# Hoe de coronacrisis de veerkracht van onze samenleving kan versterken?

Johan Albrecht

Trefdag Ouderen en Lokaal Beleid

21 03 2022

# *"We zijn allemaal kinderen van de Golden Sixties"*

*Mindset*, skills, connecties en infrastructuur

# Mindset

1967

Katherine Switzer vandaag

**Left image:**

Vega IRONMAN WORLD CHAMPIONSHIP

JAN FRODENO

07:51:13

2019 VEGA IRONMAN WORLD CHAMPION

| 🏊 2.4 MILES | 🚴 112 MILES | 🏃 26.2 MILES |
|---|---|---|
| 47:31 | 4:16:03 | 2:42:43 |

**Right image:**

KRISTIAN BLUMMENFELT

07:21:12

MAZDA IRONMAN COZUMEL

| 🏊 3.8 KM | 🚴 180 KM | 🏃 42.2 KM |
|---|---|---|
| 39:41 | 4:02:40 | 2:35:24 |
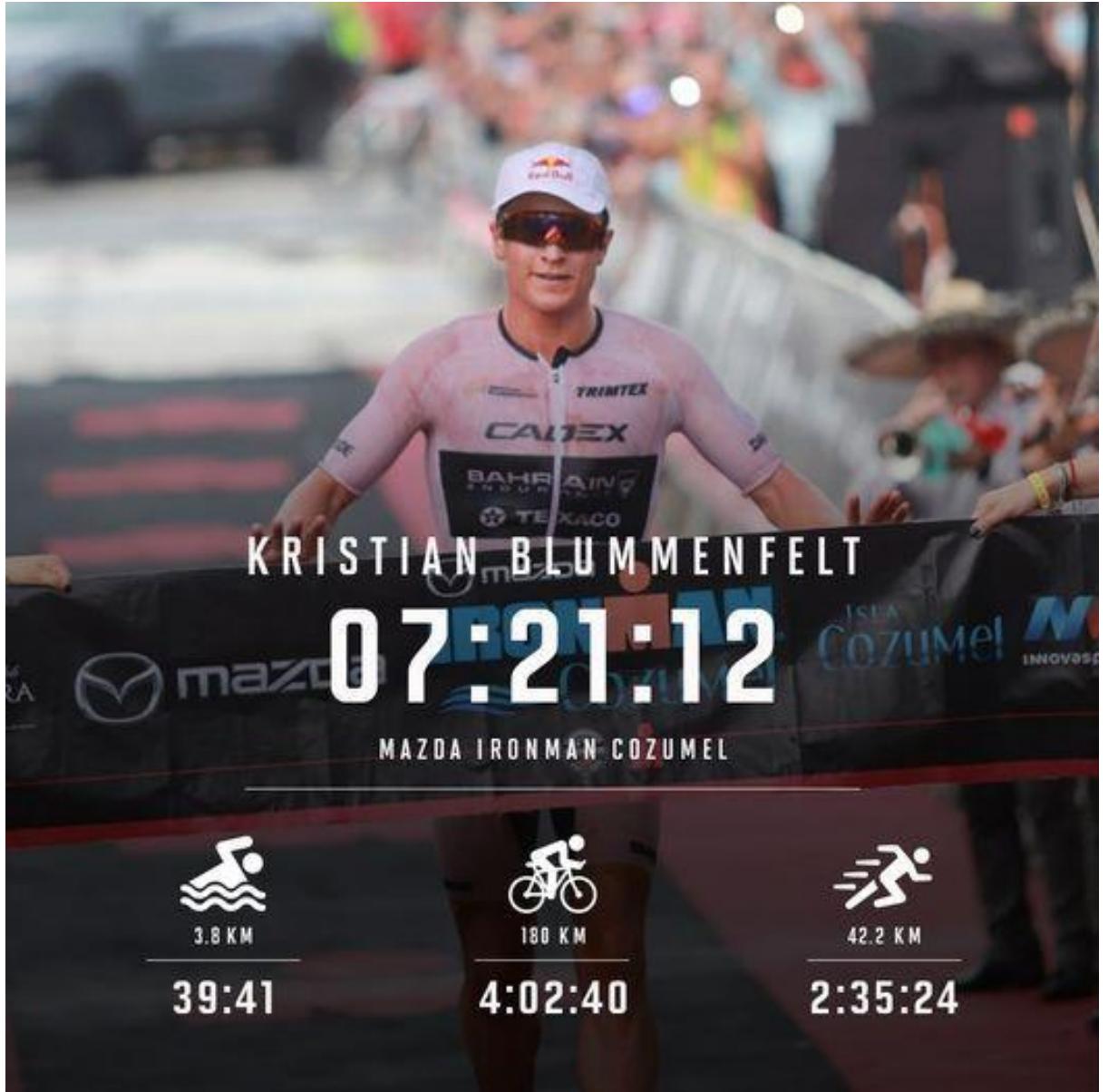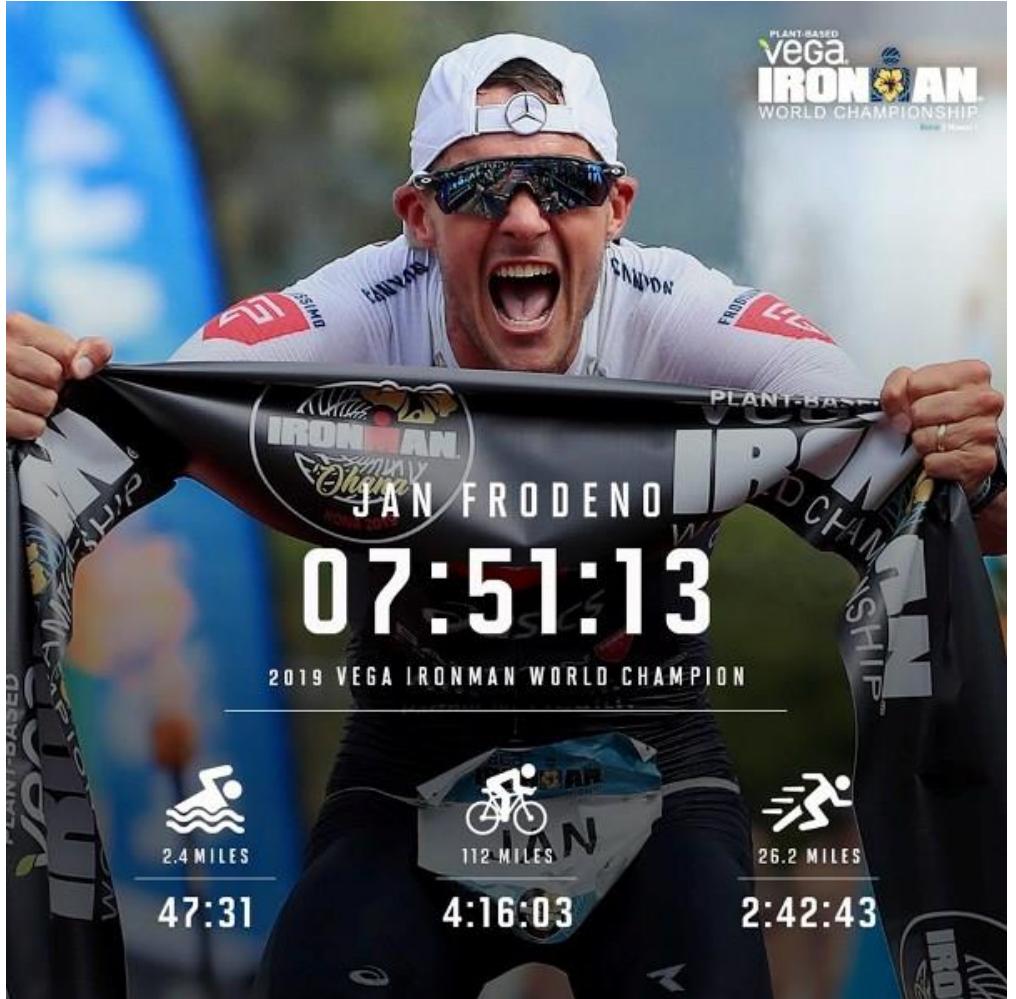
# Hiromu Inada, 16h53m50s

Kona IRONMAN World Championship 2018
(begon te sporten na pensionering)

*2022: "Maar oude mensen doen toch niet aan sport?"*

*1960: "Maar normale mensen doen toch niet aan sport?"*

~~sport~~
actieve levensstijl
-> autonomie & controle

# Geluk is
goede gezondheid en
een slecht geheugen

# Zeer selectieve interesse in (volks)gezondheid

| | **Overlijdens per jaar** | **Beleid** |
|---|---|---|
| COVID-19 | 3 mill (6 milj/26 maanden) | *As hard as can be* (CST, vaccineren kinderen,…) |
| Roken | 8 milj (WHO) | Welk beleid? |
| Vervuiling / luchtvervuiling | 9 milj / 7,5 milj (Lancet Commission) | Welk beleid? |
| Non-communicable diseases (NCDs) of *levensstijlaandoeningen* | 41 milj (WHO) | Welk beleid? |

# WHO NCD Factsheet 2015

- Noncommunicable diseases (NCDs) kill **38 mill** people each year (2021: **41 mill**)

- Cardiovascular diseases account for most NCD deaths, or 17.5 million people annually, followed by cancers (8.2 million), respiratory diseases (4 million), and diabetes (1.5 million). These 4 groups of diseases account for 82% of all NCD deaths

- Globalization of unhealthy lifestyles like unhealthy diets may show up in individuals as **raised blood pressure, increased blood glucose, elevated blood lipids, and obesity**. These are called *'intermediate risk factors'* which can lead to cardiovascular disease

- **80% of premature heart disease, stroke and diabetes can be prevented**

- (zie ook EPIC: 'Most chronic diseases are preventable and can be reversed – The Lancet 2011 )

- Source ; http://www.who.int/gho/ncd/en/

# Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries (the INTERHEART study): case-control study, The Lancet, Volume 364, No. 9438, p.937–952, 11 September 2004

- Abnormal lipids, smoking, hypertension, diabetes, abdominal obesity, psychosocial factors, consumption of fruits, vegetables, and alcohol, and regular physical activity account for most of the risk of myocardial infarction worldwide in both sexes and at all ages in all regions. These associations were noted in men and women, old and young, and in all regions of the world. *Collectively, these nine risk factors accounted for 90% of the PAR (population attributable risks) in men and 94% in women…*

- This finding suggests that approaches to prevention can be based on similar principles worldwide and have the potential *to prevent most premature cases of myocardial infarction.*

# Mortality changes in North Karelia (Finland) in 1970-1995 (per 100 000, 35-64 years, men, age adjusted)

| | Rate in 1970 | Change in 1970-1995 |
|---|---|---|
| All Causes | 1 509 | -49% |
| All cardiovascular | 855 | -68% |
| Coronary heart disease | 672 | -73% |
| All cancers | 271 | -44% |
| Lung cancer | 147 | -71% |

https://www.who.int/chp/media/en/north_karelia_successful_ncd_prevention.pdf

## Prevent and Reverse Heart Disease

FEATURED IN THE NEW DOCUMENTARY FORKS OVER KNIVES

THE *NEW YORK TIMES* BESTSELLER

With **More Than 150** Great-Tasting Recipes

# Prevent and Reverse Heart Disease

The Revolutionary, Scientifically Proven, Nutrition-Based *Cure*

Caldwell B. Esselstyn, Jr.,

Foreword by T. Colin Campbell, Ph.D., author of *The*

Read Instantly

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New York Times Best-Selling Author

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# REVERSING DIABETES

Discover the natural way to take control of type 2 diabetes and...

- Manage your glucose levels
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3 TIMES MORE EFFECTIVE THAN OTHER DIET PLANS

# DR. NEAL BARNARD'S PROGRAM for REVERSING DIABETES

### THE SCIENTIFICALLY PROVEN SYSTEM FOR REVERSING DIABETES WITHOUT DRUGS

NEAL D. BARNARD, MD

With menus and recipes by Bryanna Clark Grogan

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NOW COMPLETELY REVISED AND UPDATED!

## DR. DEAN ORNISH'S

PROGRAM FOR

# REVERSING HEART DISEASE
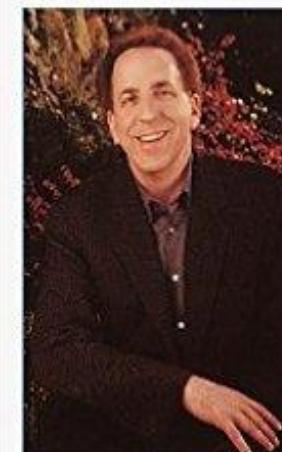
The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery

"Revolutionary results." —*Newsweek*

THE RUNAWAY *NEW YORK TIMES* BESTSELLER

# Cholesterol en *low-fat* voedingspatroon; sterk en zeer snel effect -> veerkracht lichaam

| | Beginwaarde | Na 7 dagen |
|---|---|---|
| Gewicht, mannen (kg) | 93,2 | 92,5 |
| Gewicht, vrouwen (kg) | 79,2 | 78,0 |
| Totale cholesterol (mg/dl) | 184 | 162 |
| beginwaarde 150-179 | 165 | 146 |
| beginwaarde 180-209 | 193 | 169 |
| *beginwaarde 210-239* | 221 | 188 |
| beginwaarde > 240 | 261 | 222 |
| LDL-cholesterol (slechte, mg/dl) | 107 | 92 |
| HDL-cholesterol (goede, mg/dl) | 49 | 40 |

Bron: McDougall, J. et al. (2014). Effects of 7 days on an ad libitum low-fat vegan diet: The McDougall Program cohort. *Nutrition Journal, 13*(99), doi: 10.1186/1475-2891-13-99, https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-13-99

# Bij wie komt het coronavirus terecht?
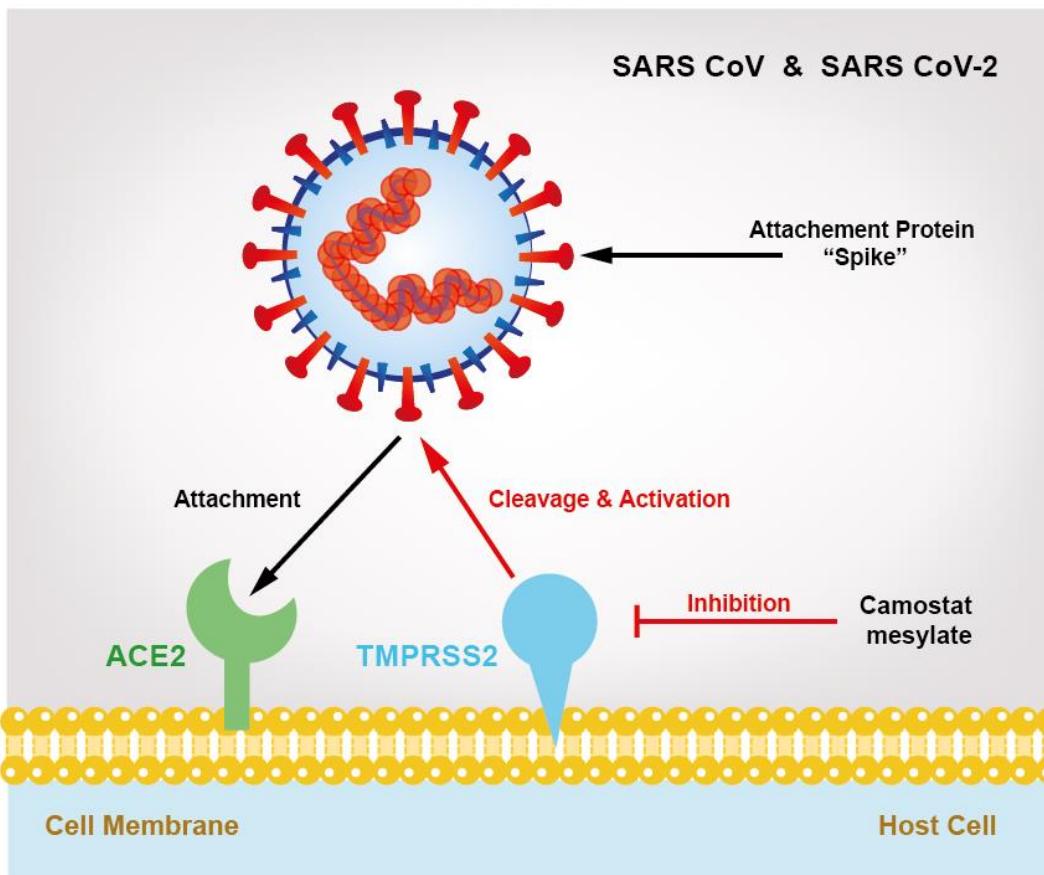


FIGURE 3: SARS-CoV-2 cell entry depends on ACE2 and the protease TMPRSS2.

Kompaniyets L. et al. Underlying Medical Conditions and Severe Illness Among 540,667 Adults Hospitalized With COVID-19, March 2020–March 2021. Prev Chronic Dis 2021;18:210123.

- **Results**

- Among 4,899,447 hospitalized adults in PHD-SR, **540,667** (11.0%) were patients with COVID-19, of whom **94.9% had at least 1 underlying medical condition**. Essential hypertension (50.4%), disorders of lipid metabolism (49.4%), and obesity (33.0%) were the most common. The strongest risk factors for death were **obesity** (adjusted risk ratio [aRR] = 1.30; 95% CI, 1.27–1.33), anxiety and fear-related disorders (aRR = 1.28; 95% CI, 1.25–1.31), and diabetes with complication (aRR = 1.26; 95% CI, 1.24–1.28), as well as the total number of conditions, with aRRs of death ranging from 1.53 (95% CI, 1.41–1.67) for patients with 1 condition to 3.82 (95% CI, 3.45–4.23) for patients with more than 10 conditions (compared with patients with no conditions).

- **Conclusion**

- Certain underlying conditions and the number of conditions were associated with severe COVID-19 illness. Hypertension and disorders of lipid metabolism were the most frequent, whereas obesity, diabetes with complication, and anxiety disorders were the strongest risk factors for severe COVID-19 illness. Careful evaluation and management of underlying conditions among patients with COVID-19 can help stratify risk for severe illness

- **What are the implications for public health practice?**

- Preventing COVID-19 in populations with these underlying conditions and multiple conditions should remain a public health priority, with targeted mitigation efforts and ensuring high uptake of vaccine, when available, in these individuals and their close contacts.

  https://www.cdc.gov/pcd/issues/2021/21_0123.htm

# Underlying Medical Conditions and Severe Illness Among 540,667 Adults Hospitalized With COVID-19, March 2020–March 2021
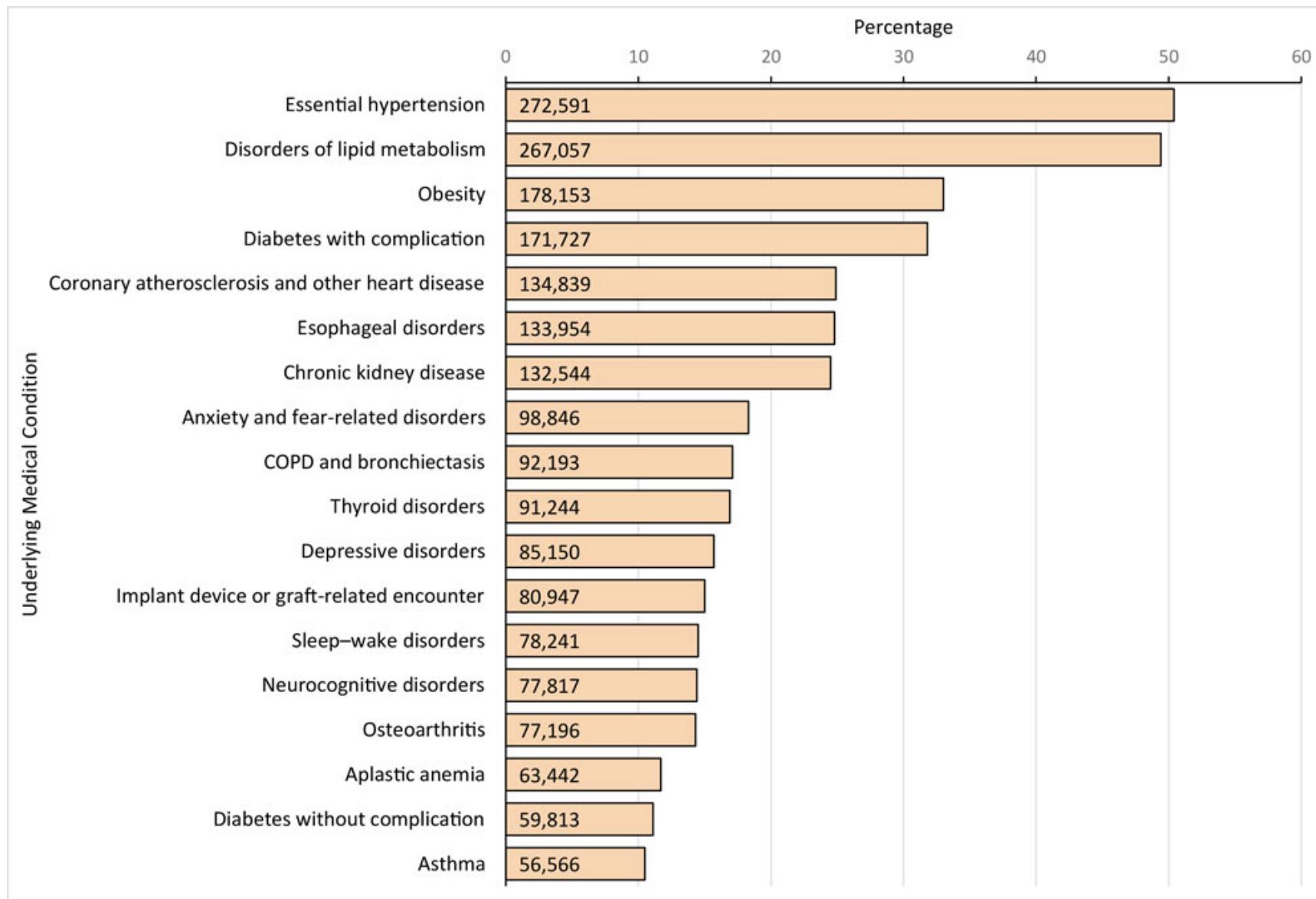
*Coronavirus is gevaarlijk voor ouderen met chronische aandoeningen die sterk afhankelijk zijn van de levensstijl.*

*80% van deze levensstijlaandoeningen of welvaartszieken had vermeden kunnen worden, mits een sterk activerend beleid (zie Finland).*

*De wetenschappelijke literatuur is hierover eenduidig.*

*Enorme maatschappelijke baten… dus we schieten al dertig jaar NIET in actie*

*Twee jaar corona; wanneer focus op gezonde levensstijl?*

# 'Wat als hetzelfde coronavirus ons niet had bezocht in 2019 maar in 1950?

- [https://www.nrc.nl/nieuws/2021/01/15/arts-en-filosoof-marli-huijer-niemand-heeft-recht-op-een-zo-lang-mogelijk-leven-a4027683](https://www.nrc.nl/nieuws/2021/01/15/arts-en-filosoof-marli-huijer-niemand-heeft-recht-op-een-zo-lang-mogelijk-leven-a4027683)
- 1950: aandeel 70-plussers ¼ van huidige aandeel
- Weinig overgewicht -> ACE2-receptoren

# 'Wat indien vandaag niemand een chronische aandoening had?'



## The Bell-Curve Shift in Populations

Shifting the whole population into a lower risk category benefits more individuals than shifting high risk individuals into a lower risk category

Population approach: encourage everyone to change, shifting the entire distribution

Risk reduction approach: Move high risk individuals into normal range

% of Population

"Low"   "Normal"   "High"

Level of risk
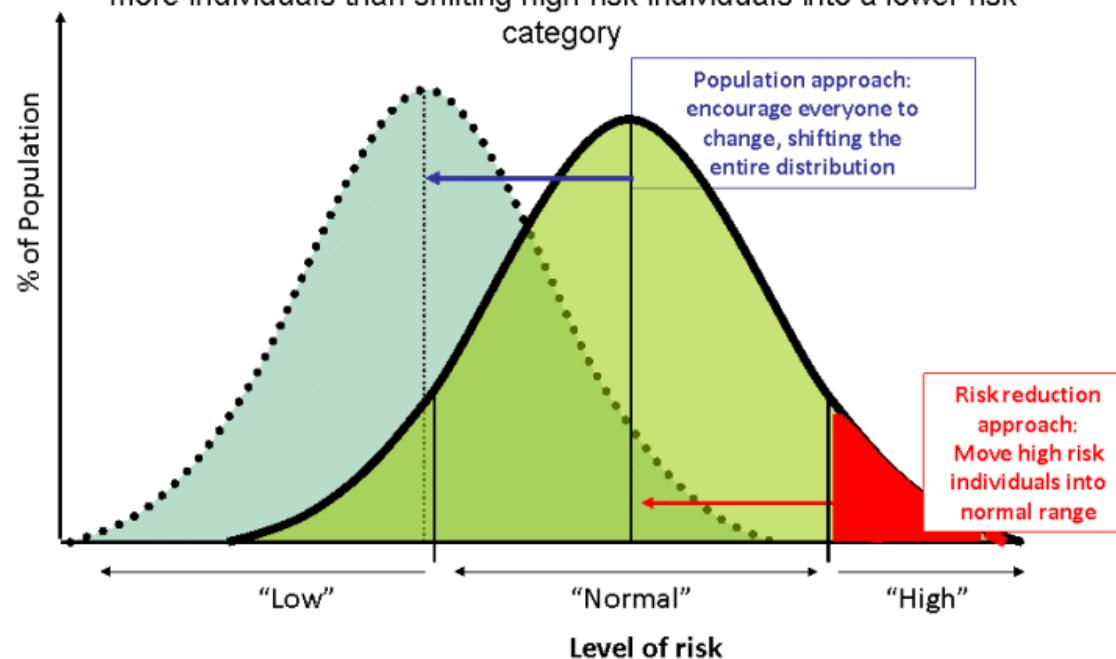
Source: Rose G. Sick Individuals and sick populations. *Int J Epidemiol.* 1985; 12:32-38.

Mindset, skills, connecties en infrastructuur

# Preventiebeleid trappelt ter plaatse

- Radicale monopolie industriële/curatieve geneeskunde
- Huidige passieve beleid creëert geen preventiemarkt
- KCE: 30 tot 40% 'gezondheidsongeletterd'
- Individueel Gezondheidsbudget -> community-building rond levensstijl (Karelia, CHIP, coaching,…)

Johan Albrecht

*Investeer in een gezonde levensstijl*

Op weg naar een activerend preventiebeleid

OWL PRESS

ITINERA

# Professionele hulp

- ~~Patiënt praat 10 min met huisarts~~

- Burger krijgt 8/12 weken coaching van professioneel interdisciplinair team (arts, diëtist, bewegingscoach, mental coach [stress, slaappatroon,...])

- <span style="color:red">DUUR? Kostprijs DMT2 patiënt; € 7 500 per jaar</span>

- <span style="color:red">NRC (2017): Kosten van burn-out bedragen € 60.000</span>

- Maatschappelijk rendement verhoogt indien deze burger zijn kennis kan doorgeven in bestaande of nieuwe netwerken – *change agent*

# 'Minder' professioneel; burgers helpen burgers

- Nieuwe netwerken met lifestyle doelstellingen, binnen ondernemingen, binnen hobbyclub, binnen gemeente, via CM, via OKRA,….

- Eén deelnemer uit netwerk krijgt opleiding van professionals om rol van coach op te kunnen nemen (CHIP-programma in VS)

- Diverse doelstellingen: beweging, voeding, alcohol, stress, slaap, welzijn,…

- Duurt minimaal 3 maand met 40u contact

- Vele positieve nevenwerkingen (meer energie, beter zelfbeeld, minder negatieve gedachten,…)

- **Netwerk is sleutel tot succes**
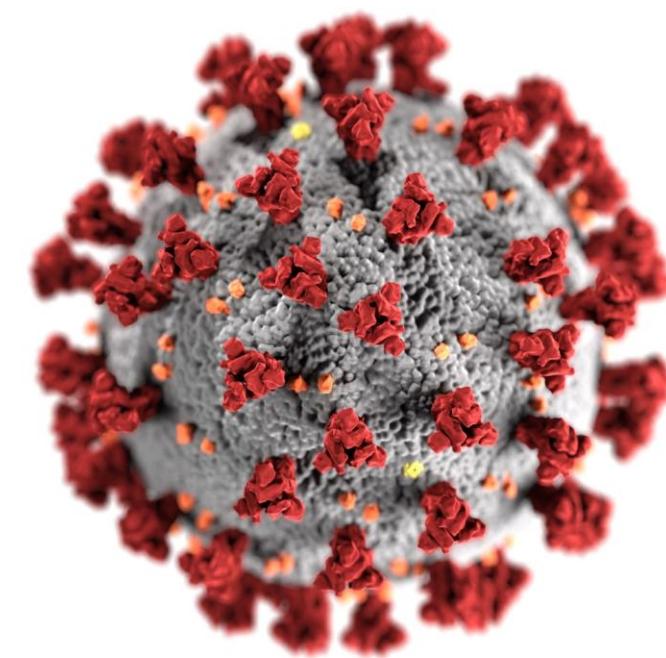
Mindset, skills, connecties en infrastructuur

Dodentol bij ouderen;
*georganiseerde kwetsbaarheid?*

BE vs DK?
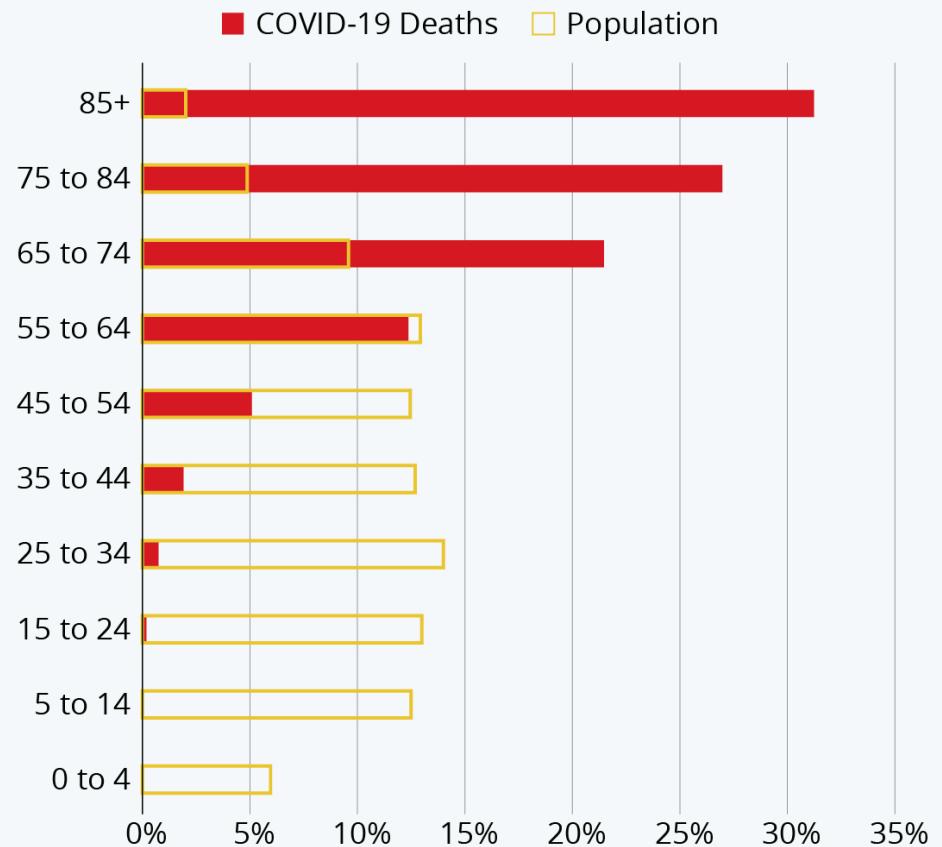
The Benefits of Mixing Aged Care with Child Care

LE PARIS DU 1/4 HEURE

PARIS EN COMMUN

BIEN MANGER

APPRENDRE

TRAVAILLER

PARTAGER ET RÉEMPLOYER

SE DÉPENSER

15mn

15mn

CHEZ MOI

15mn

CIRCULER

15mn

SE SOIGNER

15mn

S'APPROVISIONNER

S'AÉRER

SE CULTIVER, S'ENGAGER

JE M'ENGAGE
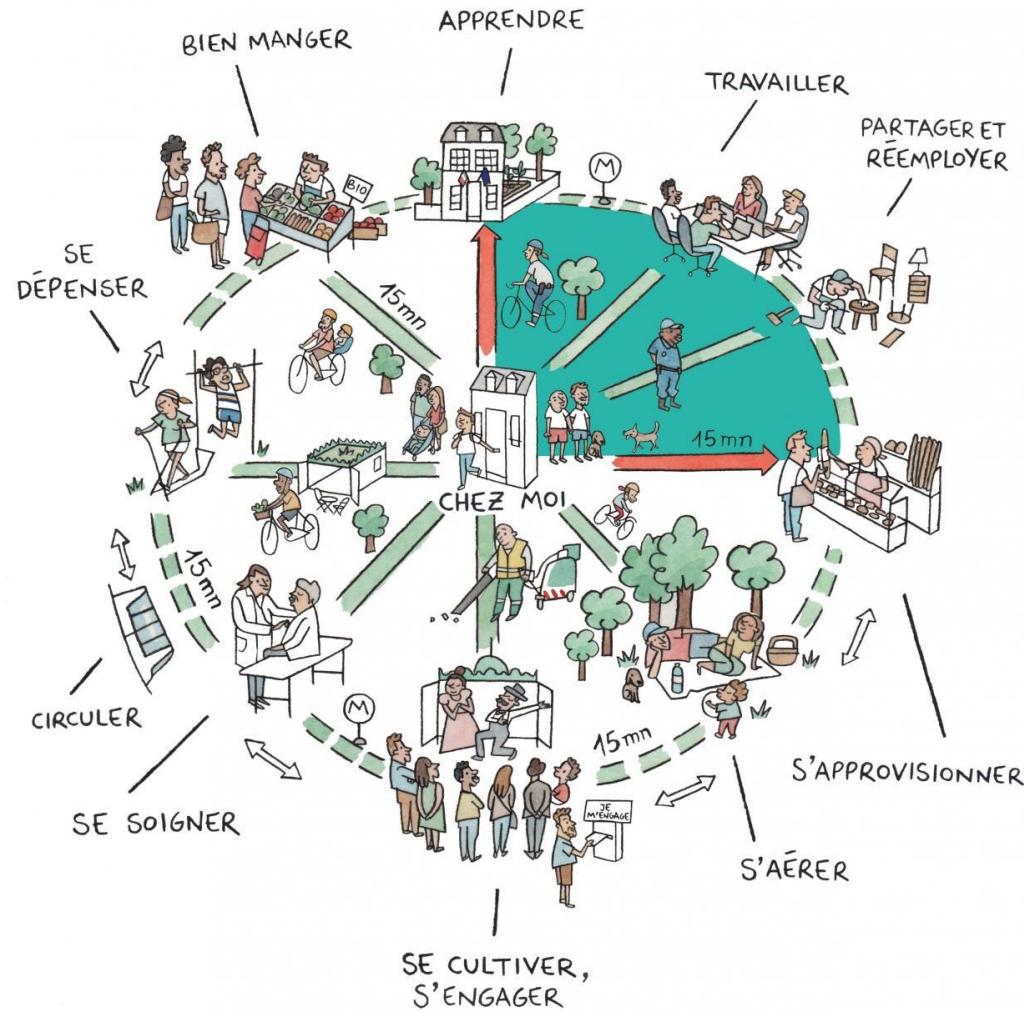
MICAËL

Hoe ~~de coronacrisis~~ **wij zelf** de veerkracht van onze samenleving ~~kan~~ **kunnen** versterken?