



- Title** Preventive Health Screenings and Health Consultations in Primary Care – A Health Economic Analysis of ”Ebeltoft Health Promotion Project”
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Aim

To assess whether the implementation of preventive health screenings and health consultations in primary care in Denmark will be cost effective.

Conclusions and results

The intervention groups (health screening plus health consultation, and health screening alone) for men and women combined showed economic dominance compared to the control (questionnaire) group. This is based on the finding that the health effect in the intervention groups is statistically significantly better than the health effect in the control group, yet no significant differences in costs are found, regardless of the cost measure considered (direct healthcare costs, total expenses, or total costs). The health effect of health screening plus health consultation is also significantly better than the health effect of health screening alone, without any significant difference in expenses or costs. Subjects that are offered health screening and health consultation gain on average 0.30 years of life versus 0.16 years for subjects in the control group and 0.24 years for those offered health screening alone. The differences in costs are not statistically significant. When each gender is assessed separately, it appears that in men the health effect of both health screening plus health consultation and health screening alone is significantly better than the health effect for subjects in the control group, while there are no significant differences in costs, regardless of the cost measure examined. In women, the health effect is significantly better for subjects offered health screening and health consultation than for subjects in the control group, again without significant differences in any of the cost measures examined.

To conclude, offering systematic, primary-care-based preventive health screening and health consultation to men and women aged 30 to 49 years is economically advantageous compared to what is offered to the control group. This is implied by the finding that the health effect, in terms of life years gained assessed over a 5-year

period, is significantly better in the intervention group offered health screening and health consultation than in the control group, while the costs for the intervention group, assessed over 6 years, were not higher than for the control group.

Methods

The study determined the expenses and costs related to predefined health effect measures for 3 randomized groups, ie, 2 intervention groups (1006 subjects) and 1 control group (501 subjects). Participants were aged 30 to 49 years (as of January 1, 1991), men and women living in the municipality of Ebeltoft, and registered in one of the municipal primary care units. Randomization of subjects into control and intervention groups was stratified by primary care unit, sex, age, body mass index (BMI), and cohabitation status. The participants were randomized among the 4 types of intervention groups.