

Women's Health Symposium

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Chronic Conditions and Preventive Health Priority

What is happening that can be built on?

- Familial cancer clinics
 - identifying and managing high-risk people through emerging technology
- Queensland's **My Health for Life** program and the **Life Program** in Victoria
 - focus on addressing modifiable risk factors common across heart disease, stroke and diabetes
 - could be expanded, or gendered, to target other chronic conditions with similar modifiable risk factors (i.e. breast and ovarian cancer)
- Leverage off existing technology platforms where common risk factors are considered
 - such as the **know your bones** osteoporosis assessment tool
- **This Girl Can** campaign
 - expand nationally and across age groups, including into schools

What can't be done without collaboration?

- Coordinate and share data and link data sources to build a clearer picture of health outcomes and risk factors for women
 - moving beyond a disease focus for data collection to identify and share data on common risk factors (i.e. impact of gynaecological surgery on increasing risk of heart disease)
 - focus on addressing the correlation common risk factors
 - could include accessing data from national screening programs and linking with longitudinal data, or combining national registries
- Collaboration in service delivery across the sector to improve equity of health care access and high-quality outcomes
 - establish specialised **Centres of Excellence** for women
 - reduce variation in care for women in rural and remote areas
 - improve burden of disease for ATSI women by working with **ACCHOs**
- Measure intervention outcomes - identify what works and what doesn't
 - interventions need to be evidence-based

What actions can we take now?

- Identify the key messages that need to be included in technology platforms for general practitioners
 - recognising gender and female history risk factors
- Raise awareness of the need to screen for, and report on, breast density as part of **national breast screening**
- Create a definition for Centres of Excellence for Women's Health
- Promote the use of **Risk Checker** through HealthDirect
 - explore expansion of this tool to include other conditions
- Expand the **HeLP her** healthy living program
 - Focused on improving physical activity and healthy eating through a group-based program
- Conduct a structured scoping review to identify existing evidence-based projects suitable for scaling up

Who else needs to be involved?

- Primary health networks
- Aboriginal Medical Services and ACCHOs
- Remote/rural services and organisations
- Relevant Centres for Research Excellence
- Priority population community peaks/groups
- Future Health Today (GP platforms)
- AIHW – primary health care dataset development
- Consumers

Chronic Conditions and Preventive Health – strong messages from the Symposium Session

- Non-communicable diseases have distinctly different characteristics and impacts for women and men
- Again, we need to take a life course approach to address chronic conditions and think about the best time to intervene
- Large data sets and the ability to link these are crucial for understanding prevalence, burden and response
- Data platforms at a national level are essential
- Collaboration is key - "We are stronger together"

- Prevention of intergenerational transmission of health impacts and risks needs to be central to prevention
- Indigenous communities have designed research and programs to address specific health issues for their women and children
- Prevention is multi-factorial – it needs strong collaboration between health and other sectors and is central to linkages between the NWHS and other health and social policy strategies