

Population Health Innovations: Addressing Determinants of Health

Key Lessons from the Day

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Population Health Innovations

- We are interdependent creatures- how we live together IS the population health issue
- Wellness is enhanced by opportunities to act in solidarity with others
- What works elsewhere?
- Partnerships, policies & practice that build mental capital



Primacy of Mental Health for Population Health

- GDP is not the sole measure of social progress- it completely misses distribution/equity
- Over 1 in 4 report mental illness (37% if dementia included)
- Adverse childhood events increase relative risk of organic diseases- it's about the brain
- Put mental wellbeing at the heart of population health innovations

Cost, Supply & Cost-effectiveness of Public Health Services (1)

- There is a broad (essential) role for Governments
- More is spent on tobacco advertising than on health promotion advertising
- Must be mindful of the cost-effectiveness of public health interventions
- BEWARE: Private health promotion industry

Cost, Supply & Cost-effectiveness of Public Health Services (2)

- Taxation & regulation work very well
- Improved efficiency in prevention remains possible eg CVD & CVA
- Pre-disease management could be improved, including mental health

Inter-sectoral Collaboration

- Population health perspective in all public policy
- Health equity audits
- Complex problems will not be solved without inter-sectoral collaboration
- The major barrier to inter-sectoral collaboration is our thinking- must focus on the outcomes
- Multiple ministries involvement
- Sustained success requires focus on outcomes
- Ministry of Attitudes

Population Health Intelligence

- Disparities are bad for your health
- The physical environment is critical to health
- Poor SES makes it worse- as it does with most health determinants
- Population health infostructure requires att'n, including public health observatories
- Best (regional) data use for system planning
- Population health has to be at least as evidence-based as health care

Population Health Interventions

- Vexing/wicked (complex) public health issues
- Concept of health trajectories
- Characteristics of social causation- non-linear, non-specific, iterative, recursive, mundane
- Shifting science from description to intervention
- Target structural determinants
- Comparative research critical (eg international)
- Partnership models for costs of research

So- What Works in Research?

- Person-specific micro data, longitudinal & linkable
- Inter-sectoral participation: early, relevant & planned, doing need-to-know work
- Consistent building of long-term relationships with user involvement from start to finish
- Packaging the stories from the data
- Small shifts at the population level make a big difference in overall health
- Upstream measures are essential

Becoming the Best: Building Sustainability

- AHS is a bold innovative experiment & is a 'disruptive technology'
- AHS aspires to becoming the best
- The future can be shaped & must be planned
- These three events are inputs to that process
- Learn from them & don't pave the cow path
- While we are at it, keep doing what we do well

