



Current situation and future perspective in Estonia

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Fit for Work National Ambassadors meeting
in Riga

Data from Estonia

- In 2013 musculoskeletal diseases caused permanent work disability in **11 794** patients (of 52 000)
- ...psychiatric conditions in 10 596 patients
- ...cardiovascular diseases in 8572 patients
- 2009: 70% of work-related disorders are musculoskeletal
- 2012: 68 % of occupational diseases were musculoskeletal

Estonian National Health Plan 2009–2020

Estonian National Health Plan was assembled in 2008, amended in 2012, approved by Estonian government

The strategic general objective of the field: a longer health adjusted life expectancy by decreasing premature mortality and illnesses.

Five thematic fields:

- increasing of social cohesion and equal opportunities,
- ensuring healthy and safe development for children,
- shaping an environment supporting health,
- facilitation of healthy lifestyle
- ensuring the sustainability of the health care system

Estonian National Health Plan 2009–2020 includes:

- national strategy for prevention of drug addiction until year 2012,
- national strategy for tuberculosis control for years 2008 to 2012,
- national strategy for prevention of cardiovascular diseases for years 2005 to 2020
- national HIV and AIDS strategy for years 2006 to 2015

„Fit for work“ in Estonia: Round table of musculoskeletal diseases

- Society of Rheumatology
- Society of Rehabilitation Doctors
- Society of Family Medicine Doctors
- Society of Occupational Health
- Society of Orthopaedic Surgeons
- Estonian Rheumatism Association – patient organization

Proposals how to improve the healthcare in musculoskeletal diseases from 2013

- Prevention and education
- Treatment availability
- Rehabilitation
- Social rights, aids

Late history

- Meetings in Ministry of Social Affairs 2013-2014
- Strategic document compiled
- National Strategic Plan for preventing loss of workability because of musculoskeletal diseases – discussions about the main topics

Future perspective

- In 2015 second half – ministry of social affairs starts to work out the Political document about musculoskeletal diseases
- With the support of this document we can go forward and the goal is that musculoskeletal diseases will become one of the priority diseases in the National Health Plan starting from 2020
- This is prerequisite to get financed also longer actions not only short projects
- The work goes on!

Thank you!



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