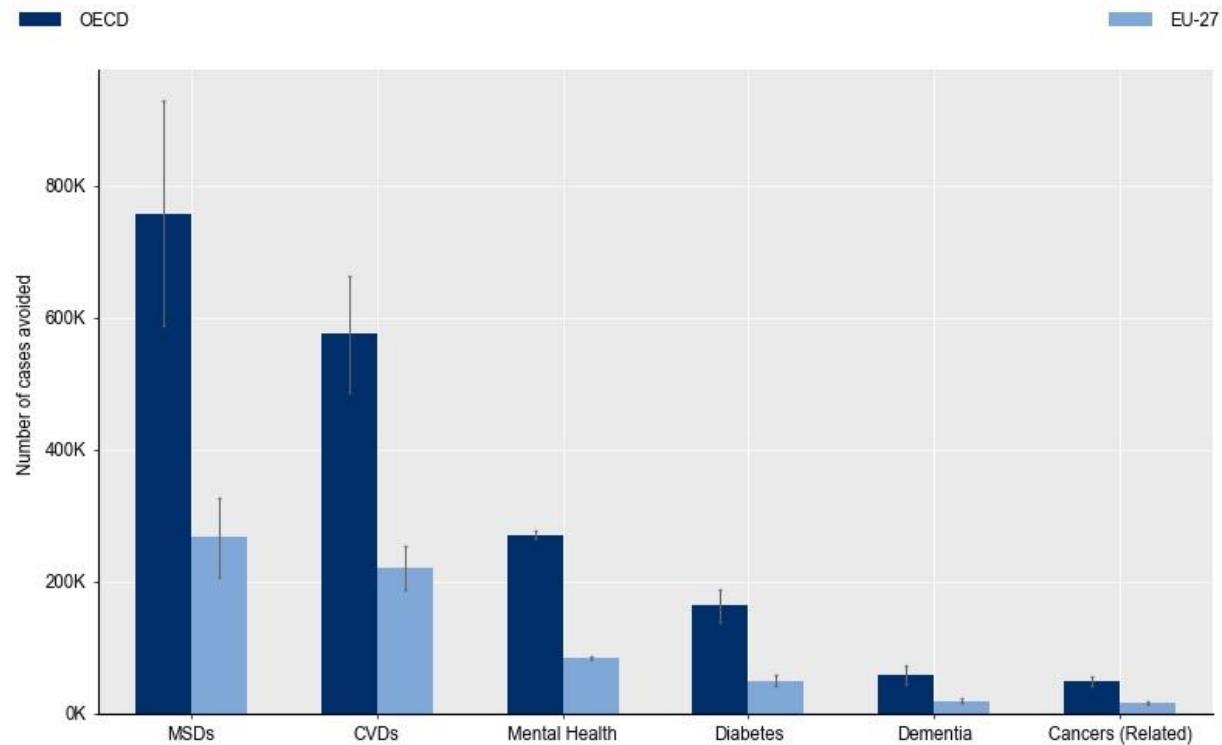
Cost-Effectiveness Assessment



Effectiveness - Avoided Disease Cases

The Dutch Combined Lifestyle Intervention

Total disease cases avoided, between 2021 and 2050 – OECD and EU27 countries



By 2050, **270 thousand NCD cases would be avoided** if the Combined Lifestyle Intervention was scaled up and transferred across all EU-27 countries

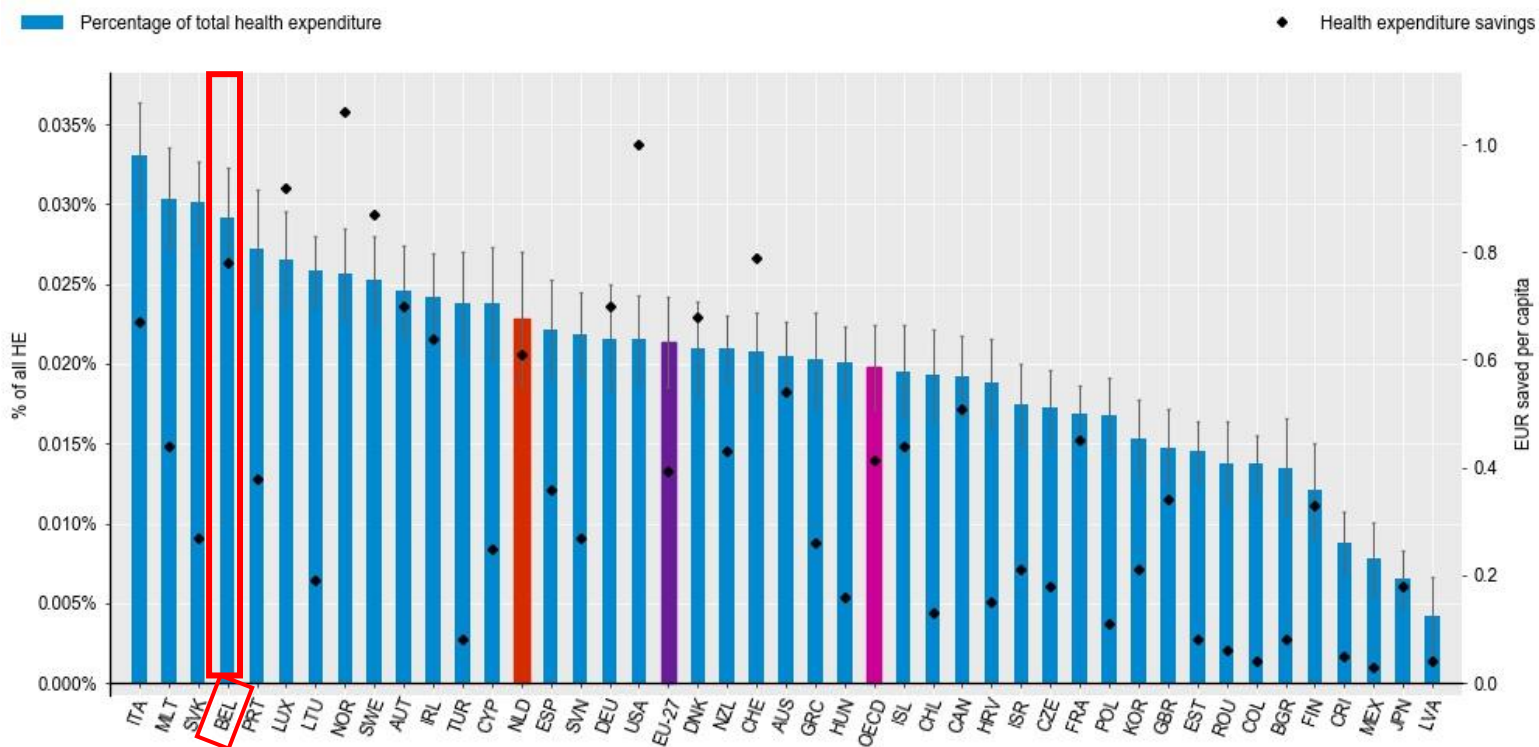
Source: OECD, 2022. [Healthy Eating And Active Lifestyles](#)



Efficiency - Healthcare savings

The Dutch Combined Lifestyle Intervention

Health expenditure savings as a % of total HE and per capita (EUR), average 2021-50 – all countries



Implementing the Combined Lifestyle Intervention in Belgium would result in annual health expenditure savings equivalent to **0.03% of total health spending** (EUR 0.80 per capita)

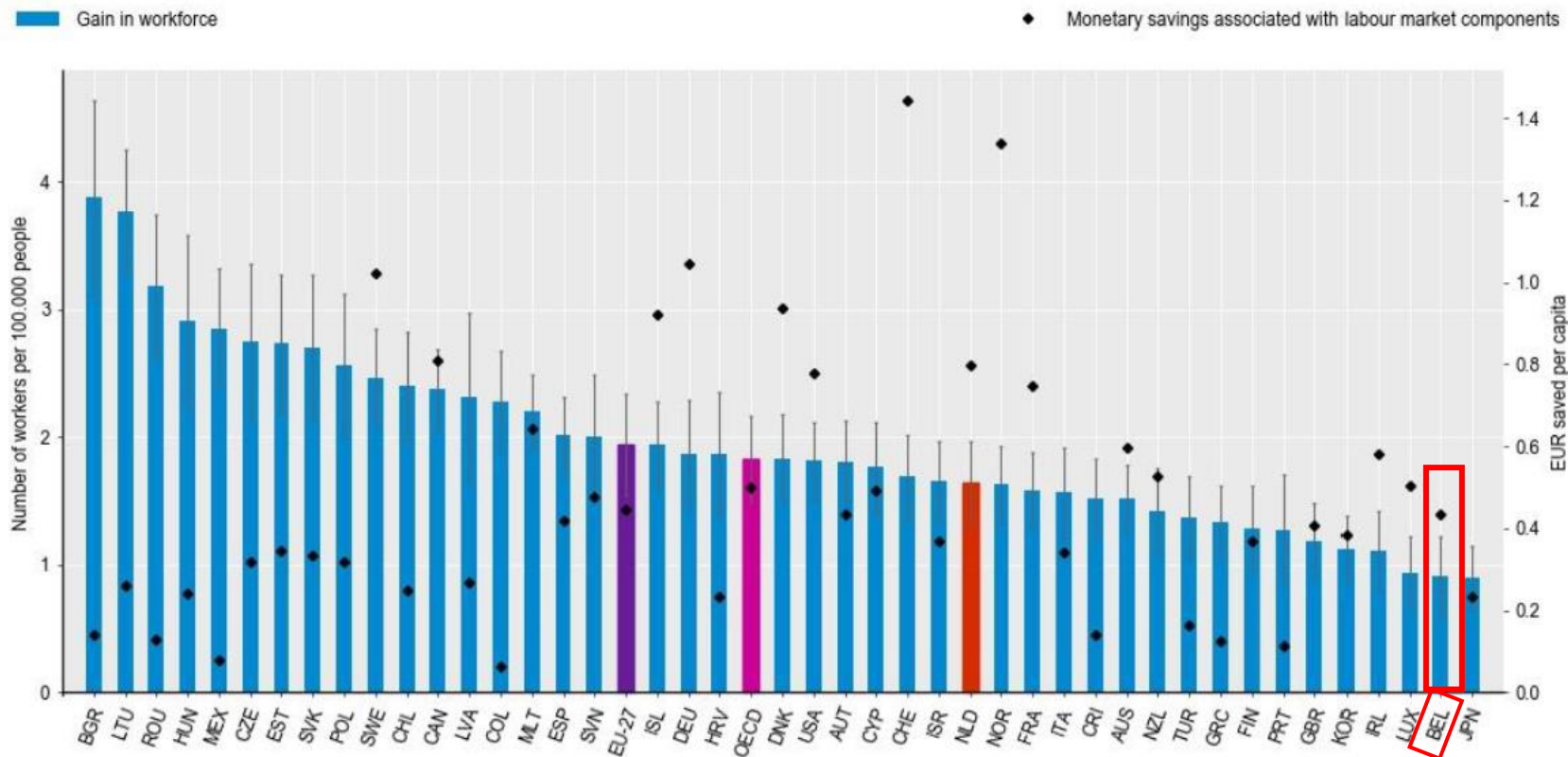
CLI is cost-effective (cost per DALYs gained around EUR 33000 in Belgium)

Source: OECD, 2022. [Healthy Eating And Active Lifestyles](#)



The Dutch Combined Lifestyle Intervention

Number of additional FTE workers, average per year, 2021-2050 – CLI, all countries



The reduction in chronic diseases resulting from CLI will increase employment and reduce absenteeism and presenteeism, equivalent to nearly 1 additional FTE worker per 100 000 people (or EUR 0.45 per capita) in Belgium

Source: OECD, 2022. [Healthy Eating And Active Lifestyles](#)



Thank you!

Contact:

Marion.Devaux@oecd.org

<https://www.oecd.org/health/public-health.htm>



Follow us: @OECD_social

The cover features the title 'Healthy Eating and Active Lifestyles' in bold black text, with the subtitle 'BEST PRACTICES IN PUBLIC HEALTH' below it. The OECD logo is in the top left. The central image is a collage of four photos: a woman at a farmers market, a man running in a park, an elderly couple in a kitchen, and a woman stretching outdoors. The OECD logo is at the bottom left.