

Presenter: Leeder, Stephen (Prof.)

Title of Lecture: Chronic Disease and Sustainability: A Health Research Agenda

COMMONWEALTH OF AUSTRALIA

Copyright Regulations 1969

WARNING

This material has been reproduced and communicated to you by or on behalf of the University of Sydney pursuant to Part VB of the Copyright Act 1968 (the Act).

The material in this communication may be subject to copyright under the Act. Any further reproduction or communication of this material by you may be the subject of copyright protection under the Act.

Do not remove this notice

Chronic Disease and Sustainability: a Health Research Agenda

Sydney Public Health Research Leaders Seminar Series

Stephen R. Leeder
Wednesday September 23rd 2009

Count von Bismarck

*People who enjoy sausages
and respect the law...*

...should never watch either being made.

What is health policy?



- A set of **decisions** or commitments to pursue courses of action aimed at achieving defined **goals** of improving health
- Policies usually state or imply the **values** that underpin the policy position
- They may also specify the source of **funding** that can be applied to planning and implementation of policy and to relevant institutions to be involved in this process.

Three Questions for Today



- What are the major health research challenges in chronic disease and sustainability, especially in health policy?
- What opportunities are present **now** for your research in these fields at the Menzies Centre for Health Policy?
- Future research – what strategic, funding and collaborative opportunities are needed?



“Economic Burden of Chronic Diseases Report”

- “The Milken Institute released an impressive study [2007] by Zack Lynch that demonstrates the heavy economic burden chronic disease places on our nation. “[An Unhealthy America: The Economic Burden of Chronic Disease](#)” shows the current treatment costs of seven chronic diseases (cancers, diabetes, heart disease, hypertension, stroke, [mental disorders](#) and pulmonary conditions) and the economic impacts of lost workdays and lower employee productivity across all 50 states and the nation as a whole.
- “The annual [cost in the US] of chronic diseases is more than \$1 trillion, and could reach nearly \$6 trillion by the middle of the century.”



The Hon Bob McMullan MP –

Parliamentary Sec for International Development Assistance

“In advancing the cause of international aid for global poverty, realise that Aust. Citizens agree about the importance of this. But it may not be their priority. If we ignore the electorate’s priorities (hospitals in Australia ahead of hospitals in PNG) we won’t last!

“Don’t just tell us constantly how big the problem is, ask for more money, and then when it comes and is spent, come back and tell us how big the problem is all over again!

“We can spend people’s money without their consent for a short time only esp. if we control both houses of parliament.

“But to sustain our aid efforts it is important for you and us to give evidence of improvements due to the money spent to sustain the program. People will wonder why we made the investment of their money.”



Definitions (1)

- By **chronic disease** we mean those disorders that generally increase in frequency with age, that are serious and continuing, such as heart failure and mental illness, that take years to develop, where the causal pathway often starts in social structures and dynamics and where morbidity is the principal health concern.
 - Chronic diseases incur costs to individual sufferers and families, whether formal health care is available or not.
 - Chronic diseases are often linked to serious acute events, such as death from heart attack at age 50 years, and limit the economic productivity of individuals and nations.
-

Definitions (2)

- **Sustainability** has two somewhat different meanings in relation to health:
 - First, it refers to planetary health and means ensuring the future of human habitation and the integrity of earth's biosystems through adjustments to consumption, mitigation and global governance.
 - Second, it means ensuring the use of resources committed to health and health care that fit coherently with national and global macroeconomic policy and with prevailing notions of social justice and human rights.
-

PH research in chronic illness

- **Aetiological** research – much already done in many (CVD, cancer, lung) diseases but more needed – mental health for example and the growing field of genetic epi
 - **Preventive strategy** research – concentrates on primary prevention, societal and individual behaviour change. Aims to determine effective interventions
 - **Policy** research – needs assessment, including critiques of existing policies for prevention and care and offers suggestions for the future. Also contributes to policy evaluation. Can include assessment of policies for secondary and tertiary prevention.
-

Prevention in relation to CD and sustainability

There are three major approaches to chronic disease and sustainability:

- **Primary** (PH) – healthy cities, food, tobacco, exercise
 - **Secondary** (ph and clinical) – pills, surgery, rehab)
 - **Tertiary** - building an integrated system of care across hospital and community (ph, clinical and health services).
-

Current Research – an Open Invitation

- **The Serious and Continuing Illness Policy and Practice Study (SCIPPS)**
 - Qualitative data base, patients, carers and providers;
 - Evaluation of Health One and Care Navigation;
 - Economic impact (in Western Sydney and internationally).
 - **Sensory impairment policy (BMES)**
 - **Asthma prevention policy (CAPS)**
-

Current Research

- **Improving health literacy in seniors with chronic illness**
 - The element of sustainability that involves action by those living with illness

National Seniors Productive Ageing Centre (NSPAC) *Productive Ageing Research Grant*

- Individuals aged 65-plus with chronic illness will be interviewed on how they approach care, how they find information, and how health policy can be improved to better meet their needs.
 - Interviews will be used to develop health literacy tools for patients as well as recommendations for improving policy about public communication of health information for patient care.
-

Current Research – an Open Invitation

- **Policy process research**

- Process evaluation of interventions in Western Sydney
- Assessment of policy to enhance health in senior Australians
- Alternative governance policy arrangements for Australia
 - Without effective models for intergovernmental action, many worthwhile policy initiatives are lost in a bureaucratic maze
- Survey on attitudes towards the Australian Health System (MCHP and The Nous Group)
 - Expectations, confidence and satisfaction with the system
 - Health literacy and the ability to access care
 - Cost-related access and private health insurance
 - Privacy
 - Commonwealth-State relations.



Current Research – an Open Invitation

- **The Diabetes Unit, Menzies Centre for Health Policy**

- **The Evidence Base**

- Evidence-based NHMRC Guidelines for Type 2 Diabetes; contributing to Guidelines for Type 1 Diabetes

- **International Health**

- IDF Taskforce on National Diabetes Policy and Action
- Diabetes Programs – PNG (collaboration with Hope Worldwide); Tonga (MOH)
- Chronic disease prevention policy

- **Food policy and SES**

- Supermarket Study – Woolworths and Coles
-

Current Research – an Open Invitation

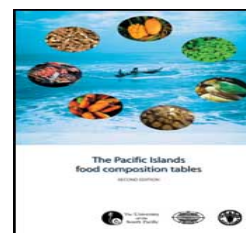
- **The Diabetes Unit, Menzies Centre for Health Policy**

- **Patient education policy**

- National consensus on outcomes and indicators for diabetes patient education
- Critical appraisal of psychometric tools for measuring the indicators

- **Oxford Health Alliance**

- Asia Pacific Centre



- **Sustainability**

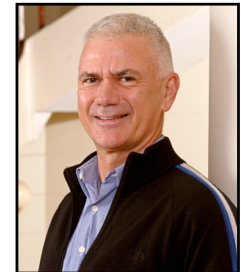
- University of Sydney Institute of Sustainable Solutions
- Sustainable health systems in Pacific Island countries
- Future directions: Mapping the extent and characteristics of workplace health programs.



Current Research – an Open Invitation

- **Indigenous health and HIV as a chronic illness**

- HIV has become a chronic condition in more-developed countries
- Indigenous health disparities are related to factors such as poverty, marginalisation, lack of political or social power, fragmentation of family and community relationships, isolation, poor general health, limited access to health care and health resources and injecting drug use (UNAIDS, 2006)
- These disparities are reflected in the rates of HIV infection among indigenous peoples in some countries (Gracey & King, 2009).



Gracey & King (2009). *The Lancet*, 374, 65-75

UNAIDS Joint United Nations Programme on HIV/AIDS paper (2006)

Three Questions for Today



- What are the major health research challenges in chronic disease and sustainability, especially in health policy?
- What opportunities are present **now** for your research in these fields at the Menzies Centre for Health Policy?
- Future research – what strategic, funding and collaborative opportunities are needed?

Three Fragments of Philosophy!

Rodin's *The Thinker* – electrifying and green

Lord Rutherford of Nelson

- **"Gentlemen, we have run out of money. It is time to start thinking."**
-

Lord Rutherford of Nelson

- One of twelve children
 - Worked on x-ray transformation of elements. The sun will still shine!
 - Described the atomic nucleus
 - Nobel Prize 1908 for chemistry.
-

Question for you!

Do you know what a **trim tab** is??



Buckminster Fuller

- *Something hit me very hard once, thinking about what one little man [or woman] could do.*
 - *Think of the Queen Mary – the whole ship goes by and then comes the rudder. And there's a tiny thing at the edge of the rudder called a **trim tab**.*
-

Trim Tabs

Trim Tab

- *“It's a miniature rudder. Takes almost no effort at all. So I said that the little individual can be a trimtab.”*
 - *“Society thinks it's going right by you, that it's left you altogether. But if you're doing dynamic things mentally, the fact is that you can just put your foot out like that and the whole big ship of state is going to go.”*
 - *“So I said, call me **Trimtab!**”*
-

Donald Rumsfeld

- "Reports that say that something hasn't happened are always interesting to me, because as we know, there are **known knowns**; there are things we know we know.

"We also know there are **known unknowns**; that is to say we know there are some things we do not know.

"But there are also **unknown unknowns** -- the ones we don't know we don't know."



Master of Health Policy

The teaching program provides students with understanding and capability in relation to:

- the ***political*** and ***economic context*** of policy development;
- what is involved in linking ***knowledge and evidence*** with ***policy and planning***; and
- current and emerging health policy topics.