Prevention vs. Cure: Health Care’s David and Goliath

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Healthy Together Now
Learn and Share Conference
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Take Home Message

• Expectations of the public at large on the health care system focus largely on access to acute care services.
• This presentation will provide an overview of the burden of chronic and preventable diseases on the acute care system.
• The role that prevention could play in reducing the burden on the acute care health system.
Overview

• Causes of preventable disease and review the determinants of health

• Burden of chronic and preventable diseases and injuries on the health care system and distribution of risk factors

• Role that prevention plays in relieving this burden:
  – Hypertension
  – Arthritis
  – Diabetes
  – Mental Illness

• Take home messages and homework
Hello everybody!

with apologies to m groening
Overview

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• Take home messages and homework
What makes us sick?
What makes us sick?
Recommendations from CMA Town Hall meetings

• Eliminate Poverty
• Guaranteed Income initiatives
• Affordable housing
• Safe nutrition
• Early childhood development
• Social and economic determinants of health
• Health impact of policies
• Databases of health and social programs
• Invest in improvements to Aboriginal Health
• Improve cultural awareness

Determinants of Health

- Early Childhood Development
- Social Supports
- Personal Health Behaviours and Coping Skills
- Education
- Income and Social Status
- Employment and Working Conditions
- Physical Environments
- Social Environments
- Health Services
- Culture
- Gender
- Biology
How do the SDOH contribute to chronic diseases?

- Income and Income Distribution
- Education
- Unemployment and Job Security
- Employment and Working Conditions
- Early Childhood Development
- Food Insecurity
- Housing
- Social Exclusion and Social Networks
- Personal Health Practices and Coping
- Aboriginal Status
- Gender
- Race
- Disability
- Health Services

www.TheCanadianFacts.org
FIGURE 1
ESTIMATED IMPACT OF DETERMINANTS OF HEALTH ON HEALTH OUTCOMES


http://www.parl.gc.ca/Content/SEN/Committee/392/soci/rep/rep10apr08-e.pdf
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How are Manitobans doing?

**Good news** 😊
Total mortality rate is decreasing
Premature mortality is decreasing
Life expectancy overall is increasing
Potential Years of Life Lost is decreasing (death before age 75)
Hypertension and Diabetes incidence is decreasing

**Bad news** 😞
Hypertension and Diabetes prevalence is increasing (?)
Arthritis prevalence is unchanged
Suicide mortality is unchanged
The health gap is widening
Risk Factors for Chronic Disease

- Tobacco use
- Insufficient physical activity
- Harmful use of alcohol
- Unhealthy diet
- Overweight and obesity
- Raised blood pressure
- Raised cholesterol
- Cancer-associated infections
- (Stress)
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Prevention of Hypertension

**Goal:** Control blood pressure within normal ranges.

**Diet** – DASH and low sodium DASH diets have shown reductions in systolic and diastolic blood pressures.

**Sodium reduction** - especially in sodium sensitive individuals, sodium reduction can lower blood pressure.

**Exercise** - regular aerobic activity can lower BP by 5-15 mmHg but exercise must be maintained or benefits are lost.
Prevention of Arthritis

Goal: Prevent the onset of degenerative arthritis and disability related to arthritis.

Exercise – Regular activity can improve muscle tone, balance, bone mineral density, and decrease disability related to osteoarthritis. It is not known whether exercise can prevent the development of degenerative arthritis.

Decrease obesity – Excess strain on joints due to increase weight, irregular joint wear and tear can lead to degenerative arthritis.
Prevention of Diabetes

**Goal:** Prevent or delay the onset of diabetes and the associated microvascular complications.

**Diet** – Decrease incidence of diabetes in those randomized to Mediterranean diet supplemented with nuts or olive oil.

**Exercise** - Decreased Relative Risk of incident diabetes in those that had regular moderate physical activity vs inactivity

**Lifestyle Intervention** – Decreased Relative Risk of incident diabetes for those that used dietary modification and exercise aimed at weight loss. Advanced ages experience much benefit.

**Smoking Cessation** – may reduce systemic inflammation
Prevention of Mental Illness

Goal: Maintain mental wellness through resilience, coping skills, and personal development.

Exercise – Regular exercise can improve mood disorders and build self esteem and self confidence.

Diet – Avoiding substances and alcohol, while maintaining a healthy diet can improve the sense of wellness.

Sleep – Sleep is an essential need for mental and physical health.

Stress -- Stress, especially unhealthy stress, can diminish coping skills and equilibrium

Social networks – Friends, family and others experiencing similar situations are critical to maintaining a good outlook
Figure 1) Overview of the impact of child maltreatment on later outcomes and the mediating role of biological systems. HPA Hypothalamic-pituitary-adrenal

Putting it all together…

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Overview

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• Role that prevention plays in relieving this burden
  – Smoking and substances
  – Physical activity
  – Healthy nutrition
  – Early Childhood Development

• Take home messages and homework
Healthy Nutrition
- Kids in the Kitchen
- Community Gardens
- Fruit and Vegetable Challenge

Physical Activity
- Public Swimming
- Biggest Loser Competitions
- Get Caught inMotion

Smoking Cessation
- Blue Light
- Tackle Tobacco
- Quit Programs

Mental Wellness
- Youth Revolution
- Peer Support Networks
- Senior Buddies
Manitoba wants plan to reduce alcohol abuse, overhaul liquor laws

By: The Canadian Press
Posted: 09/17/2013 2:52 PM | Comments: 0

WINNIPEG - The Manitoba government wants to reduce alcohol abuse and overhaul its liquor laws.

The province has formed a committee lead by its chief public health officer that will include members of the bar and restaurant industry to come up with a plan.

Healthy Living Minister Jim Rondeau says the government wants the strategy to reduce alcohol abuse and encourage people who drink to do it responsibly.

He says some of the solutions could include stronger impaired driving laws and better policies to reduce under-age drinking and over-serving in bars.

The Canadian Centre on Substance Abuse and the group Mothers Against Drunk Driving are to contribute ideas.

The committee is to begin work this fall.

"For many Manitobans, a drink in the backyard or at the lake is a chance to unwind and most do that responsibly," Rondeau said in a release Tuesday.

"But there are situations where excessive alcohol can lead to serious health and safety issues." (CJOB)
What determines health?

• Early childhood development – build healthy children with healthy coping skills and behaviours
• Education – leads to better income and social status
• Income and social status – leads to better work and social environments

Without adequately addressing determinants of health, how can health promotion programs be effective for all Manitobans?

What about incorporating an EQUITY approach?
EQUALITY vs EQUITY
Health Promotion 101

• The process of enabling people to increase control over their health and its determinants, and thereby improve their health
• Health is present long before disease develops.
• It is everyone’s responsibility to maintain their health & create environments for others to practice healthy behaviours.
Planning and investment policies
(provincial initiatives, regional and municipal plans)

Services, Supports, Programs
(transport options, access to parks, schools, healthy choices)

Individual behaviour
(amount of walking, social isolation, diet choices, recreation)

Population health impacts
(physical fitness, healthy weights & social cohesion)

Make the healthy choice, the easy choice!
Homework time!

Decision makers need to decide,

Health promoters need to promote,

Community members need to commune, and

Through collaborative efforts of all, we can reduce the burden of chronic preventable disease and ensure sustainability of our health care system.
Those who do not find time every day for health must sacrifice a lot of time one day for illness.

Father Sebastian Kneipp
1821-1894
If you can’t exercise 30 minutes daily,
References

• 2008 Standing Senate Committee Report Available at http://www.parl.gc.ca/Content/SEN/Committee/392/soci/rep/rep10apr08-e.pdf