

Cuban Experience in Prevention, Care and Treatment of Diabetes and its Relevance for US Public Health

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Presenter Disclosures

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(1) The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose

What does Cuba evoke for you?



Maybe you think of...



But do you think of...



Overview of the Cuban Public Health System

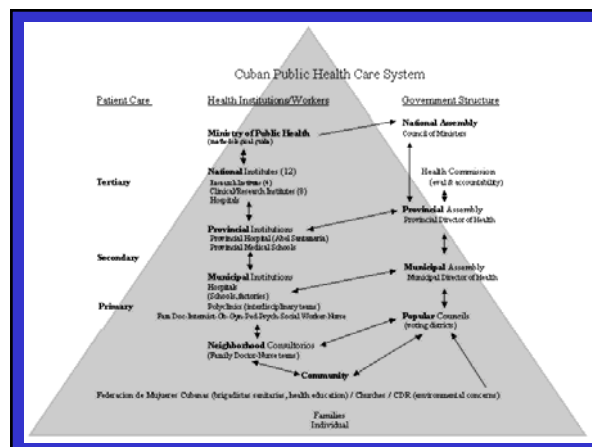
Timeline

- **1960's:** Development of polyclinic system
- **1970's**
 - Medicine becomes focused on prevention and public health
 - Cuban physicians begin to serve abroad
- **1980's:** Family doctor/nurse program begins
- **1990's:** The Special Period creates new challenges
- **2000's:** Living like poor people and dying like rich ones

Cuba achieved
 "Health for All
 by the Year 2000" and in 2015
 was the first and so far only
 country to eliminate the mother
 to child transmission of HIV and
 Syphilis

Three-Tiered System

- Universal coverage
- Public health and medicine are intertwined
- Three "tiers":
 - **Primary:** community groups, family doctors/nurses
 - **Secondary:** polyclinics
 - **Tertiary:** hospitals



Facts and Figures

- One doctor-nurse consultorio serves up to 600 people (around 150 families)
- One polyclinic serves about 30–40 consultorios
- There are 58 M.D.s and 74 nurses per 10,000 people (1 MD per 170 people)
- 63% of M.D.s are women

Cuba vs. Neighbors

Indicator	Cuba	Dom. Rep.	US
Population in millions	11.1	10.5	321.2
Infant Mortality Rate	4	31	6
Deaths/1,000 pop.	8	6	8
Life Expectancy	78	73	79
Total Fertility Rate	1.7	2.5	1.9

Health Indicators

- Infant mortality as the gold standard (US differences by race)
- Major causes of death are the same as in the U.S. Mortality per 100,000:
 - Cuba: Heart Disease; Stroke; Cancer (Diabetes is 9th)
 - US: Heart Disease; Cancer; Chronic respiratory Diseases (Diabetes is 7th)

Percent Gross Domestic Product dedicated to Public Health

Cuba 8.8% GNP per capita USA 17.1% GDP
 Per capita health expenditure \$1,828 Per capita expenditure \$9,1486

Key Health Care Question

- In the US, how to get a bigger piece of the pie?
- In Cuba, how to make the pie better?

How? Guiding Principles

- Health as a government responsibility & citizen's right
- Universal & free healthcare
- Emphasis on preventive care
- Participatory approaches to population health
- Scientific advancement
- Medical cooperation with other nations

Primary Health Care Family Doctor and Nurse Program and Community Organizations

Polyclinics and Surveillance

Diabetes in Cuba

- Diabetes Centers
 - Foot care clinics
 - Educational strategies
 - Week-long courses
 - Family training



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