

Planning and health programmes

Health plans are the principal instrument used by the health authorities to guide and direct their resources towards previously defined objectives of health. They embrace the main objectives of the corresponding health authorities and establish the actions and resources required for their development.

General health programmes

Health plans are the essential strategic tool at regional level for the planning and coordination required when establishing the framework for all the actions to be carried out in the health areas of the autonomous communities (table 37).

TABLE 37. Health planning and programmes, 2007	
	Title
Andalusia	
General programmes	III Health Plan of Andalusia
	II Quality Plan
Breast cancer	Programme of population screening and psychological support after diagnosis and during treatment (1995)
	Programme of population screening (1985)
Strategies: cancer	Treatment Oncology Plan (2007-2012)
Strategies: ischaemic heart disease	Comprehensive Care Plan for Heart Disease (2005-2009)
Strategies: palliative care	Comprehensive Plan for Palliative Care (2008-2012)
	Action Plan and Preventive Actions (2005)
Strategies: diabetes	Comprehensive Plan for Diabetes (2003-2007; 2007-2012)
Strategies: assistance at normal childbirth	Programme of assistance in pregnancy, birth and post-natal period (1985)
	Vaccination programme (since 1985)
	Programme monitoring children's health (since 1985)
Strategies: gender-based violence	Action plan (2005)
	Preventive actions (2005)
	Healthcare protocol (2001)

Strategies: mental health	Comprehensive Mental Health Plan (2003-2007; 2007-2012)
Healthy lifestyles	Plan for the Promotion of Physical Activity and a Balanced Diet (2004-2008)
	Comprehensive Plan against Tobacco Addiction (2005-2010)
	Comprehensive Plan for Child Obesity (2007-2012)
Other areas	Comprehensive Plan for Action against Accidents (2007-2012)
	Infection by HIV/AIDS (2008-2012)
	Programmes for health promotion in education (since 2001)
	Dental Health Programme 'Learn to Smile' (since 2001)
	Prevention of Tobacco Addiction. ESO without smoke (since 2001-2002)
Promotion of physical exercise and healthy eating (2001)	
Aragon	
General health programmes	Health strategies 2003-2007
	Programmes 2007-2011
Breast cancer	Programmes of population screening (1996)
	Psychological support after diagnosis and during treatment (2008)
Strategies: cancer	Procedure manual for colorectal cancer
Strategies: ischaemic heart disease	Yes
Strategies: palliative care	Assistance programme for dependent chronic patients (2006-2009)
Strategies: assistance at normal childbirth	Comprehensive care programme for women during pregnancy, birth and post-natal period (2008-2009)
Strategies: gender-based violence	Action plan
	Preventive action
	Healthcare protocol
Strategies: mental health	Strategic Plan 2002-2010 for Assistance in Mental Health in the Autonomous Community of Aragon
Asturies	
General health programmes	Health Plan 2004-2007
Breast cancer	Programme of population screening (2006)
	Psychological support after diagnosis and during treatment
Strategies: cancer	Cancer detection programme 2004-2007 of the Principality of Asturies
Strategies: gender-based violence	Action plan (2005-2007)
	Preventive action (2005-2007)
	Healthcare protocol (since 2003)
Strategies: mental health	Strategic Plan 2001/2003: preferential lines of action 2005/2007

Balearic Islands	
General health programmes	Health Plan 2003-2007
Breast cancer	Population screening plan
	Psychological support after diagnosis and during treatment
Cervical cancer	Programme of population screening
Strategies: cancer	Priority line in the Health Plan 2003-2007 and Health Strategy for Cancer in the NHS
	National Strategy and Health Plan 2004-2008
Strategies: assistance at normal childbirth	Agreement between the CAIB and the Ministry of Health for the development of the National Strategy for normal births (2007)
Strategies: gender-based violence	Action plan (2006)
	Preventive action (2006)
	Healthcare protocol (2007)
Strategies: mental health	National Strategy for Mental Health and the Mental Health Plan of the CAIB (2006-2007)
Canary Islands	
General health programmes	Health Plan 1997-2001; 2004-2008; 2009-2014 (in preparation)
	Strategic Plan for Primary Care (2006-2008)
Breast cancer	Programme of population screening (1999)
	Psychological support after diagnosis and during treatment (2002)
Strategies: cancer	Programme of population screening for cancer of the colon and rectum (2007)
	Plan (2000)
Strategies: diabetes	Screening programme for diabetic retinopathy (2007)
Strategies: gender-based violence	Action plan (2002)
	Preventive action (2002)
	Healthcare protocol (2003)
Strategies: mental health	Plan (1997)
Cantabria	
General health programmes	Health Plan for Women
Breast cancer	Programme of population screening
	Support programme after diagnosis and during treatment
Cervical cancer	Programme of population screening
Strategies: cancer	Programme for detecting colorectal cancer
Strategies: ischaemic heart disease	Palliative Care Plan (2007)
Strategies: assistance at normal childbirth	Strategy for Assistance at Normal Births (2007)

Castile and Leon	
General health programmes	II Plan for Castile and Leon 1998-2007
Breast cancer	Programme of population screening (1992)
	Psychological support programme after diagnosis and during treatment
Cervical cancer	Programme of population screening (1986)
Strategies: cancer	Regional Strategy against Cancer (since 1986)
Strategies: gender-based violence	Action Plan
	Preventive action
	Healthcare protocol
Strategies: mental health	I Mental Health Strategy (2003-2007)
Castile-La Mancha	
General health programmes	Health Plan 2001-2010
Breast cancer	Programme of population screening
	Support programme after diagnosis and during treatment
Cervical cancer	Programme of population screening
Strategies: cancer	Programme for detecting colorectal cancer
	Palliative Care Plan (2007)
Strategies: palliative care	Strategy for Assistance at Normal Births (2007)
Strategies: diabetes	Comprehensive Plan for Diabetes Mellitus in Castile-La Mancha (2007-2010; 2007-2010)
Strategies: mental health	Mental Health Plan for Castile-La Mancha 2005-2010
Catalonia	
General health programmes	Health Plan 1993-1995; 1996-1998; 1999-2001; 2002-2005
Breast cancer	Programme of population screening (1994)
	Support programme after diagnosis and during treatment (1994)
Strategies: cancer	Master Plan for Oncology (2005-2007)
	Rapid diagnosis programme for cancer (2005-2007)
	Master Plan for the Circulatory Apparatus (2005-2007)
Strategies: palliative care	End of life strategy of the Health and Social Services Plan (2005-2007)
Strategies: assistance at normal childbirth	Protocol of assistance at normal births
	Protocol for natural assistance at normal births within the birth plan
	Protocol of assistance at birth and post-natal period and assistance for the normal newborn child

Strategies: gender-based violence	Action Plan
Strategies: mental health	Master plan for Mental Health 2005-2007
Strategies: Healthy lifestyle	Plan for physical activities and a healthy diet
Valencian Community	
General health programmes	Health Plan 2001-2004 and 2005-2009
Strategies: cancer	Oncology Plan of Valencia
Strategies: Diabetes	Diabetes Plan of Valencia 2006-2010
Other areas	Comprehensive Care Plan for the Elderly and Chronic Patients (PIAPMEC) 2007-2011
	Strategic Plan for Control and Quality in Pharmacy, Medicines and Health Products in Valencia for 2007-2009
Extremadura	
General health programmes	Health Plan of Extremadura (2005-2008)
	Strategic Plan of the Health Service of Extremadura (2005-2008)
Breast cancer	Programme of population screening (2003-2004; 2004-2005; 2005-2006;2007-2008)
Cervical cancer	Programme of random screening
Strategies: cancer	Comprehensive Plan against Cancer in Extremadura
Strategies: ischaemic heart disease	Comprehensive Plan for Cardiovascular Diseases in Extremadura (2007-2008)
Strategies: palliative care	Framework programme for palliative care (2002)
Strategies: diabetes	Comprehensive Diabetes Plan (2007-2012)
Strategies: mental health	Comprehensive Plan for Mental Health in Extremadura (2007-2012)
Other areas	Framework Plan for Health Education in Extremadura
	Comprehensive Plan for Drug Addiction and other addictions (2007)
	Plan for Humane Health Assistance in the Public Health System of Extremadura
Galicia	
General health programmes	Health Plan of Galicia 2006-2010
Breast cancer	Programme of population screening (1992)
Strategies: cancer	Research Project into Oncological Indicators (2007)
Strategies: ischaemic heart disease	Progaliám (2006)
Strategies: palliative care	Galician Plan for Palliative Care (2007)
Strategies: diabetes	Treatment for diabetic retinopathy (2007)

Strategies: assistance at normal childbirth	Plan for Assistance at Normal Births (since 2007)
Strategies: gender-based violence	Preventive actions
	Healthcare protocol
Strategies: mental health	Strategic Plan for Mental Health (2006-2012)
Healthy lifestyles	Galician programme for healthy activity, exercise and diet (since 2005)
	Programme of life without tobacco (since 1994)
Other areas	Galician programme for early detection of deafness in the post-natal period (since 2002)
	Plan against HIV/AIDS in Galicia (since 1986)
	Galician programme for dental health (since 1986)
	Environmental health programmes (waste, water, Legionellosis)
	Drugs Plan for Galicia 2007-2010
Madrid	
General health programmes	Plan for the Improvement of Primary Care (2006-2009)
	Plan for the Reduction of Waiting Lists
	Comprehensive Health Inspection Plan
Breast cancer	Programme of population screening
	Psychological support after diagnosis and during treatment
Cervical cancer	Comprehensive Plan for Control of Cancer Comprehensive Plan for the Detection and Assessment of Cancer in the Family (2007-2008)
Strategies: ischaemic heart disease	Comprehensive Plan for Ischaemic Heart Disease
Strategies: palliative care	Comprehensive Plan for Palliative Care (2007)
Strategies: diabetes	Actions for the prevention, promotion and monitoring of epidemics in the general public and high-risk groups
Strategies: assistance at normal childbirth	Improvement Plan for Assistance for the Newborn Child
Strategies: gender-based violence	Action plan
	Preventive action
	Healthcare protocol
Strategies: mental health	Plan for Psychiatric Care and Mental Health (2003-2008)
Healthy lifestyles	Comprehensive Plan for Food and Nutrition
	Regional Plan for the Prevention and Control of Tobacco Addiction (2005-2009)

Other areas	Strategic Plan of the AntiDrug Agency (2006-2009)
	Health Risk Plan
	Plan for Assistance for Elderly Patients under Polymedication
	Action Plan against HIV/AIDS
	Flu Assistance Plan
	Health Care Plan for Juvenile Sexuality
Murcia	
General health programmes	Health Plan 2003-2007
	Comprehensive plan of assistance for women
	Emergency programme
	Strategies for Sustainable Development in Healthcare 2005-2010
Cervical cancer	Pilot programme for preventing colorectal cancer
	Plan for the Prevention of Aggressions against the Health Professionals of the Region of Murcia
Strategies: ischaemic heart disease	Guide for the Secondary Prevention of Ictus
Strategies: palliative care	Comprehensive Plan for Palliative Care 2007
Strategies: diabetes	Comprehensive Care Plan for the Diabetic Patient (2005-2009)
Strategies: gender-based violence	Regional Protocol for the Prevention and Detection of Violence against Women over 65
	Protocol for Acting against Gender-based Violence in Primary Care
Healthy lifestyles	Information Programme on Tobacco Addiction
	Regional Drug Plan for the Region of Murcia (2007-2010)
	Dental health programme for children
Other areas	Care programme for children and adolescents 2007
	Oncology Plan for the Region of Murcia 2007-2010
	Vaccination programme
	Food sanitation and zoonosis control programme
	Regional Plan for Education for Health in Schools 2005-2010
	Regional Plan for Drug Addiction (2007-2010)
	Protocol for Early Detection of Tuberculosis Infection and Disease
Health Information Systems Plan	
Navarre	
General health programmes	Health Plan (2001-2005; 2006-2012)
Breast cancer	Programme of population screening (since 1990)
	Psychological support after diagnosis and during treatment
Cervical cancer	Programme of population screening (2006)

Strategies: cancer	Committees on lung, breast and digestive cancers in the Hospital of Navarre Start of the Hospital Register of Tumours
Strategies: ischaemic heart disease	Programme of risk in primary care (since 2003)
Strategies: palliative care	Assistance programme for palliative care (since 2000)
Strategies: assistance at normal childbirth	Screening programme to detect partial deafness in new-born children (since 1997)
	Diagnostic consultation to detect congenital anomalies (1995)
Strategies: gender-based violence	Action plan
	Preventive action
	Healthcare protocol
Strategies: mental health	Mental Health Plan for Children – Juveniles (since 2007)
	Psychiatric interconsultation programme (since 2007)
Healthy lifestyles	Programme of preventive and curative dental health services for children and juveniles (since 1991)
The Basque Country	
General health programmes	Health Plan of Euskadi (2002-2010)
Breast cancer	Breast cancer detection programme (2006-2009)
Cervical cancer	Random screening programme
Strategies: ischaemic heart disease	Project to improve rehabilitation after cardiac illness (2007-2008)
Strategies: palliative care	Plan for Palliative Care (2006-2009)
La Rioja	
General health programmes	Health Plan of La Rioja 1998-2010
Breast cancer	Programme of population screening (1993)
	Psychological support after diagnosis and during treatment
Cervical cancer	Programme of population screening (2005)
Strategies: ischaemic heart disease	Healthy Lifestyle Programme
Strategies: gender-based violence	Action plan
	Healthcare protocol
Strategies: mental health	Mental Health Plan of La Rioja (1998)
	Plan for Assistance for Mental Health (2005-2007)
Other areas	Dental Health Plan for Pregnant Women
	Programmes for the prevention of illness, promotion of health and health education

Ingesa (Ceuta and Melilla)	
Breast cancer	Programme of population screening
	Psychological support after diagnosis and during treatment
Cervical cancer	Programme of population screening
Strategies: cancer	Establishment of the Cancer Strategy of the NHS (2006-2007)
Strategies: ischaemic heart disease	Establishment of the Strategy against Ischaemic Heart Disease
Strategies: palliative care	Establishment of the Plan for Palliative Care
Strategies: diabetes	Establishment of the Diabetes Strategy (2005)
Strategies: assistance at normal childbirth	Establishment of the Strategy for Perinatal Health and Gender (2007)
Strategies: gender-based violence	Action plan (2007)
	Preventive action (2007)
	Healthcare protocol (2007)
Strategies: mental health	Establishment of the Strategy for Mental Health
CAIB, autonomous community of the Balearic Islands.	

These plans drawn up by the autonomous communities take their references from the initiatives established at national and supranational level such as the community action programme for health 2003-2008.

Their elaboration is based essentially on demographic analysis and the analysis of morbidity and mortality, epidemiological indicators and expenditure on health and social services. They have incorporated strategies for including cross-sector participation and gender perspectives. Instruments have been established to monitor them, and there are even organs specifically created for this end (such as the Health Plan Office of the Balearic Islands).

Each autonomous community has developed its respective health plan which may vary in duration (from two to four years on average), and in its content, which responds both to the circumstances and the priorities of the public health policy of the community concerned.

Therefore, Andalusia is evaluating the III Andalusian Health Plan 2003-2008; Aragon, the Health Strategies 2003-2007; Asturias, the Health Plan 2004-2007; Castile-La Mancha, the Health Plan 2001-2010; Castile and Leon, the II Health Plan 1998-2007; Catalonia, the Health Plan 2002-2005 and the Health Plan horizonte 2010; Extremadura, the Health Plan of Extremadura 2005-2008; Galicia, the Health Plan 2006-2010; The Balearic

Islands is developing the Health Plan 2003-2007; the Canary Islands, the Health Plan of the Canaries 2004-2008; La Rioja, the Health Plan of La Rioja 1998-2010; Navarre, the Health Plan for the period 2006-2012, and the Basque Country, the Health Plan of Euskadi 2002-2010.

Other health plans

The Quality Plan for the National Health System (NHS), passed by the Interterritorial Board of the NHS in 2006, together with the health plans of the communities have created the framework within which other specific plans have been developed by the autonomous communities to tackle certain areas of their respective health systems, such as primary care. This has been the object of special attention in communities such as Aragon (Strategies, Objectives and Commitments for Primary Care in the Health System of Aragon, 2008-2011), Canary Islands (Strategic Plan for Primary Care in the Canary Islands 2006-2008) or Madrid (Plan for the Improvement of Primary Care in the Community of Madrid 2006-2009).

The autonomous communities have approved quality plans such as the II Quality Plan 2005-2008 of Andalusia, in which quality is defined as an essential element of a public health system oriented towards the patient and his/her needs, requests, expectations and satisfaction, or the Comprehensive Quality Plan of the Health Services of Madrid 2002-2007.

Within the general plans which pursue a specific goal, there have also been plans aimed at women, such as the Health Plan for Women of Cantabria.

Breast cancer

The measures to counter breast cancer at community level usually form part of specific programmes for the prevention, detection and treatment of this illness while also figuring as part of oncological plans for the autonomous community or programmes for women's health.

Regardless of the tool employed, the programmes of population screening are found in all of the autonomous communities: in Andalusia since 1995, Aragon since 1996, Asturias since 2000, Cantabria since 1997, Castile And Leon since 1992, Catalonia since 1994, Extremadura since 1999, Galicia since 1992, Ingesa and the Balearic Islands since 1997, the Canary Islands since 1999, La Rioja since 1993 and Madrid, Navarre and the Basque Country since 1990.

Other measures, namely psychological support following diagnosis and during the treatment are only mentioned in a few of the communities: Catalonia since 1994, Andalusia since 1995, Asturias since 2006, Aragon since 2007, along with the Balearic and Canary Islands, La Rioja and Navarre.

Cervical cancer

There have been fewer initiatives among the communities regarding cervical cancer, and it is only towards the end of the 2004-2008 period that we see measures adopted by the autonomous communities, besides random screening (Catalonia, Navarre and the Basque Country), population screening (Cantabria, Castile and Leon in 1986, Ingesa and La Rioja in 2005) and even new strategies for early diagnosis which incorporate liquid cytology and the detection of the human papillomavirus in certain circumstances, and prevention via vaccination against said virus (Andalusia and Madrid in 2007).

Strategies

Cancer

The Cancer Strategy of the National Health System (NHS) which was approved in 2006 is the framework in which the activities of the autonomous communities in this area have been developed. Its application in the communities has been varied in terms of the instruments used, ranging from general plans at community level to specific programmes for different types of cancer.

Andalusia established its Oncology Plan 2007-2012 based on the strategy, Catalonia set up its rapid diagnosis programme for cancer (breast cancer, lung and colorectal cancer), which started in this period and which was extended to cover prostate cancer and cancer of the bladder in 2007, while Extremadura created its Plan against Cancer 2007-2011, Ingesa developed its Cancer Strategy 2006-2007, Madrid approved its Comprehensive Plan for Control of Cancer and the Comprehensive Programme for the Detection and Assessment of Cancer in the Family (2007-2008) and finally Murcia created its Oncological Plan 2007-2010.

Other autonomous communities have incorporated the principles of the strategy into their own plans, as in Catalonia, with its Master Plan for Oncology 2005-2007, Valencia's Oncology Plan 2002-2007 or the I Comprehensive Oncology Plan 2002-2006 and the II Comprehensive Plan 2007-2012 of Andalusia.

The remaining autonomous communities have developed detection programmes, such as Asturias with its Cancer Detection Programme 2004-2007, or specific actions as in the case of colorectal cancer (Aragon, Cantabria and the Canary Islands).

Ischaemic heart disease

The Comprehensive Plan for Ischaemic Heart Disease (PICI) was created prior to the 2004-2007 period and formed the technical framework for addressing this illness and was the blueprint for the design in 2006 of the Ischaemic Heart Disease Strategy of the NHS. This document redefined the framework for action in general with clear, well-defined objectives and indicators for evaluation and monitoring. This guarantees a suitable level of prevention, treatment and follow up for patients in any of the phases of this disease.

These actions have been articulated in certain autonomous communities through instruments such as the Comprehensive Care Plan for Heart Disease 2005-2009 of Andalusia (which has led to an Operational Plan of Secondary Prevention and Cardiac Rehabilitation and the Plan for Cardiac Surgery in Congenital Cardiopathies), the Regional Strategy of Cardiovascular Health 2005-2007 in Castile and Leon, the Master Plan of the Circulatory Apparatus 2005-2007 in Catalonia, the Comprehensive Plan for Cardiovascular Diseases in Extremadura (2007-2011), the Comprehensive Plan of Ischaemic Heart Disease of Madrid and the Vascular Risk Programme in Primary Care of Navarre.

The other autonomous communities have incorporated the criteria of the Strategy of Ischaemic Heart Disease in their respective health plans (as in the Balearic Islands) or in specific programmes.

Palliative care

There has been an increase among the autonomous communities of legislation on palliative care, essentially near the end of the 2004-2007 period. These plans are aimed at ensuring healthcare and treatment of patients, alleviating their suffering and respecting their dignity, by favouring the psychological, social and emotional support that each patient requires in accordance with his/her personal needs.

There have been pioneering programmes, such as Extremadura's Framework Programme for Palliative Care of 2002, or Navarre's Programme for Palliative Care 2004-2006, or Catalonia with the End of Life Strategy of

its Health and Social Services Master Plan of 2005, which predated the rest of the autonomous communities that approved their plans in 2006 and 2007. The Comprehensive Plan for Palliative Care of Madrid (2006), Plan for Palliative Care 2006-2009 of the Basque Country, Palliative Care Plan of Cantabria (2007), Plan for Palliative Care of Ingesa 2007-2010, Comprehensive Plan for Palliative Care of Murcia (2007), Plan for Palliative Care of Aragon (2007) and the Treatment Plan for Palliative Care in Andalusia (2008-2012).

Diabetes

Due to the dispersion caused by the many plans and strategies developed by the autonomous communities prior to the 2004-2005 period in this area, the Ministry of Health and Consumers' Affairs established a National Strategy for Diabetes which identified the critical points and set up standards and objectives and defined the common indicators, bringing together the different administrations involved with scientific groups and patient associations.

This strategy has become the framework for those autonomous communities which have created specific plans for this issue. These include Andalusia, with the Comprehensive Plan for Diabetes Mellitus 2003-2007 and its forthcoming comprehensive plan for 2007-2012; Asturias, with its Key Programme for Interdisciplinary Care for Diabetes Mellitus; Castile-La Mancha has its Comprehensive Plan for Diabetes Mellitus 2007-2010; The Valencian Community has developed the Diabetes Plan of the Community of Valencia 2006-2010; Extremadura has its Comprehensive Diabetes Plan 2007-2012; Ingesa has the Diabetes Strategy from the NHS 2005; the Canary Islands has maintained its Screening Programme for Diabetic Retinopathy since 2007, and Murcia, has its Comprehensive Care Plan for Diabetic Patients 2005-2009.

Assistance at Normal Childbirth

The Interterritorial Board of the National Health System approved the Strategy for Assistance at Normal Births in 2007 which had as its general aim to make the assistance at birth more humane, and do so by reviewing current practice and eliminating unnecessary procedures such as episiotomy, shaving or enemas.

Beyond their interventions in this area, the autonomous communities have developed programmes on these and other issues related with childbirth, post-natal care and newborn children within general programmes, as in Andalusia, Catalonia and Ingesa (Strategy for Perinatal Health and Gender

of the NHS 2006-2007) and Madrid (Improvement Plan for Assistance for the Newborn Child).

As regards programmes in relation with normal childbirth, these have been developed in Andalusia (Programme for humane birth which includes the Strategy for Normal Birth), Cantabria (2007) and Catalonia. There have also been specific programmes in favour of breast feeding (Cantabria since 2005 with a Plan to Encourage Breast Feeding, and Castile and Leon with educational activities for the health of pregnant women and parents of newborn children with “Healthy from the start”) or in the case of Navarre, the creation of a Technical Advisory Board for the Promotion of Breast Feeding (2004).

There are other programmes besides these related with the early detection of congenital illnesses (Castile and Leon, Extremadura and Navarre), endocrine and metabolic disorders (Extremadura) and partial hearing loss (Andalusia, Asturias with its Programme for Auditory Disorders in Children, Cantabria since 2000, Castile and Leon, Galicia with a programme for early detection of deafness in the post-natal period since 2002 and Navarre since 1999).

Gender-based violence

The Commission Against Gender Violence was created in 2004, and set up in parallel with the Law on Comprehensive Protection Measures against Gender-based Violence. It established the guidelines in this area through the review of projects and strategies from the autonomous communities and studies of proposed methodologies to gain insight into the real impact of the phenomenon and to ensure early detection and diagnosis.

The boost given by Law 1/2004 to the struggle against gender-based violence has led to the systematic adoption of instruments by the autonomous communities to respond from the health standpoint. This has included the acceptance of preventive measures, action plans and protocol for intervention by the health services.

Most of the autonomous communities affirm possession of the three tools mentioned, for prevention, response and assistance. Some autonomous communities, such as Madrid, have a Cross Sector Plan against Gender-Based Violence, although the Community of Cantabria is pioneering in its incorporation of the early detection criteria in its computerised medical histories in primary care.

As regards the action plans, some autonomous communities specify in their responses the existence of procedures for coordinating institutions in cases of gender-based violence (Andalusia), collaboration with the Women’s

Institute and other departments of the regional government in Catalonia, coordination with the government delegation (Ingesa), or a coordinator of women's care at regional level (Balearic Islands).

There are also coordination protocols between public bodies for the handling of the Protection Order (Andalusia). Asturias has developed a programme for care in sexual-affective issues in secondary education centres, and the region's health professionals have had specialised training between 2005 and 2007. The Canary Islands has had an action plan, preventive actions and a protocol for intervention since 2003.

There have been many protocols for intervention, and they have been the foundation for the creation (in Andalusia, Asturias, Castile-La Mancha, Cantabria y Murcia) of the Common Protocol for a Healthcare Response to Gender Violence, which was approved by the Interterritorial Board of the National Health System and presented in April 2007, and is currently in the process of application.

Similarly, the common indicators of information on healthcare in the NHS for women suffering gender-based violence, and the quality criteria for the training of health professionals in this matter were passed by the Interterritorial Board of the National Health System in December 2007 along with their common objectives.

Every year, the Commission Against Gender Violence of the Interterritorial Board of the National Health System²⁰ publishes its annual report on Gender-Based Violence (published for 2005 and 2006, and due to be published for 2007) in which it collects the latest actions developed in this area by the Health Services which make up the NHS and other cross-sector actions coordinated at regional level or by the Commission of the Interterritorial Board, where the Government Delegation for Gender-Based Violence and the Women's Institute also participate, along with the autonomous communities, Ingesa and the Ministry of Health and Consumers' Affairs.

Mental health

The European Strategy on Mental Health which was approved in 2005 was the framework for the creation of the Mental Health Strategy of the NHS. The autonomous communities had been preparing their own planning

20 All these documents are available as complete texts (in Spanish and English) in the website of the Ministry of Health and Consumers' Affairs: www.msc.es/organizacion/sns/planCalidadSNS/e02_t03.htm. The paper copy is also available free of charge in the Publication Service of the Ministry of Health and Consumers' Affairs.

policies for mental health, which have now been incorporated into the national strategy.

Andalusia developed the first version of its Comprehensive Mental Health Plan 2002-2006 and prepared another for the 2007-2012 period. Aragon is following its Mental Health Plan 2002-2010 while Asturias had a Strategic Plan 2001-2003 which has been followed by preferential lines of action for the period from 2005 to 2007.

Castile-La Mancha has a Mental Health Plan 2005-2010; Castile and Leon, a Strategy for Mental Health and Psychiatric Care 2003-2007; Catalonia has its Master Plan for Mental Health and Addictions 2005-2007; Extremadura, its Comprehensive Plan for Mental Health 2007-2012; Galicia, the Strategic Plan for Mental Health 2006-2011; La Rioja, a Care Plan for Mental Health 2005-2007, and Madrid, a Plan for Psychiatric Care and Mental Health 2003-2008.

Healthy lifestyles

Nutrition, physical activity and obesity (Naos)

As part of the Global Strategy on Diet, Physical Activity and Health approved by the WHO in 2004, a series of actions were undertaken at national level with the collaboration of several ministries in a number of relevant areas, including the design of guides about diet and to promote physical activity, educational measures for a healthy diet, environmental and genetic factors in obesity, health-related factors in eating disorders, and information systems.

Some autonomous communities have decided to develop general tools to tackle these issues. Andalusia has a Programme for the Promotion of Physical Activity and a Balanced Diet (2004-2008), Galicia has had its Programme of Healthy Activities, Exercise and Diet since 2005, the Basque Country has Oinez Bizi/Walk for Life to counter sedentary lifestyles, and Catalonia has the Comprehensive Plan for the Promotion of Physical Activity and a Healthy Diet from 2005. Other interventions have centred on the problem of obesity, as in Andalusia, with the first Comprehensive Plan for Child Obesity 2007-2012. The Valencian Community has a Comprehensive Care Programme for Obese Patients, in which a cross sector approach is proposed, and the Balearic Islands is setting up a Strategy against Child Obesity in the NHS.

Tobacco Addiction

The Tobacco Control Strategy has been operational in Spain since 2004 through a number of initiatives. Among others, there has been the creation of Act 28/2005 of the 26th of December, of Health Measures against Tobacco, the financing and coordination of strategies with the autonomous communities, and agreements signed with different groups and organizations.

Besides the measures under development deriving from Act 28/2005, the autonomous communities have created their own plans in this area, as in the case of Andalusia, which developed its Comprehensive Plan against Tobacco Addiction 2005-2010; Aragon, with its Tobacco Prevention Programme; Cantabria, with the Prevention and Control of Tobacco Plan; Catalonia has specific programmes (protection of non-smokers, preventing the acquisition of the habit, encouragement to stop smoking, and monitoring of the results); Galicia, with the Galician Programme of Life without Tobacco, since 1994; Madrid with its Regional Plan for the Prevention and Control of Tobacco Addiction 2005-2007; Murcia, with its Programme of Information on Tobacco Addiction; and Navarre which created the Technical Advisory Board for the Prevention and Control of Tobacco Addiction in 2007.

Drug Addiction

The National Strategy on Drugs 2000-2008 was evaluated in 2004, leading to the Action Plan of 2005. At the regional level, a number of autonomous communities have programmes to handle this issue.

Aragon has an Autonomic Plan on Drug Addiction; Cantabria has a Regional Drugs Plan; Galicia has the Drug Plan for Galicia 2007-2009; Madrid has the Strategic Plan of the Anti Drug Agency 2006-2009; and Murcia has the Regional Plan for Drug Addiction 2007-2010.

Other autonomous communities tackle the issue with specific programmes, as in Asturias, where a methadone maintenance programme involving health centres, pharmacy offices and mobile units is being followed, or Catalonia which has a Master Plan for Mental Health and Addictions (2005-2007).

Other areas

The autonomous communities have developed other plans and programmes for health issues in a number of areas which, while not generally applicable

or relevant, allow us to see what the challenges facing the development of health services in the future might be.

Health education

Autonomous communities have developed plans for education in a number of areas in relation with health issues. Most communities focus on health education for children, as in Andalusia, where there is a programme for the promotion of healthy lifestyles in secondary education centres (*Forma Joven* which is aimed at sexual and affective issues, ESO without smoke) and primary education (Healthy Diet Programme and Learn to Smile Dental Hygiene Programme). Castile and Leon has school programmes such as the Health Education Programme in Teaching Centres, the Dental Health programme and the Programme for Health Promotion and Education for Adolescents and The Young. Catalonia has the Health and School Programme. Murcia has an educational programme for children's health at school 2005-2010.

Other autonomous communities have opted for global instruments, as in Aragon, where there are health education and prevention programmes aimed at all sectors of the population, or Extremadura, with the Framework Plan for Health education 2007-2012, and Navarre, with its Programme of Preventive and Curative Services for Children.

The elderly

Among the many areas where the autonomous communities have directed their attention is the situation of the elderly, who have been the object of specific plans, as in Castile and Leon where there is a Plan of Geriatric Care 2003-2007, or Valencia, where there is a Comprehensive Plan for the Care of Elderly Persons and Chronic Patients 2007-2011.

Chronic and degenerative illnesses

There have also been plans in relation with chronic illnesses (the Basque Country in 2007 has started up the activities outlined in the Project for the Improvement in Rehabilitation of Chronic Illnesses) or Alzheimer's disease (Alzheimer's Plan for Andalusia 2007-2010).

HIV/AIDS

Finally, there have been plans to tackle specific health issues, such as HIV/AIDS (as part of the National Plan on AIDS, started at state level but continued at community level with the approval of plans such as the Action Plan against HIV/AIDS in Galicia and the Action Plan against AIDS in the Community of Madrid). There have also been plans for specific problems, such as genetic illnesses (Genetics Plan of Andalusia), rare diseases (Andalusian Plan of Care for Persons Affected by Rare Diseases 2008-2012, or the Accident Rate Plan 2007-2012 of Andalusia).