The Austrian Health Targets: Towards Healthy Sustainable Development on a National Level

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  - international strategies
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Linking Health & Sustainable Development: International Strategies
Health & sustainability are inextricably intertwined!

To sustainably maintain and promote health, we have to consider the effects of our economies and lifestyles on the planet!

Source: http://thelancet.com/infographics/planetary-health
Health is key for the UN Sustainable Development Goals

1. No Poverty
2. Zero Hunger
3. **Good Health and Well-being**
4. Quality Education
5. Gender Equality
6. Clean Water and Sanitation
7. Affordable and Clean Energy
8. Decent Work and Economic Growth
9. Industry, Innovation and Infrastructure
10. Reduced Inequalities
11. Sustainable Cities and Communities
12. Responsible Consumption and Production
13. Climate Action
14. Life below Water
15. Life on Land
16. Peace, Justice and Strong Institutions
17. Partnerships for the Goals
WHO Shanghai Declaration: SDGs as an approach to address health determinants in all areas of life

We recognize that health and wellbeing are essential to achieving sustainable development

- On 21-24 of November 2016 in Shanghai, China, we formally recognize that health and wellbeing are essential to achieving the United Nations Development Agenda 2030 and its Sustainable Development Goals.

- We reaffirm health as a universal right, an essential resource for everyday living, a shared social goal and a political priority for all countries. The UN Sustainable Development Goals (SDGs) establish a duty to invest in health, ensure universal health coverage and reduce health inequities for people of all ages. **We are determined to leave no one behind.**

We will promote health through action on all the SDGs

- Healthy lives and increased wellbeing for people at all ages can be only achieved by promoting **health through all the SDGs** and by engaging the whole of society in the health development process. The transformative, practical, high impact and evidence-based strategies developed in the wake of the Ottawa Charter for Health Promotion provide us with a compass. We confirm their enduring relevance. This means acting decisively on all determinants of health, empowering people to increase control over their health and ensuring people centred health systems.
WHO-Euro: The Health 2020 framework

- Health equity as major goal
- Health and well-being essential for social and economic development
- Whole-of-government and whole-of-society approaches
“This document complements the Commission Communication *Towards Social Investment for Growth and Cohesion* by showing how investing in health contributes to the Europe 2020 objective of smart, sustainable and inclusive growth.”

“Health expenditure is recognised as growth-friendly expenditure. Cost-effective and efficient health expenditure can increase the quantity and the productivity of labour by increasing healthy life expectancy.”
Linking Health & Sustainable Development: The Austrian Health Targets
Our overall goal: More healthy life years for all!

- Life expectancy and healthy life years are both increasing – but there is still a gap!
- Women are more concerned than men!
A strong need for a public health & health promotion approach!

Source: McGinnis et al. 2002; Booske et al. 2010; McGovern et al. 2014
10 Targets for Health – basic principles

- Health determinants approach
- Settings approach
- Life course approach
- Stakeholder participation
- Health in all policies & intersectoral approach
- Co-Benefits Approach

Adapted from: Dahlgren G, Whitehead M. *Tackling inequalities in health: what can we learn from what has been tried?* London, King’s Fund, 1993.
Developing & Implementing comprehensive national targets for health

2011/12
- **DEVELOPMENT PHASE**
  - Mandate from Federal Health Commission / Austrian Council of Ministers
  - Broad, intersectoral development & consultation approach – more than 40 key political and societal stakeholders, public consultation

Ongoing
- **IMPLEMENTATION PHASE**
  - Working group to develop implementation plans for each health target
  - Monitoring & evaluation, continuous adaptation of plans

Until 2032
- **SUSTAINING PHASE**
  - Institutionalization of achievements
10 Targets for Health – embracing all major settings and phases of life

**Target 1:** Health-promoting living and working conditions  
**Target 2:** Health equity for all people living in Austria  
**Target 3:** Better health literacy in the population  
**Target 4:** Secured sustainable natural resources  
**Target 5:** Strong social cohesion as a health enhancer  
**Target 6:** Healthy conditions for children and young people  
**Target 7:** Access to a healthy diet for all  
**Target 8:** Active population through appropriate environments  
**Target 9:** Good psychosocial health in all population groups  

**Target 10:** Sustainable, efficient and high-quality health care for all
Coordination & implementation process

- The intersectoral Plenum, chaired by MoH
- 40 stakeholder organizations – ministries, federal countries, social insurance, unions, economy & industry, NGOs, ...
- Intersectoral working groups for each target
  - Selection of strategic goals
  - Collection, prioritization & implementation of interventions

Coordination & implementation process

- National healthcare reform process
- MoH together with federal countries & social insurance
Striving towards sustainability – investing in capacity building

- Funding sources & criteria defined in **National Health Promotion Strategy**
- Austrian **Platform on Health Literacy**
- Health targets in Austrian federal countries
- ...
Health impact assessment (HIA) as a voluntary tool to support intersectoral cooperation for health

National, regional and local examples of HIA’s in Austria
- Mandatory enrolment of children in kindergartens
- Vending machines for drinks in schools
- Regional HIA on road development in one Austrian province
- Independent living concept for seniors in one community
Health Promoting Hospitals as important partners
The message of the WHO Ottawa Charter (1986)

Reorient health services

The responsibility for health promotion in health services is shared among individuals, community groups, health professionals, health service institutions and governments. They must work together towards a health care system which contributes to the pursuit of health.

The role of the health sector must move increasingly in a health promotion direction, beyond its responsibility for providing clinical and curative services. Health services need to embrace an expanded mandate which is sensitive and respects cultural needs. This mandate should support the needs of individuals and communities for a healthier life, and open channels between the health sector and broader social, political, economic and physical environmental components.

Reorienting health services also requires stronger attention to health research as well as changes in professional education and training. This must lead to a change of attitude and organization of health services, which refocuses on the total needs of the individual as a whole person.

Every country has some form of health service, and the top 10 countries with maximum hospitals alone account for 155,000 hospitals!
Contributions of the Austrian HPH network to achieving the national health targets

Target 1: Position paper on health promoting leadership
Target 2: Health equity for all people living in Austria
Target 3: Health-literate healthcare organizations
Target 4: Smoke-free Hospitals
Target 5: Strong social cohesion as a health enhancer
Target 6: Baby-friendly hospitals
Target 7: Position paper on healthy hospital nutrition
Target 8: Position paper on exercise promotion in healthcare
Target 9: Position paper on mental health promotion

Target 10: Enhancing quality of care through health promotion
Summary & Conclusions
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- Human & planetary health are intertwined and depend on sustainable development
- This requires cultural change – we cannot afford any more silo thinking!
- To motivate and engage partners in all sectors, we need to demonstrate co-benefits, foster participation & joint ownership
- To move forward, we need a vision, leadership, coordination capacity, and mechanisms for intersectoral partnerships & collaboration
- The health sector is well-qualified to have a leading role
- Health Promoting Hospitals already are, and can become even more, strong partners in the process!
- It might be worthwhile for the HPH network to strategically orient itself towards the SDGs
- Be prepared for a long-term endeavour – maintain stamina and determination!
Many thanks for your attention!

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