



THE AGENDA FOR SUSTAINABLE HEALTH LEADERSHIP

**Elevates public health and employment effort.
Pocket of the future, Nordic Health 2030**

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Agenda

- Briefly about me
- Numbers that tells the story
- A model of sustainable health
- Case 1: Lifestyle changing intervention
- Case 2: Healthcare in employment effort
- What we need to bring forward



14 years of bringing forward a new approach to health interventions

- Rikke Ager, founder of Rising People Denmark.
- Our mission is to prevent low health literacy, multi-disease, polypharmacy and long-term absence and unemployment causing presenteeism and lifestyle diseases.
- We conduct analyzes, studies and research to private and public sector.
- I am sustainable health leadership consultant, author and public speaker, former nurse and equality ambassador for health in Denmark.
- My purpose is to pass on sustainable health leadership as the framework for future health strategies meeting the needs for better public health and well-being, decent jobs and economic growth.
- I have taught more than 1900 health professional in sustainable health interventions and more than 600 people with long-term diseases in personal health leadership to get well again and back at work.



The ten most common chronic diseases in 4.5 million Danes over the age of 16:

1. High blood pressure: 23.3%
2. Elevated cholesterol: 14.3%
3. Depression: 10.0%
4. Bronchitis: 9.2%
5. Asthma: 7.9%
6. Type 2 diabetes: 5.3%
7. COL: 4.7%
8. Osteoarthritis of the knee: 3.9%
9. Osteoporosis: 3.5%
10. Gastric ulcer: 3.5%



We need a new lighthouse



Public health is in its knees around the world. Adding more information and treatment has not yet proven to transform statistics into sustainable health behavior.



The need for providing better public health is rising, but we continue silo approach.



WHO: 4.4% of the world's population suffers from depression.

20-30% of all Danes has a chronic lifestyle disease.
130.000 Danes has more than one chronic disease.
240,000-688,000 DKK cost pr. person annually.

70% of all admissions are due to preventable lifestyle diseases.

23% of all with physical diseases has depression.

1 mill. Danes get five or more prescription drugs.

Every 8th Dane has poor mental health.

15% has a psychiatric diagnosis before the age of 18.

1/5 Dane endure stress every day.

14 billion DKK cost of absence and early death due to stress

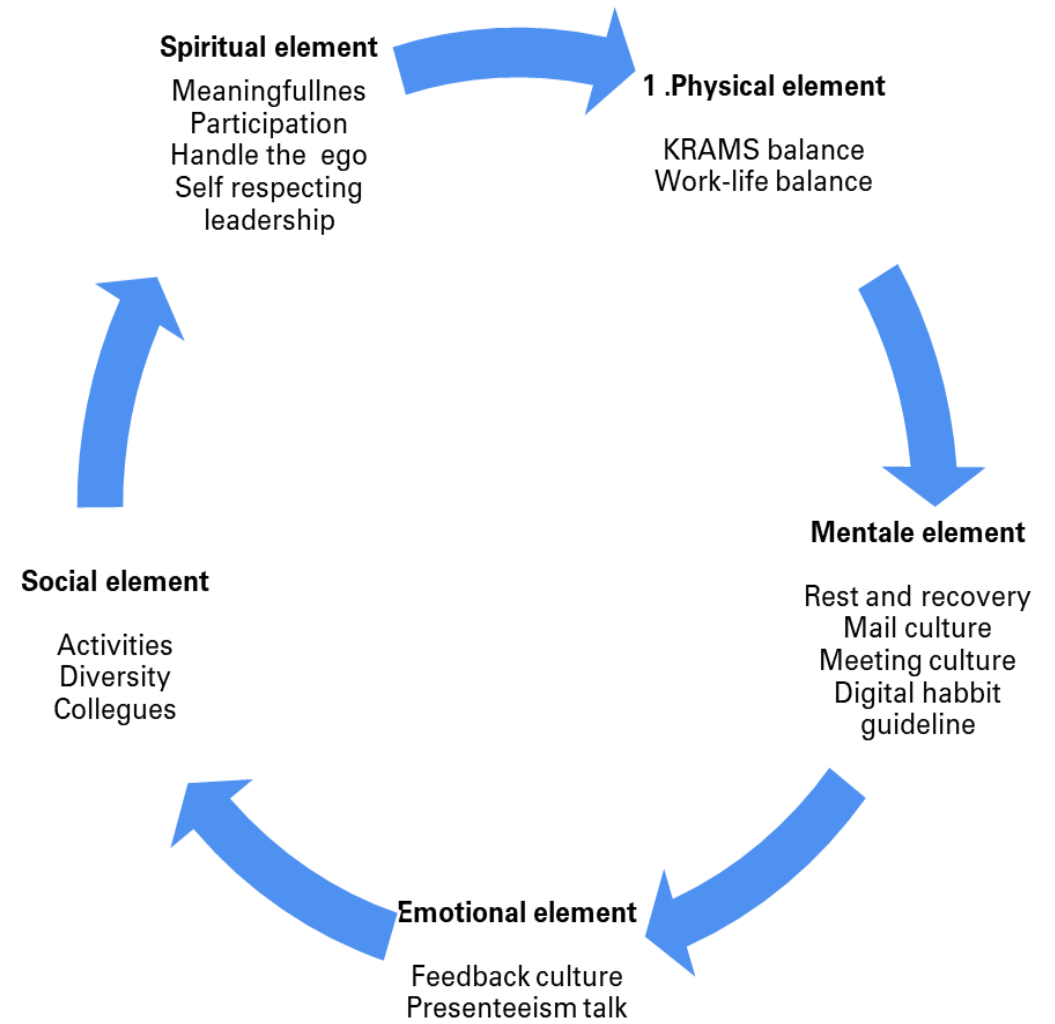




Sustainable health: A universal model

Sustainable health leadership meets the need of good health, employment and economic growth beyond individual needs, background and difficult conditions.

SDG No. 3 and 8.



“RESPONS” THE QUESTIONING TECHNIQUE : For professional lifestyle changing interventions despite of diagnoses

The paradox in the health care system:

Silo thinking, silo education, silo treatment are causing silo problems and low health literacy, chronic conditions, multi diseases, pharmaceutical problems, unemployment and early deaths.

Listen to Jan why and how health leadership is the way <https://www.youtube.com/watch?v=nQp1PsOztVA&t=60s>

PARTICIPANTS

- General practitioners and nurses
- Medical specialists
- Health workers
- Students
- Social workers
- Business consultants

APPROACH

- Engage health coaching approach to exit the decision-making model from within.
- Using a three-dimensional value chain that addresses root causes, to be able to initiate lasting lifestyle changes from within.

RESULTS

- Example:
- 52% are well and back at work after an average of 13.4 months of sick leave in only four weeks.
- Proces. Seven lifestyle interviews. based on 642 people.
- Data: PRO and VAS scale.



“HEALTHY IN LIFE”: A health initiative in the employment effort, Furesø municipality, Denmark

The paradox of employment efforts:

We need comprehensive efforts in interdisciplinary collaboration and engaging all health aspects as the driving force to succeed and reduce costs due to unemployment, multimorbidity, treatments, polypharmacy and early death.

Watch Head of Municipality and business consultant: <https://www.youtube.com/watch?v=lvkOm42WVe0&t=48s>

Watch and enjoy three wholehearted women after HEALTHY IN LIFE: <https://www.youtube.com/watch?v=lg9VK6pOhwI>

PARTICIPANTS

- Unemployed and or long-term sick for more than six months.

APPROACH

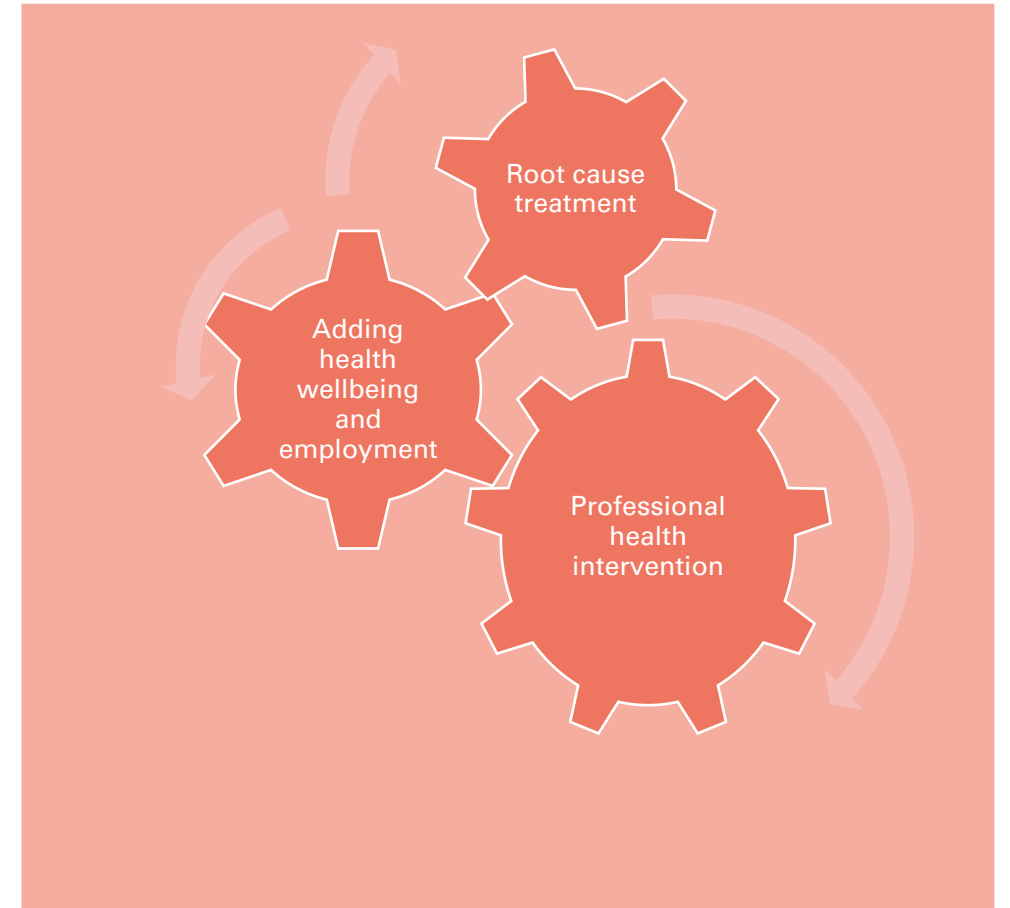
- Health interventions based on HIL framework.
- Including Medical screening and pharmaceutical review when > 5 drugs.
- PRO data and VAS scale.

RESULTS

- 50% employment readiness
- 31.5 symptom strain
- 125% more energy
- 60% more motivation on health leadership.
- In every second case, a medical review was needed.
- 23 diagnosis in total.
 - Untreated indications (3)
 - Inappropriate drugs (2)
 - Severe side effects (1)
 - High doses (1)
 - Contraindications (1)
- An average of 2.7 drug-related problems each.

What we need to bring forward

- ① New paradigm bridging the need for interdisciplinary collaboration across sectors.
- ① New guideline that ensures training in life-changing interventions using a decision-making model that transforms intentional information into lasting changes.
- ① New political strategy engaging lifestyle and medical screening and review in health care sector and in employment efforts.
- ① New awareness and SO ME on health as the greatest driver to achieve more personal freedom, well-being and prosperity in life.



LET US MAKE 2030 SUSTAINABLE.

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