European Innovation Partnership on Active and Healthy Ageing

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This document describes in brief the commitments from the Region of Southern Denmark. The commitments have been uploaded by April 15th, 2016 to the web site of the European Innovation Partnership on Active and Healthy Ageing. [https://ec.europa.eu/eip/ageing/](https://ec.europa.eu/eip/ageing/)

The text is copy/paste from the web site where they are documented and will be continuously updated.

The Region of Southern Denmark has together with its partners in the reference site application sent in eight commitments that covers the all three pillars of the EIP on AHA. The participation in the five actions groups covered are:

- Action Group A2: Personalised health management: Fall Prevention
- Action Group A3: Prevention of functional decline and frailty
- Action Group B3: Integrated Care for chronic diseases, including remote monitoring at regional level.
- Action Group C2: Interoperable independent living solutions
- Action Group D4: Age friendly buildings, cities and environments

The EIP on AHA reference site and commitments are coordinated by the Health Innovation Centre of Southern Denmark and supported by the Southern Denmark European Office.

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Implementation and upscaling workshops (A2)

To assist the upscaling and further deployment of technological solutions and good practices, a repository has been developed through the PROEIPAHA project, which will include a large number of these solutions and promising practices. They have been presented and described by the owners and assessed on an overall level by representatives of the 6 action groups in the EIP on AHA. But in order for these practices to be transferred from one European setting to another, a repository is not sufficient. It is an important start but for successful upscaling, transfer, twinning and/or mentoring have to take place between the European settings, stakeholders and partners. They have to meet and discuss and exchange practical experiences with solutions and good practices. Concrete dialogues and interregional collaboration needs to be established between the partners of the different settings.

The Danish Regional Offices in Brussels within the DACOB Network, want to contribute to the EIP on AHA by organising a series of workshops, focusing on upscaling of technological solutions and good practices. The workshops will create the foundation for the needed discussion and exchange of experiences, bringing the EIP on AHA one step further toward real upscaling, twinning and transfer, supporting the concrete deployment of European technological solutions and good practices. During 2016, DACOB will organize three thematic upscaling workshops focusing on the following themes; 1. Organisational readiness, change management and multidisciplinary collaboration 2. Training, individual mindsets and organizational behavior 3. Evaluation and assessment processes The objective of the workshops is; 1) Provide inspiration and knowledge to local and health authorities on implementation 2) Involve local partners and practitioners more in the EIP on AHA collaboration 3) Create European partnerships and networks to help transfer and upscaling of technology.

**Action Group:** A2 Falls prevention, B3 Integrated care  
**Other organisations participating in the commitment:** Copenhagen EU Office

**Objective:** A2 - 1. Scaling up of innovative practices.

**Lead organisation name:** South Denmark European Office  
**Organisation country:** Belgium

**Contact person:** Henriette Hansen  
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Uploaded by Henriette Hansen

I’m still standing - Prevention of frailty in 80+ year old community-dwelling citizens by means of milk-based protein (A3)

To reduce the risk of developing frailty in 80+ year-old pre-frail community-dwelling citizens through a tailored action plan focusing on optimizing intake of milk-based protein combined with exercise Frailty is a clinical syndrome in older adults characterized by increased risk for adverse health outcomes including falls, incident disability, hospitalization, and mortality. Loss of muscle mass and the consequent loss of muscle strength is one of the key components of the frailty condition. The two most potent ways of preventing loss of strength and mass is by heavy-resistance training and sufficiently high protein intake evenly distributed during the day. In the current study, new important knowledge about the dietary intake and distribution over the day will be obtained in 80+ year old community-dwelling citizens; in addition, dairy products will
be of special focus. Furthermore, the effect of a tailored plan focusing on optimization of milk-based protein and exercise on prevention of frailty will be evaluated.

**Action Group:** A3 Functional decline and frailty  
**Other organisations participating in the commitment:**  
Nutrition & Health education, Metropolitan University College Global Nutrition, Arla Strategic Innovation Center, Arla Foods amba

**Objective:** A3 - 2. Implementation of an A3 common, scaled up vision on food, nutrition and frailty

**Lead organisation name:** University of Southern Denmark  
**Organisation country:** Denmark

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Uploaded by Henriette Hansen

**WHINN - Week of Health and Innovation (B3)**

WHINN Week of Health and Innovation is a festival that consist of conferences, events, innovation and business activities, which are brought together in one week all within health and innovation. WHINN brings inspiration and insight in the newest research and international trends, and gathers CEOs, end-users, clinicians, project managers, decision makers and many more. The event is hosted in the city of Odense in October.

**Action Group:** B3 Integrated care

**Other organisations participating in the commitment:**  
Region of Southern Denmark, Health Innovation Centre of Southern Denmark, Welfare Tech, Odense municipality, Healthcare Denmark, Inspiring Denmark, Science Park Odense, Odense University Hospital, University of Southern Denmark,

**Objective:** B3.7. Raise awareness of availability and benefits of integrated care

**Lead organisation name:** Region of Southern Denmark  
**Organisation country:** Denmark

**Contact person:** Christina E. Wanscher  
**Contact person email:** cew@rsyd.dk

Uploaded by Christina E. Wanscher
ACT@Scale / Region of Southern Denmark (B3)

ACT@Scale is an innovative partnership of leading European health care regions, industry and academia that have the true potential to transform cure and care delivery services from pilots and experiments to scaled up, routine management of frail elderly and chronically ill. ACT@Scale will develop, test and consolidate “best practice” Care Coordination and Telehealth (CC & TH) concepts that can be leveraged by the participating healthcare regions to expedite scaling up their services, but also transferred to other regions through Europe and beyond. The Commitment described here will linked to the activities in the project (ACT@Scale) supported by the Region of Southern Denmark. See also separate commitment from ACT@Scale.

Action Group: B3 Integrated care

Other organisations participating in the commitment:
All partners from ACT@Scale (as also described in other commitment sent in from this project), OsakidetzaServicio Vasco De Salud OSAKIDETZA, Asociacion Centro De Excelencia Internacional En Investigacion Sobre Cronicidad KRONIGUNE, Academisch Ziekenhuis Groningen, Universitair Medisch Centrum Groningen UMCG, Agencia De Qualitat I Avaluacio Sanitaries De Catalunya AQUAS, Regional Agency for Public Health and Social Wellbeing NIRE, Philips Electronics Nederland B.V. PEN, Aristotelio Panepistimio Thessalonikis, Aristotle University Of Thessaloniki AUTH, City University London CITY, Universitatsklinikum Wurzburg, Klinikum Der Bayerischen JuliusMaximilians Universitat UKW, University Of Hull Royal Charter UHULL, Consorci Institut D’investigacions Biomèdiques August Pi I Sunyer IDIBAPS

Objective: B3 7. Raise awareness of availability and benefits of integrated care

Lead organisation name: Region of Southern Denmark
Organisation country: Denmark

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SmartCare - Integrated Care Platform for heart disease (B3)

The aim of the SmartCare project is to develop and pilot integrated care services delivered with help of a multifunctional ICT infrastructure. These services are based on care pathways cutting across boundaries which typically separate health care from social care. The Danish National Board of Health has issued “chronic care guidelines” including a generic model that describes how a unified crosssectorial, crossdisciplinary, and coordinated health effort is crucial. The SmartCare service underpins this model with electronic communication and shared care records, thus connecting all the stakeholders in the health and social care continuum in a collaborative effort to secure that the right information is available for authorised caregivers anywhere and anytime. The service involves the primary care sector, the regional hospital sector, the municipal social care sector, and the patients themselves. It is highly focused on integration with the existing systems and databases, so that information is only entered once, but shared with more people. The SmartCare service is implemented and fully operational in different clusters in the Region of Southern Denmark. Different chronic and complex diseases are included in the first wave and the strategic aim is to include more disease areas and locations in the coming years. Project is ongoing and as
such there will be no end-date as it is about to move into daily operation in the Region and hopefully nationally as well.

Action Group: B3 Integrated care

Other organisations participating in the commitment:
From the Region of Southern Denmark: Social care providers (municipalities), private GPs, and from a European perspective the partners in the European project SmartCare.

Objective: B3 5.
Knowledge transfer, replication and scaling up of good practices in integrated care

Lead organisation name: Region of Southern Denmark
Organisation country: Denmark

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EIP on AHA Action group for eMental health (B3)

Mental disorders are costly as expenditure accounts for almost 20%. According to WHO European Region, mental health problems affect one in four people at some time in their life. Currently, there is poor or no link to the somatic treatment, and increasing demands for mental health care services. However, there are also well tested solutions on the market, good evidence and thus new opportunities for interaction with industry players (such as Spotify, gaming, Amazon, etc). In many regions that is a regional and/or national commitment. And there is knowledge and process from the MasterMind project available building on the wave system, strong evaluation, and the market place concept. The activities suggested include: Enlarging the number of committed regions based on and inspired by the regions engaged in MasterMind, Deployment of (e)Mental Health services, Exchange of knowledge and experiences through different market place activities and twinning sessions as well as establishment of guidelines for regional policies and further along, Expand the services to other relevant patient groups. In the end it will create the basis for the next calls for research, development, and deployment projects.

Action Group: B3 Integrated care
Other organisations participating in the commitment:

Partners from the EU project, MASTERMIND, are expected to participate.

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Organisation country: Denmark

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The Future of Telemedicine; Regional and national roll-out of monitoring solutions for COPD patients (B3 / C2)

In Denmark, health and social care are provided by two different players; Healthcare by the regions and social care by the municipalities. In 2015, a nationwide deployment of telemedicine for people with COPD was initiated. The deployment is expected to increase the quality of life for people with COPD, reduce admissions and empower patients but before this is achieved it will be a comprehensive task that will require much work in the organizations involved, with the technology that will be implemented and logistics. Telemedicine for people with COPD means that individuals can perform measuring eg blood pressure weight and oxygen saturation, in their own homes. Healthcare personnel in the municipality follow up and ensures quick action if measurements show a deterioration in the condition of the citizen. This will hopefully mean that emergency admissions will be avoided.

Action Group: B3 Integrated care, C2 Independent living solutions

Other organisations participating in the commitment:
National Government, RSI, Danish Regions, Local Government Denmark, Ministry of Health & Prevention, Danish Agency for Digitalisation, 22 municipalities in the Region of Southern Denmark, General Practitioners,

Objective: C2 1. Guidelines on how to implement innovative procurement

Lead organisation name: Region of Southern Denmark
Organisation country: Denmark

Contact person: Christina E. Wanscher
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Uploaded by Christina E. Wanscher

Inequality in health and physical inactivity among seniors (D4)

This project wants to provide evidence on how to support and promote more physical activity and healthier lifestyles among senior citizens, changes in the physical local environment and public space, based on empowerment of the seniors and co-creation principles. The project has a multidisciplinary approach combining (public) health research, spatial planning and design and architecture. The main theoretical frame for the project is public health, which takes a starting point the citizen’s daily lifesettings and living conditions. The hypothesis for the project is that in order to work actively with health inequalities among seniors, related to physical activities, it is important to focus on concrete changes and interventions in the public space, making streets, squares and the nature easily accessible for activities in groups. The project will provide evidence based guidelines on how to create a better connection between the physical local environment, health and active ageing.

Action Group: D4 Age friendly environments

Other organisations participating in the commitment: University of Copenhagen and The Royal Danish Academy of Fine Arts Schools of Architecture, Design and Conservation
Objective: D4 - 4.Inclusive Smart Cities

Lead organisation name: University of Southern Denmark
Organisation country: Denmark

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