



Zaryadye Park, Moscow

# Moscow city, Russian Federation

## General overview

One of the most vibrant metropolitan cities in the world, Moscow is successful both as the capital city of the Russian Federation and as the largest political, economic, academic, educational and cultural centre in the country.

The values, lifestyle and needs of the residents of Moscow are driven by the city's unique economic, financial, transport and social position. Its development strategy is designed to address challenges in all municipal sectors, provide a comfortable living environment and, particularly, ensure a balance between green spaces and socioeconomic development. Despite its metropolitan status, Moscow remains one of the greenest capitals in the world. Its impressive parks and forest land are a mainstay for the locals, and do not leave visitors untouched. Moscow is a

large transport hub with airports, river harbours, railways, highways, and a subway.

Moscow is developing into a healthy and comfortable city. Divided into 12 administrative districts, 125 areas and 21 compounds, the city spans a total area of 2561 km<sup>2</sup> (1). Each administrative district could be a separate city, although they may vary in size.

According to census, life expectancy in Moscow was 78.2 years in 2022 (74.55 in 2021; and 76.2 in 2020) (2). In 2021, GDP per capita was Rub 1 935 204.5 [Report on the state of the environment in the city of Moscow in 2022, Department of Economic Policy and Development of the city of Moscow, unpublished data, 2022].

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## Regional activities linked to the WHO European Programme of Work

The following activities are linked to the three core priorities of the European Programme of Work (EPW): (i) moving towards Universal

Health Coverage (UHC); (ii) promoting health and well-being; and (iii) protecting against health emergencies.



### Moving towards UHC

The Metropolitan Healthcare Programme, funded by the Government of Moscow, has been in effect since 2011. The aim of the Programme is to improve health outcomes by enhancing the quality and availability of health services, ensure that the supply of these services is aligned with the incidence of diseases and people's needs, and keep abreast with cutting-edge achievements in medical science.

A three-tier primary-health-care system has been established in Moscow to enable the application of a patient-pathway system with a focus on patient needs and the efficient use of institutional resources.

In 2022, 9 607 800 adults received primary health care in: 42 outpatient clinics; 15 outpatient departments and 1 ambulatory centre based in 9 hospitals; 6 outpatient departments based in 6 consultation and diagnostic centres; and 3 outpatient departments based in 2 city hospitals in the Troitsky and Novomoskovsky Administrative Districts. In the same year, primary health care was delivered to children in: 40 pediatric outpatient clinics and 17 pediatric outpatient departments based in 7 city outpatient clinics serving children and adults; 2 pediatric outpatient departments and 1 ambulatory centre based in 3 hospitals for adults; and 3 pediatric departments based in 3 pediatric hospitals. The total number of children covered by outpatient clinics delivering primary health care in Moscow was 2 207 400 with 27 034 400 visits to pediatric outpatient clinics. Secondary care was provided to 1 857 800 adult patients in 52 public health-care institutions in Moscow, and to 343 900 children in 10 pediatric hospitals (2).



### Promoting health and well-being

An awareness campaign entitled *Moscow Health Days*, which was designed to improve health literacy and encourage healthy lifestyle, includes workshops, lectures, and master classes. These take place on World Health Days, All-Russia Health Days and memorable occasions, or in connection with the control of major diseases and are held in outpatient clinics or off site; 62 awareness-raising and preventive activities were conducted in 2022. Overall, 8500 health-related activities were held that year with a total of 1 941 400 participants.

A project entitled *Healthy Moscow* has been successfully implemented in Moscow city whereby residents (aged 18–90+), irrespective of affiliation to an outpatient clinic, can avail themselves of a mobile health check in public health pavilions located in urban recreational areas (public gardens and parks). Hundreds of thousands of Moscow residents have already taken advantage of this opportunity and had the results of the initial examinations entered in their health records. According to these results, residents may be referred to specialized professionals, if indicated. The *Healthy Moscow* project is one of several major

initiatives designed to encourage Moscow residents to adopt a healthy lifestyle and to promote the prevention and early diagnosis of disease.

To make the institution of family and responsible parenthood more meaningful, and to prevent abortions and develop reproductive behaviour, a new project – *My Healthy Family* – was launched in Moscow in the form of a communication campaign. This comprises marathons, flashmobs and other activities, including interactive, cultural, educational, and health and fitness activities.

Since 2018, a unique project – *Moscow Longevity* – has been in progress to encourage older people to be more active with the aim of improving their quality of life, including their mental and physical health. Special-interest groups on, for example, creative activities and learning, are available in different parts of the city. Initially, this project was intended as entertainment, but in less than two years it turned into a health-improvement venture. Along with physical-fitness programmes, older residents can join learning programmes on healthy lifestyle and the prevention of diseases associated with older age (2).



## Protecting against health emergencies

The Territorial Emergency Medicine Service (TEMS) was established in Moscow to bring together governing authorities, organizations responsible for the delivery of health services in emergencies, and decision-makers regarding the protection of people and territories from emergencies. The day-to-day management of TEMS is carried out by the “Moscow Territorial Research-to-Practice Centre of Emergency Medicine under the Health Department of Moscow”, a public health-care institution. In an emergency, this institution would assume the management of emergency care and medical evacuation, including aeromedical evacuation, of everyone affected by the emergency. TEMS emergency response teams include aeromedical teams, mobile-ambulance teams, and the emergency teams of the public institution, Ambulance and Emergency Care Station named after A.S. Puchkov (under the Moscow Health Department). In addition, TEMS mobilizes hospital resources and facilities (for adults and children), for example, beds for the admission of, and the delivery of secondary care to, people affected by the emergency; it also outsources TEMS medical and specialized units. The average response time for the arrival of emergency teams is 9.7 minutes. The average response time for arrival at traffic-accident sites is 7.7 minutes (3).

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## Actions linked to the EPW flagship initiatives

(The Mental Health Coalition; Empowerment through digital health; The European Immunization Agenda 2030; Healthy behaviours: incorporating behavioural and cultural insights.)

### *Initiatives relative to the Mental Health Coalition*

In 2022, public mental-health institutions provided care to 54 000 people in Moscow; 79 200 people were followed up.

Memory clinics are available to patients with initial manifestations of cognitive disorders; the clinical improvement rate is 80%. An eating-

disorder clinic provides health care to patients with eating disorders; 350 patients received such care in 2022. Advisory centres for mental health provide comprehensive outpatient care to

#### *Initiatives relative to empowerment through digital health*

An automated information system entitled, Unified Medical Information and Analytical System of Moscow (UMIAS), was launched in 2011 (4). Since then, almost 13.3 million patients have been registered, and electronic health records set up for 12.7 million of them.

In 2022, 128.2 million appointments were made in UMIAS through different channels. Electronic prescriptions were utilized (both subsidized and at full cost). Over 2300 commercial pharmacies

#### *Initiatives relative to the European Immunization Agenda 2030*

Preventive vaccination in Moscow is provided within the framework of the national and regional immunization schedules.

The immunization schedule for the Moscow region is much broader than the national schedule, which includes 11 communicable diseases (viral

people with stress and neurotic disorders; 12 800 psychiatrist consultations, 14 900 psychotherapist consultations, and 7700 clinical-psychologist consultations took place in 2022 (2).

accepting electronic prescriptions at full cost and 282 pharmacies selling medicines at subsidized cost are integrated with UMIAS.

Different artificial-intelligence-based solutions are provided to support medical decision-making and lower physicians' costs. Examples of such solutions include preliminary diagnosis to support medical decision-making and the analysis of scans as part of the experimental implementation of computer-vision technology (2).

hepatitis B, tuberculosis, pneumococcal infection, diphtheria, pertussis, tetanus, poliomyelitis, Hemophilus influenza type b, measles, rubella, mumps). In addition, the Moscow immunization schedule includes five vaccines (against rotavirus infection, chickenpox, hepatitis A, meningococcal infection and human papilloma) (2).

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## **Initiative specific to Moscow city**

Moscow is creating a modern, technology-based, patient-centered and cost-effective model of the health system. A regional programme on the modernization of primary health care and the implementation of a new Moscow standard for outpatient clinics are included in the process towards this goal.

The modernization programme has encompassed over 200 buildings (50% of the outpatient capacity in Moscow). The comprehensive modernization and internal alterations of the premises, as well as the replacement of the utilities system, make it possible to create a comfortable environment for visitors and staff.

The new Moscow standard includes updated general principles of design and technical material in buildings, the installation of advanced equipment, user-friendly navigation tools, comfortable waiting areas, and a uniform standard mix of staff. Such renovation has been completed in 80 outpatient clinics.

Also under implementation is the Moscow Standard for Cancer Care Programme. In 2022, six multidisciplinary cancer-care centres with a full clinical spectrum were operational in the largest hospitals in the city. Each centre includes a hospital, a pathology laboratory and outpatient cancer care. In this way, all steps in the delivery

of secondary care (examination, treatment, follow-up) are provided by one health-care facility, resulting in a shorter delay to diagnosis and the initiation of cancer therapy [Report on the state of

the environment in the city of Moscow in 2022, Department of Economic Policy and Development of the city of Moscow, unpublished data, 2022].

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## **The three most important topics for collaboration within the Regions for Health Network**

These are:

1. activities and initiatives related to the monitoring of air and the mitigation of health risk caused by poor air quality;
2. continued collaboration on climate adaptation;
3. people's environmental literacy and the exchange of experiences in improving education, awareness and advocacy related to environment.

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## **Main partners and collaborators**

These are:

For social development – Moscow Health Department, Government of Moscow

For municipal infrastructure – Department of Civil Defense, Emergencies and Fire Safety.

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