2. Holistic Health

Access to equal and holistic health services and resources for all citizens

CIMUL ACT

GRAND CHALLENGES :
C1. Health, demographic change and wellbeing
C6. Europe in a changing world - inclusive, innovative and reflective societies

CHALLENGE

EU citizens do not receive the same standards of health. There are huge differences in EU countries regarding:

1_**Equity**: Access to health services, availability of drugs and non-pharmaceutical interventions, access to rehabilitation and nursing.

2_**Awareness of health**: health promotion and healthy living to prevent illness, locus of control, how people can help themselves, public health strategies, methods of addressing mental health, knowledge access and education of health professionals, etc..

3_ **Holistic approach**: what is this about in the different cultures and circumstances, and how to achieve truly patient-centred healthcare

Finding solutions to this challenge can prioritize humanity over money, but can also minimize the negative economic impact of bad health. Moreover, they can create better links between the European and the local levels, and add value to local healthcare approaches, yet complying with the European standards.

SCOPE

Research should define the state of the art of the healthcare system in the different European countries in order to promote an equal distribution of resources and knowledge with a Pan-European dimension. The action may imply:

1) Setting the indicators to carry out a comparative analysis of the good and bad practices in the different countries across Europe in the healthcare system, funding models, incentives and in the education/training system. This may lead to knowledge and data distribution with open access and guidelines agreed upon by all stakeholders to create a European health network and to harmonize medical care.

2) Understanding and developing the local knowledge about healthcare with regard to:
a) local approaches and medicines that are complementary to the European standard approach;
b) the specific situation and circumstances of the patient, in order to set more holistic, person-centred approaches. This may be reflected in the education courses for citizens and healthcare professionals to promote health awareness.

EXPECTED IMPACT

Online consultation rating ★★★

- Social responsibility at a local level to reach a global community taking care of all individuals and their needs at different ages
- Providing knowledge on effectiveness of a holistic approach
- More humanity-based approaches and less "business as usual"
- Minimize the negative economic impact of bad health
- Better links between the European and local level
- Value added to the local healthcare approaches

4 Access to equal and holistic health services and resources for all citizens

Research topic :
Access to equal and holistic health services and resources for all citizens   # 4.b

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1: Health, demographic change and wellbeing
6: Europe in a changing world - inclusive, innovative and reflective societies

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EXPECTED IMPACT

- Social responsibility at a local level to reach a global community taking care of all individuals and their needs at different ages.
- Providing knowledge on effectiveness of a holistic approach.
- More humanity-based approaches and less °business as usual°.
- Minimize the negative economic impact of bad health.
- Better links between the European and local level.
- Value added to the local healthcare approaches.
- Access to quality healthcare across Europe
- Healthcare understood as a service, not a business
- Decrease in diseases caused by bad/unhealthy habits thanks to increased education/health awareness.

Online consultation rating: average importance: 4.11
Nations Prioritizing this Research Area: Spain, Austria, Ireland, Malta.

CITIZENS' VISIONS

[PL] Vision 1: Healthy Family, Healthy Society (Flower of Life)
"Our vision concerns available, effective and innovative healthcare which is at the heart

[BGR] Vision 6: Evolution in health care
"… Advanced health-care [...] and minimized spread of diseases"

[CYP] Vision 3: Human Rights
"[...] to equal access to issues that we take for granted, such as health, education and re

[FIN] Vision 2: Predictive health tracking
"One's authority over his or herself as well as one's wellbeing increases and all have equal

[GR] Vision 6: Five Pillars for human development
"Health: access to health facilities with medical coverage regardless of economic backgr

[CYP] Vision 2: A just society oriented towards human rights
"A society that provides equal opportunities for all EU citizens, as well as direct access to a

[BGR] Vision 6: Evolution in health care
"Health care is free and generally accessible."

[UK] Vision 6: Citizen Empowerment
"People feel empowered to look after their health and well-being themselves.   The health/care/education/resources are available for all".

[DK] Vision 1: Physical and mental health
"… healthy as whole – both lifestyle, mental and physical health"

[HUN] Vision 3: Snapshots - Fragments of conversation in a community house
"Epidemic prevention: hygiene, lifestyle, awareness-raising, not just through vaccination"

[MAL] Vision 3: Education leading to a new way of life
"With education come healthier lifestyles"

[EST] Vision 6: Life in your age
"People can live up to 100 years old without any problems because they are taught from childhood concerning their health."

Policy recommendations about holistic health

1. Citizens insist in their visions on equal access to holistic health services and resources. They want continuous improvement to the system they access to.

At the policy level, a **benchmarking of healthcare systems and practices across Europe** should be launched, in particular on their actual accessibility for the citizens (incl. drug pricing), the evidences and indicators about their effectiveness and the innovations (what research results and innovations are being implemented).

2. Health research so far targeted only doctors and patients. **Local actors (city council, associations, and citizens…) are missing from health research**. There is a difference between a citizen and a patient. How do we bring these perspectives that were mostly left out?

3. The access to healthy life is a result of education. The policy recommendation is to start from the primary school with **education programmes that address healthy living** (in a broad sense), self-prevention and self-care, together with digital literacy on science issues.

Healthy living is essential for prevention. Citizens must be aware of what healthy living means and what are the factors that influence it (food, work conditions, social life…). The education programmes will be based on evidences on the effectiveness of healthy living practices. The training will continue at the secondary and tertiary levels.

The recommendation is not new per se, but there is a lack of actual implementation in the different European countries. There is a very different situation in every country and even regions within a same country.

4. **Education of doctors** and health professionals is still very much centred on conventional technical disciplines of medicine, while a **more contemporary knowledge about digital topics** is needed for being able to benefit from the opportunities that came from data-mining and digital healthcare. It is an urgent issue, as the transformation of the job of the doctor due to digital opportunities is a present case and cannot be neglected or ignored (in particular as the patients are changing too, being much more informed).

Moreover, there is a need of **humanizing the relation with the patient** that implies to acquire more social skills and empathy.

We recommend to include **holistic and integrated approaches to the patient and data literacy** (digital skills) into the professional education and trainings of doctors and health professionals in order to address the current challenges of a society with data intensive knowledge; this will cover :

> 1) Programs on data and digital literacy to deal with data intensive knowledge,
>
> 2) Traditional/local healthcare approaches into the standard and international knowledge on medicine,
>
> 3) Empathy (i.e. via role-playing) and social skills,
>
> 4) Nutrition in the subject of education.