Appendix D

Health Promotion

One State, One Health System, Better Outcomes

The comments /recommendations below support the following statements:

Page 20- Green paper

> *3. Our goal is to improve outcomes -for too long the focus of our health system has been on growing our acute, hospital based care system at the expense of primary care.....*

Page 22, Green Paper

> *3.2 The balance of care needs to shift from the hospital to the community*

Page 23, Green Paper

> *To address the growing demand we need to invest in earlier pre-hospital care (preventing conditions from worsening and requiring urgent care);*

If we are to change the balance from hospital to a primary care focus with the aim of improving our systems and the health of Tasmanians we need to:

- address the Social Determinants of Health
- improve literacy levels in Tasmania
- help people to help themselves
- support staff

Health starts long before illness - it starts in our everyday lives.
Research has shown the houses we live in, the transport we can access, the level of stress in our lives, the job we have or don't have, the social support we have around us and how much money we've got, have as much impact on our health and wellbeing as our genes and behaviours.
These factors in our lives are known as the Social Determinants of Health[1] (SDoH). The Social Determinants of Health are the conditions in which people are born, grow, live, work, play and age. They are sometimes referred to as "the causes of the causes" because they are the underlying reasons why people experience poor health.

Health literacy[2] is the knowledge and skills needed to find, understand and use information about physical, mental and social wellbeing. A study by the Australian Bureau of Statistics[3] in

[1] The Social Determinants of Health
http://www.dhhs.tas.gov.au/about_the_department/our_plans_and_strategies/a_healthy_tasmania/social_determinants_of_health

[2] Health Literacy http://www.dhhs.tas.gov.au/pophealth/health_literacy

[3] Health Literacy ABS
http://www.abs.gov.au/AUSSTATS/abs@.nsf/Lookup/4102.0Main+Features20June+2009

2006 found that 63 per cent of Tasmanian adults aged 15–74 years did not have adequate health literacy to meet the complex demands of everyday life.

Poor health literacy has a significant impact on the safety, quality, efficiency, effectiveness and appropriateness of healthcare. It also has a significant impact on health outcomes, consumer rights, and consumer participation in managing health, healthcare and access to health services.

For Tasmanians to improve health and ultimately reduce reliance on hospital services and emergency departments we need to address these issues.
A mechanism or framework for providing staff with the policy direction, knowledge and tools already exists.

The Working in Health Promoting Ways[4] Framework (WiHPWs) focuses on disease prevention, health promotion and early intervention, reducing health inequalities, and achieving effective and sustainable outcomes.

With further commitment, this **WiHPWs framework could assist Tasmania to shape a new agenda and lead to better health outcomes.**

There are eight principles of practice in the WiHPWs Framework which supports healthcare workers to address many of the issues we face within the health system at the moment. The eight principles of practice are:

- Evidence informed practice
- Determinants of health
- Equity
- Partnerships
- Action across the continuum
- Cultural change
- Supportive environments
- Community participation

The seven priorities areas listed within the WiHPWs Framework for actions are:

- Promoting physical activity and active communities
- Improving access to nutritious, safe and affordable food
- Promoting mental health and wellbeing
- Reducing use and minimising harm from tobacco, alcohol and other drugs
- Preventing injury
- Promoting sexual health and wellbeing
- Improving the prevention and management of chronic conditions.

[4] Working in Health Promoting Ways Framework http://www.dhhs.tas.gov.au/healthpromotion/wihpw

Historically health services were provided to deal with acute conditions, injuries, accidents and "traditional" diseases, which were largely infectious and posed the greatest burdens of disease for many centuries. The successes of public health initiatives over past decades now mean that many presentations to hospital relate to noncommunicable or chronic diseases.

Chronic diseases or Non-communicable Diseases[5] are the leading cause of death worldwide and are caused by common risk factors. The burden of chronic conditions or non-communicable diseases has increased in recent years e.g. the prevalence of diabetes in Australia[6] for instance, has more than doubled in the last 25 years, from about 2% to 4%.

The good news is that these noncommunicable diseases can be prevented by largely shared strategies. Tobacco control, for example, helps reduce cancers, heart disease, stroke and lung diseases – all of which are non-communicable diseases. Improving the diet of populations will help avoid obesity, cancer, diabetes and heart attacks – also all non-communicable disease.

If we desire an effective and responsive health system to promote wellness, limit the long-term impact of complex and chronic conditions, keep people out of hospital, and ultimately, improve the quality of life in Tasmania, we should embed the *WiHPWs* framework into our practice.

The Working in Health Promoting Ways framework has the potential to improve health and wellbeing outcomes for Tasmanians by:

- preventing conditions from worsening and requiring urgent care
- shifting the focus of care from the hospital to the community, and thereby
- reducing the cost of hospital services into the future

Recommendations:

Develop / maintain a Statewide Social Determinants of Health Committee:

- increase understanding/focus attention on the Social Determinants of Health
- identify and act on contributing factors to poor health status in Tasmania
- identify the impact that ALL government policy has on health
- work to include health in all policies
- improve social policy

Utilise the *Working in Health Promoting Ways Framework* as a way forward:

For this important work to be better utilised we need to:

- train ALL Tasmanian healthcare workers (general practices and specialist services, Tasmanian Health Organisations, community health centres, integrated care centres and rural hospitals, and non-government organisations ***to work in health promoting ways*** (training is available with Health Promotion Teams N, S and NW)
- regularly review the evidence and update the framework, and

[5] Non-communicable Disease https://theconversation.com/a-quick-explanation-of-non-communicable-diseases-or-ncds-10923

[6] Diabetes in Australia http://www.aihw.gov.au/diabetes/

- support healthcare workers with updates and resources

Minimise the impact of poor health literacy:

- healthcare workers to be aware poor health literacy is a mainstream issue and this has a big impact on health and healthcare
- equip healthcare workers with knowledge, skills and resources to make it easier for people to access, understand and use information about their health and healthcare
- healthcare workers to support efforts to improve health literacy

Improve the management of people with NCDs/ chronic disease:

- train healthcare workers to work effectively with people who have NCDS/chronic disease e.g. Stanford Self management program (Get The Most Out of Life), Appetite for Life, Looking After My Diabetes, Get Active, No Butts, etc.
- increase the number of programs offered
- refer new clients with NCDs to these local evidence based programs

Develop, maintain and regularly update a statewide repository of programs and activities to:

- inform healthcare workers and community members
- increase access to programs / activities e.g. Get The Most Out of Life, Get Active, Aqua Fit, Family Food Patch, Diabetes Shopping Programs, etc.
- assist staff to be proactive in referring clients to activities

Support access to programs and activities which improve and maintain health:

- subsidise fees so that people attend before the condition becomes chronic

One final quote: **"**Healthcare is not just a cost. Good primary care is an investment, and prevention actually saves us money". *Dr Alessandro Demaio*

Thanks for the opportunity to respond.

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