



Status quo of nutrition – related health prevention in Germany

Uta Köpcke

President of the German Association of Dietitians

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Background: German Health Care System

4 Basic principles:

- **Obligation to obtain statutory health insurance (SHI):** about 90% of the German population is covered by SHI
- **Financing through contribution**
- **Principle of solidarity:** all insured persons have a right to the same performance
- **Self government:**
 - G-BA: - board of the self-government of the health care system
 - decides on performance that SHI companies are allowed to pay
 - Obligatory services are fixed in the Social Code
- **SHI: are public bodies**

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Prevention in the German Health System



- Long tradition in Germany
- Initiatives led to the Law to strengthen health promotion and prevention „Law of Prevention“ July 2015

Aim: optimize cooperation between SHI, communities and federal states on all relevant areas of life and work: child care, school, workplace, residential care

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Targets and structure of service in prevention according to §20 SGB V



Mandatory service to all insured persons:

Primary prevention (reduction or prevention of health risks)
Health promotion (promotion of autonomous health-seeking acting of individuals)
Contribution to reduction of unequal chances of a healthy life due to social or gender inequality

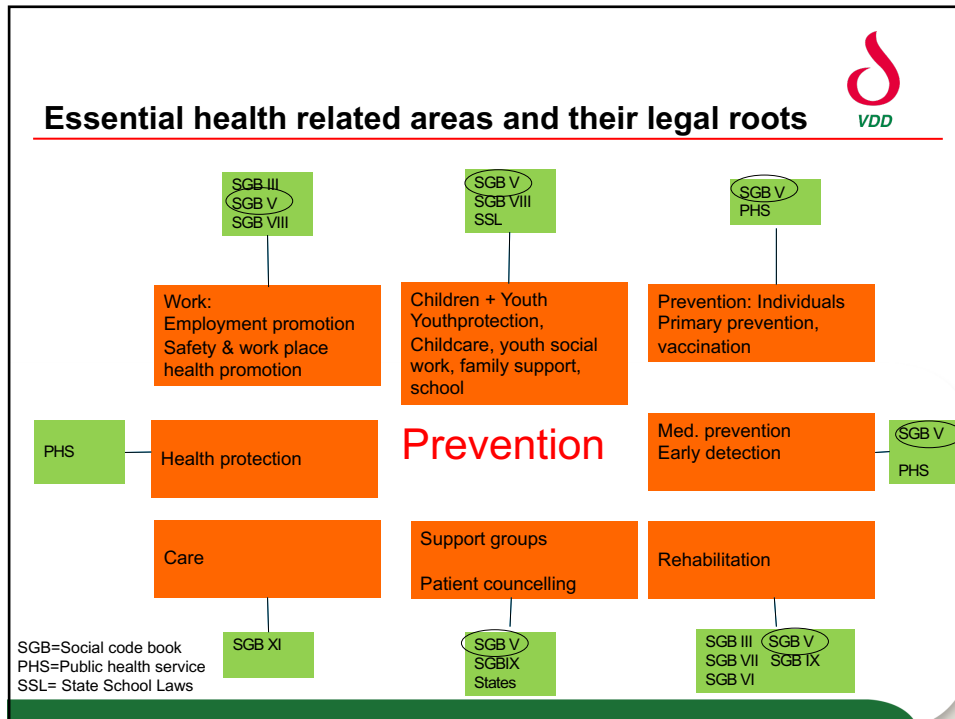
3 types of service

Service on behavioral prevention

Service on health promotion in the environment


Service on workplace health promotion

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Action fields in behavioral prevention



Physical activity
 Reduction of physical inactivity through health supporting activities
 Prevention and reduction of special health risks through tailored physical programmes

Nutrition
 Prevention of Malnutrition
 Prevention and reduction of overweight

Stress management
 Stress management programs
 Promotion on relaxation

Addictive drug consumption
 Promoting non smoking programs
 Healthy dealing with alcohol / reduction of alcohol consumption

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Action fields in behavioral prevention



Physical activity

Reduction of physical inactivity through health supporting activities
Prevention and reduction of health risks through tailored physical programmes

Nutrition

Prevention of Malnutrition
Prevention and reduction of overweight

Stress management

Stress management programmes
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Addictive drug consumption

Promoting non smoking programmes
Healthy dealing with alcohol / reduction of alcohol consumption

2017 SHI companies spent 519 Million € on health promotion, individual prevention and workplace health promotion

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„Guideline prevention“ of the SHI



- **Quality control tool**
- **Includes all action fields and criteria of the service of the SHI companies in Germany**
- **relevant to all suppliers**
- **Only services following the action fields and meeting the criteria will be funded totally or subsidised**

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Admission criteria for suppliers 1.10.2020



nutritional professional qualification
(state registered dietitian/person with degree in nutrition or home economy)

+

Personal competences:

Social competences, autonomy, presentation,
competence to handle diversity

+

Professional competence:

Scientific competence, practical competence in nutrition,
interdisciplinary competence

+

If necessary: Introduction into the conducted program

yes

no

Further qualification

Recognition as a trainer

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Admission criteria for suppliers

Until 30.09.2020:
Dietitians, nutritionists,
physicians with certificate of
5 different boards



nutritional professional
(state registered dietitian/person with degree in nutrition or home economy)

+

Personal competences:

- 60 ECTS / 1800 h in total
- Min 60% acquired by nutritional professional qualification
- 40% can be acquired by CPD
- Accreditation by the SHI

If ne

yes

no

Further qualification

Recognition as a trainer

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Admission criteria for programs

Target of the program: healthy eating or reduce or prevent overweight

Target group: healthy people, no eating disorders

Content: Trainings modules for

- promotion of healthy eating,
- behavior change strategies including flexible behaviour control,
- motivation of increasing physical activity,
- practice of improved cooking and consumer choice skills including personal situation

Knock-out criteria:

- Product advertising or sale
- Food supplements
- Special analytics (genetic test...)
- Pure cookery classes

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Admission criteria for programs

Methods:

- Mostly group sessions
- Behavior orientated information and advice
- Practical training

Programms to reduce overweight must be evidence based and need to have 3 points of evaluation (begin and end of the programm and after 6 months)

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Admission criteria for programm 6

Concepts for programs must include

- Targets
- Content (minimum plus background information)
- Methods
- Target group
- Materials must be added in the appendix

Information sheets for each session including time line

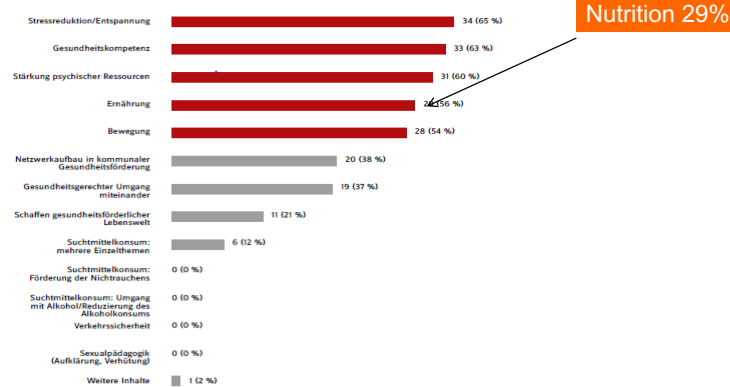
	Time	Topic	Aim	Content	Method/ material
Introduction/ information					
Main part					
Conclusion/ reflection					

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Environmental Activities: Topics ²

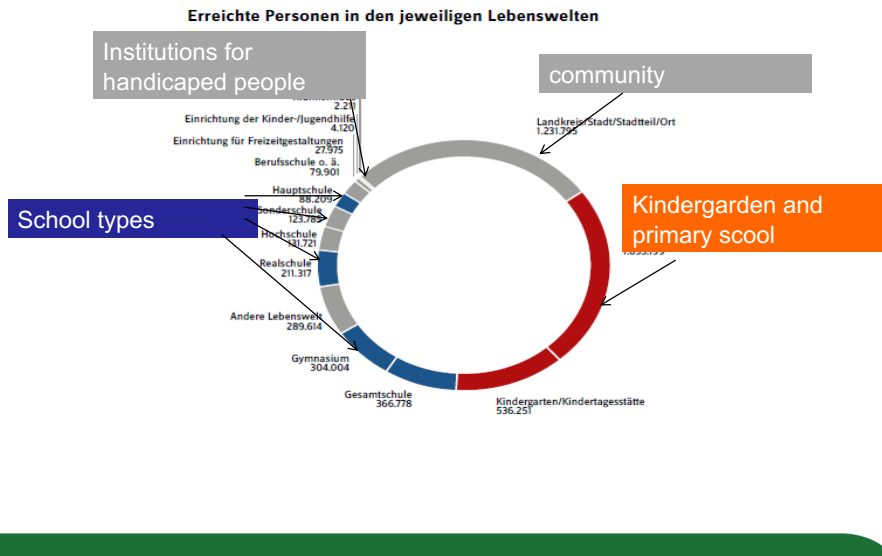
Inhaltliche Ausrichtung der Aktivitäten

Abb. 23: Inhalte (Mehrfachnennungen möglich)



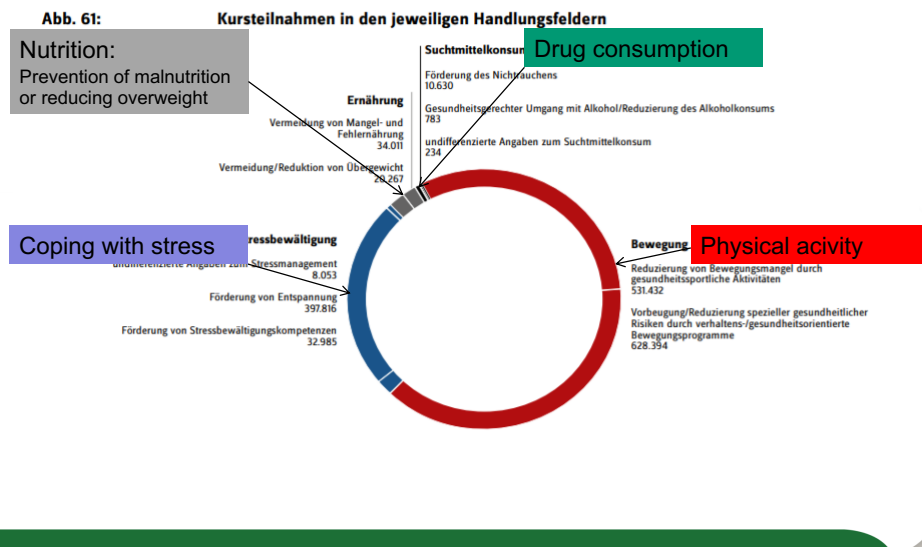
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Environmental Activities: Settings



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Behavior oriented programs: Topics

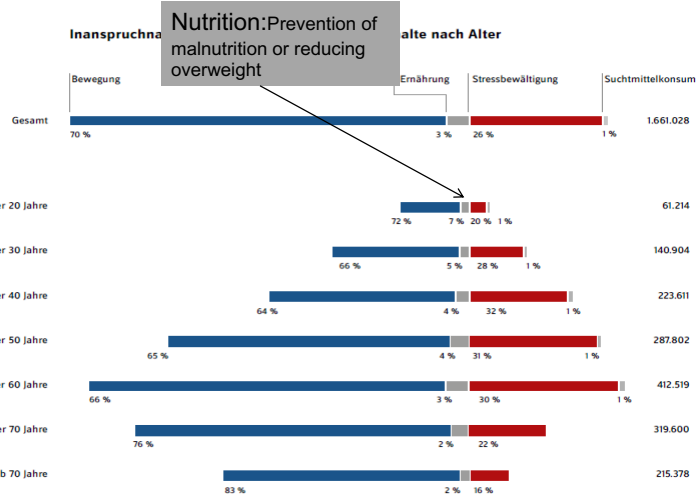


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Behavior oriented programmms



Abb. 63:

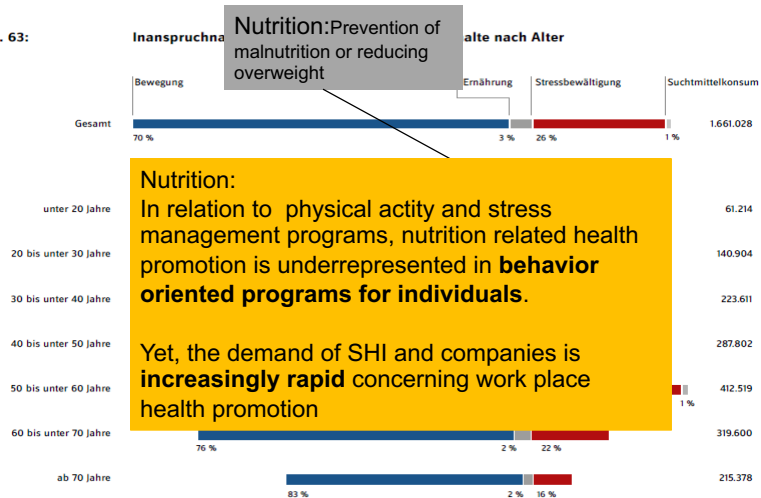


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Behavior oriented programmms



Abb. 63:



Nutrition:
 In relation to physical activity and stress management programs, nutrition related health promotion is underrepresented in **behavior oriented programs for individuals.**
 Yet, the demand of SHI and companies is **increasingly rapid** concerning work place health promotion

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Workplace health promotion



1. Advice on health-promoting work design
 - Health-appropriate meals in everyday working life
 - Service of canteens, snack bars, solution for drinking water
 - kitchenettes
2. Health-promoting work and lifestyle
 - Health-appropriate nutrition in everyday working life
 - Workshops, lectures, apps, tutorials, coaching,
 - information material, recipes, front cooking, cooking classes

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Workplace health promotion 4



1. SHI receive 2,15 €/year for each insured person and have to spend the money
 - SHI companies support companies with workplace health promotion through their own specialists as well as financial support
 - Employers can spend up to € 500 per employee per year on quality-assured measures for behavioral primary prevention and workplace health promotion, without the employees having to pay tax on these benefits as a non-cash benefit

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Prevention in Germany....



....is big business

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What ist special on prevention as a workplace?



- Dietitians active in prevention are mostly freelancer
- Customer and client orientation is needed
- Flexibility, capacity, huge portfolio
- Administration, management and marketing are time-consuming
- Customer search for all-in-one-structure with nationwide service

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What is special on prevention as a workplace?



- Dietitians active in prevention are mostly freelancer
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Not the core competences of dietitians !

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Nationwide network of dietitians And nutritionists



- Contracts for workplace health promotion acquired by the prevention expert
- Discount on instruction sessions and fees for certified concepts – no own concept writing, no loss of time for accreditation of concepts
- support for preservation of the status quo and certification,
- possibility to offer concept trainings for the members themselves and to promote them via the platforms
- getting into the work of prevention – meet colleagues – share experience and information - empowerment

Benefits for the members

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1. http://www.gbe-bund.de/gbe10/abrechnung.prc_abr_test_logon?p_uid=gast&p_aid=0&p_knoten=FID&p_sprache=D&p_suchstring=10572
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