

## Summary

### **International Healthcare Perspectives comparing: Sweden, Switzerland and the Netherlands. Conference 7 September 2023**

*Forum för Health Policy, Swiss Chamber of Commerce, Dutch Chamber of Commerce, Embassy of the Netherlands, Embassy of Switzerland*

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## Prevention

Prevention is an important aspect of healthcare that is becoming increasingly relevant as healthcare systems are facing an aging population and rising rates of chronic diseases. When spending 1 euro on prevention we get 6 euros in return. The business case is easy, but we are all still struggling to reinvent the system and invest in prevention instead of care. We need to improve effectiveness and long-term results for the individual by putting much more focus on accurate prevention.

**Carl-Johan Sundberg, professor Karolinska Institutet – [presentation >>>](#)**

How to prevent disease?

Precise intervention with wide consequences, for example safety belts.

Data is important, not only health care data.

It should be easy for people to make a healthy choice.

Building environment, society, elderly care centers, day care centers, transportation, and so on with prevention in mind.

Example:

- Opt out in Australia – all inhabitants are automatically included in registries, data sources. Only about 1 million people opted out, a lot of persons, but still not so many compared to the population in Australia.
- It is important that we already in kindergarten and early school teach the importance of health and integrate more physical activities– generation pep is doing an amazing work but this would need to be more spread.

**Dr Anna Erat – [presentation >>>](#)**

**Fredrik Söder, CEO Health Integrator – [presentation >>>](#)**

Fredrik Söder speaks about social impact bonds [More information here >>>](#)

## Health data

Health Data is an essential topic that is growing rapidly and is becoming increasingly important as healthcare systems are moving towards personalized and data-driven medicine. Sharing data between caregivers and municipalities is a prerequisite for using data.

### **Bram Elshof, Health Industry Lead, Accenture**

More focus must be transferred to prevention. If the health care system is not changed. Health care costs will triple by 2060. Integrated health agreement for prevention for the municipalities and the health care insurance companies.

Municipalities: in the forefront of prevention with focus on elderly people. Health Holland stimulate collaboration between public sector and private partnership.

Health care insurances: push programs to stimulate people to be more active, for example people are getting 200 euros to be spent on healthy activities. Educate and inform people on the risks.

**Annemieke Ålenius, Deputy Director General, the Swedish eHealth Agency** and special investigator on behalf of the Swedish government on Health Data)

[Read more here >>>](#)

Nicolas Vaugelade-Baust MD, Nordic Evidence Generation Director, Novartis Nordics

[Presentation >>>](#)

**Markus Lingman, MD/PhD/Chief Strategy Officer in the Region of Halland on AI and data**

[More information here >>>](#)

## Financing

Financing and reimbursement systems are crucial when it comes to promoting and developing prevention.

**Bram Elshof**, Health Industry Lead, Accenture, **Clas Rehnberg**, Professor of Health Economics at Karolinska Institutet, **Anna Erat**, MD/PhD/IDP, gave an overview of the reimbursement systems in the three countries. Switzerland and the Netherlands have an insurance-based system in contrast to the tax-financed Swedish health care. Subsequently the models of financing differ. The three speakers agreed that there is little or no incentive in the reimbursement to develop and support prevention for patients. This is evident both when it comes to primary prevention as well as secondary prevention.

## Closing remarks from a patient perspective

**Helena Conning**, breast cancer patient and communication manager Forum för Health Policy

- We all want to live our life as healthy as possible and as little in healthcare as possible – how can healthcare support people to make the change they need?
- Patients want to share data, we want to know how you use it and we want to own our data and be a part of research, innovation, and development.
- Healthcare needs to have a holistic approach. Use the question: What matters to you? See, ask, support, and involve.