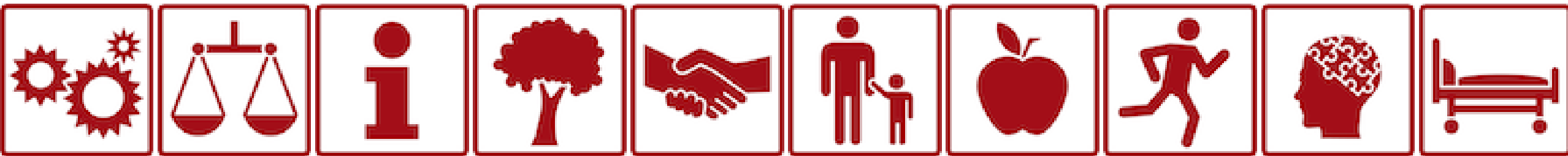


# The Austrian Health Targets: Towards Healthy Sustainable Development on a National Level

25th International Conference on HPH, Vienna, April 13, 2017

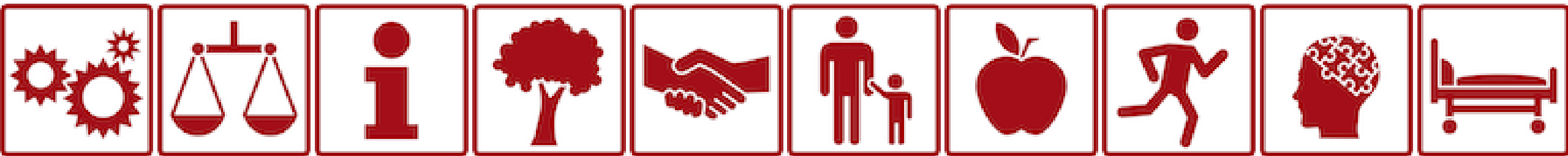
Dr. Christina Dietscher



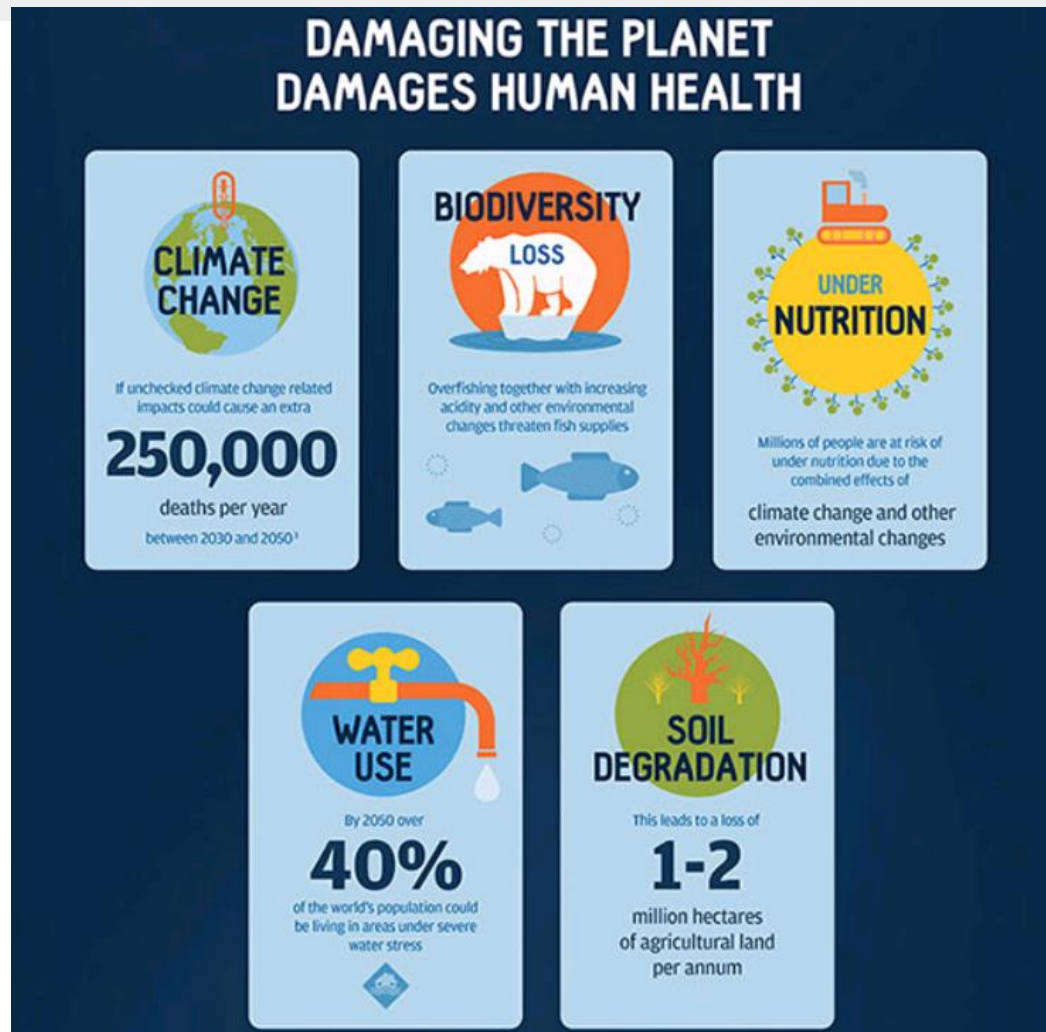
# Content

- Linking health & sustainable development:
  - **international** strategies
  - The **Austrian Health Targets**
- Health Promoting Hospitals as important partners
- Summary & Conclusions

# 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

# EU position paper 2013: Health as an economic driver

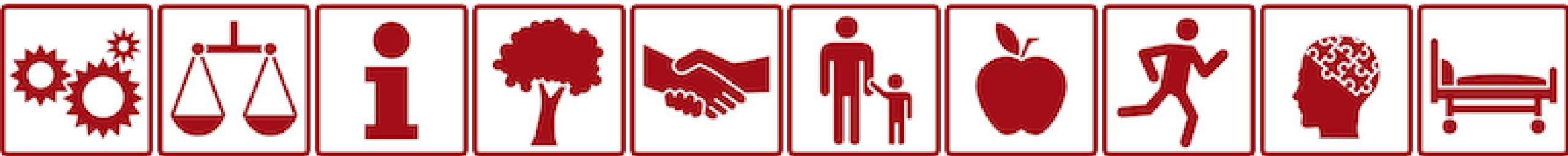


“This document complements the Commission Communication *Towards Social Investment for Growth and Cohesion* by showing how investing in health contributes to the Europe 2020 objective of smart, sustainable and inclusive growth.”

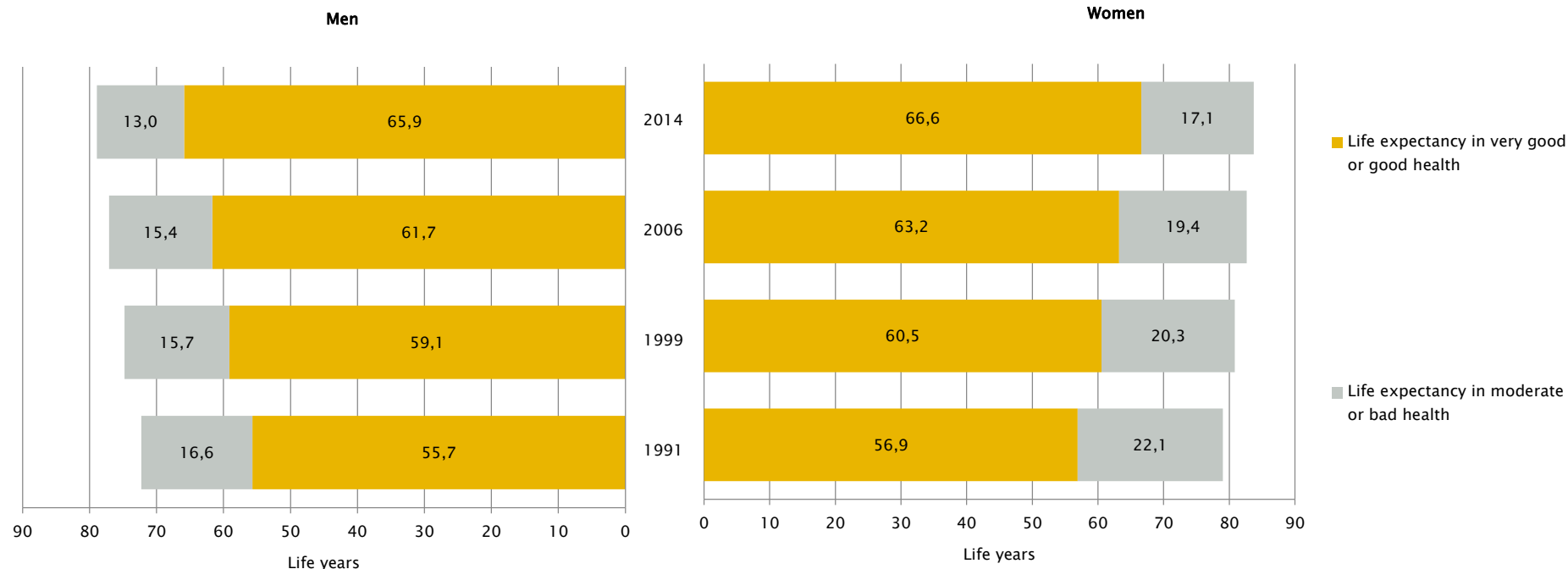
“**Health expenditure is recognised as growth-friendly expenditure.** Cost-effective and efficient health expenditure can increase the quantity and the productivity of labour by increasing healthy life expectancy.”



# Linking Health & Sustainable Development: The Austrian Health Targets

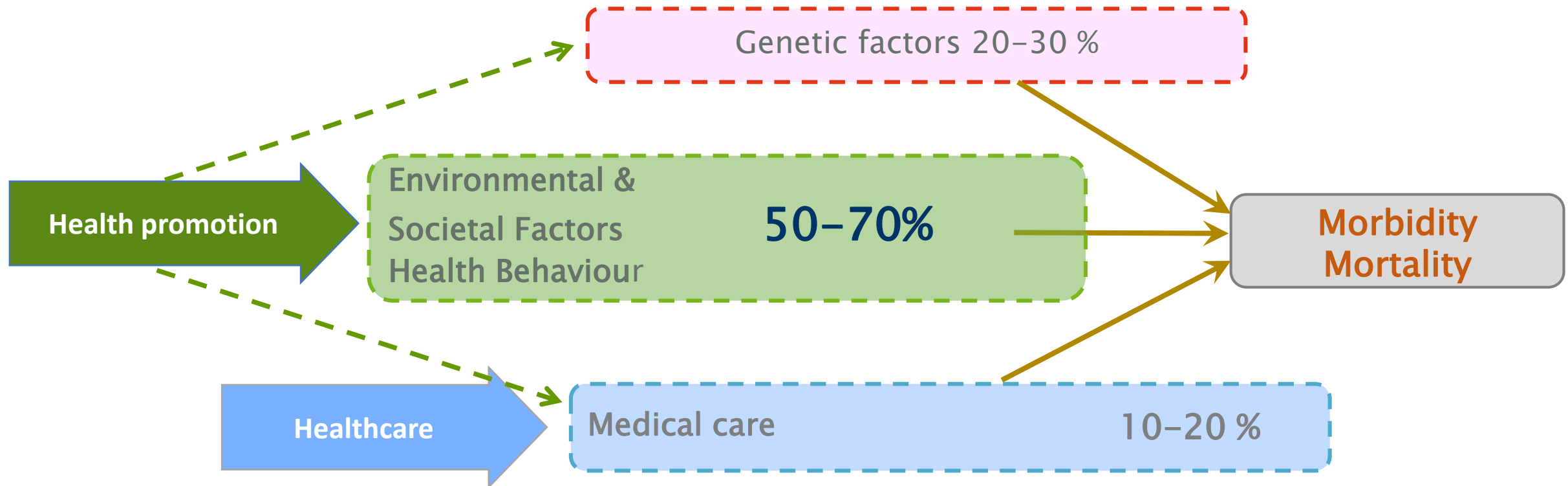


# Our overall goal: More healthy life years for all!



- 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!

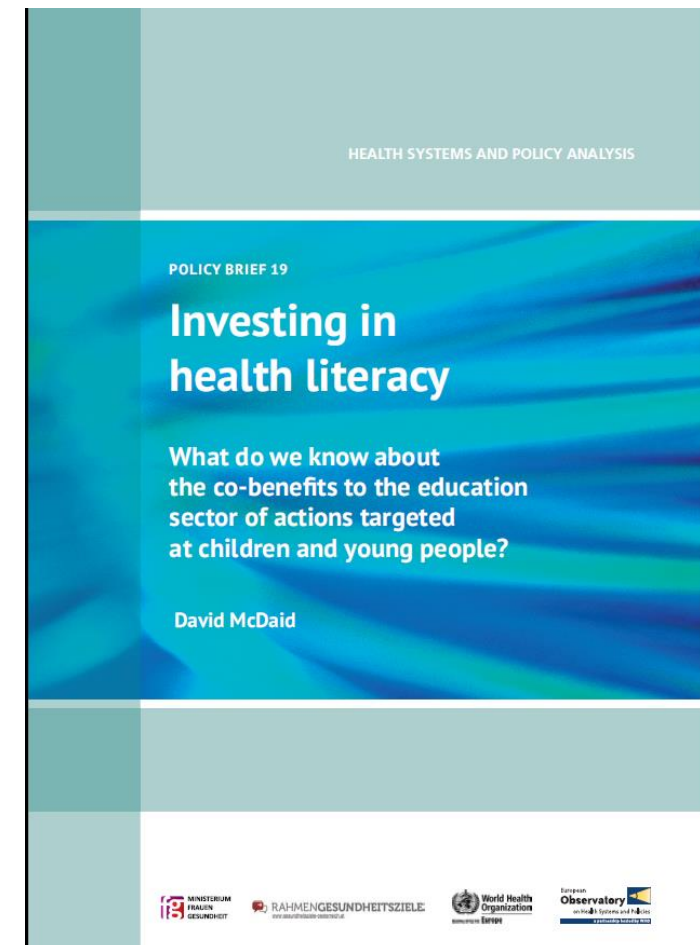


# 10 Targets for Health – basic principles



Adapted from: Dahlgren G, Whitehead M.  
*Tackling inequalities in health: what can we learn from what has been tried?*  
London, King's Fund, 1993.

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



# 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

# 10 Targets for Health – no more silos?



## 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

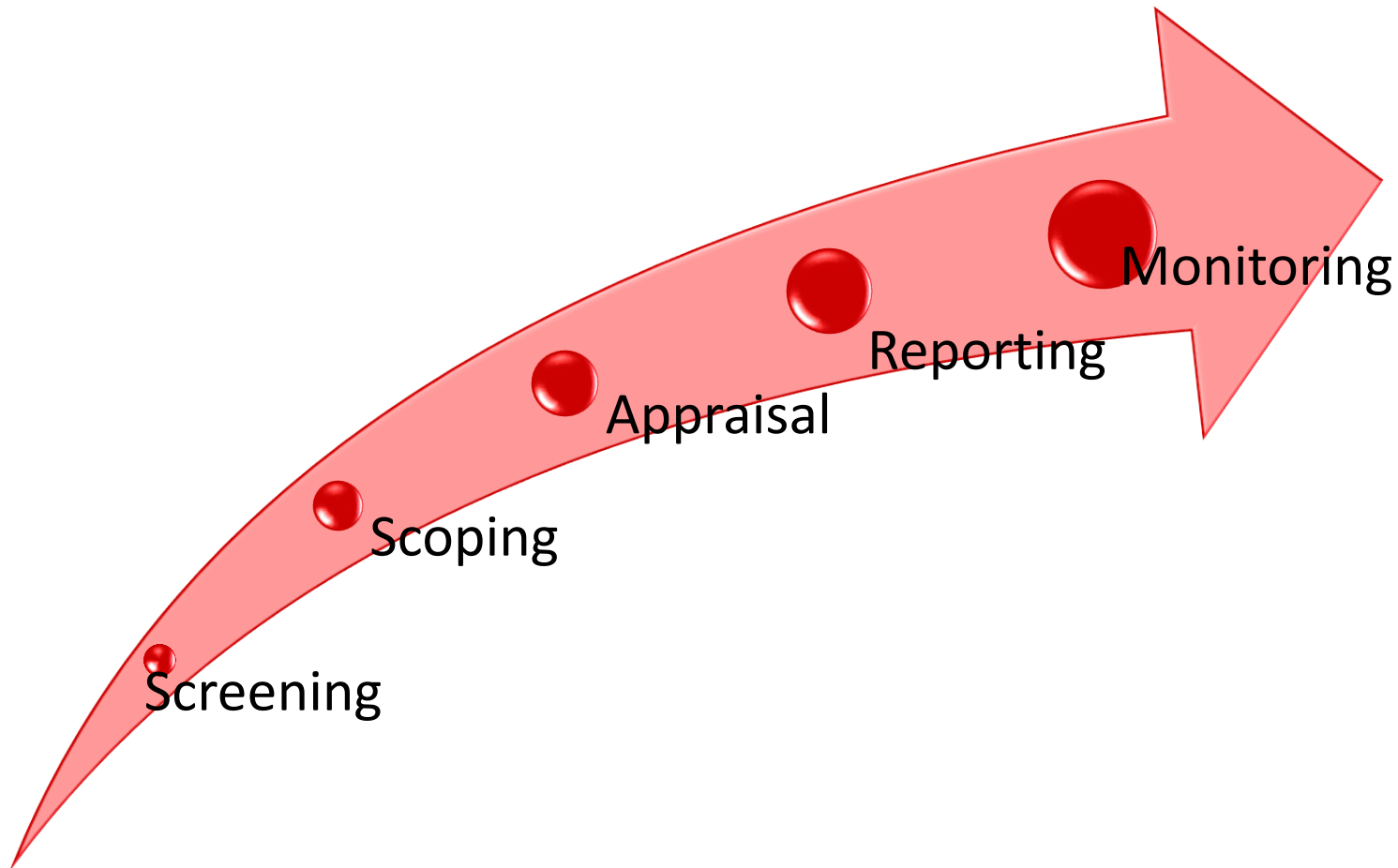
- National healthcare reform process
- MoH together with federal countries & social insurance

## 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
- ...



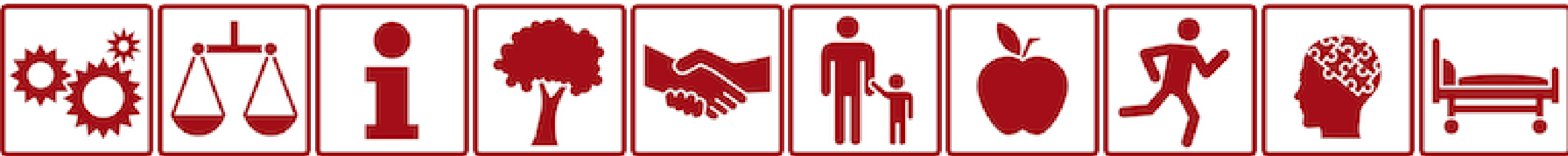
# Health impact assessment (HIA) as a voluntary tool to support intersectoral cooperation for health



## National, regional and local examples of HIA's in Austria

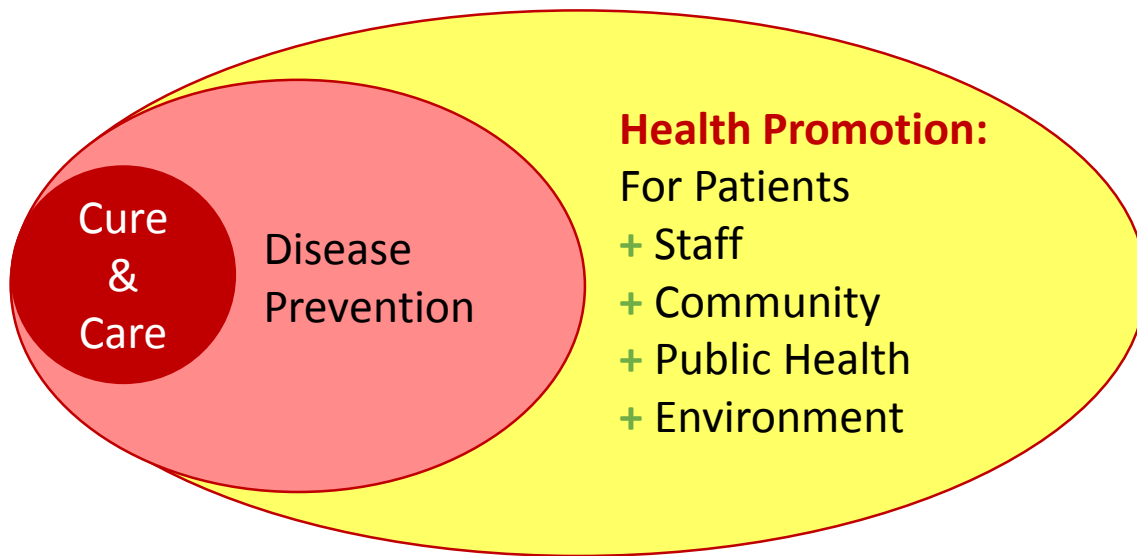
- Mandatory enrolment of children in kindergartens
- Vending machines for drinks in schools
- Regional HIA on road development in one Austrian province
- Independent living concept for seniors in one community

# Health Promoting Hospitals as important partners





# The message of the WHO Ottawa Charter (1986)



Every country has some form of health service, and the top 10 countries with maximum hospitals alone account for 155.000 hospitals!

## 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.

# 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

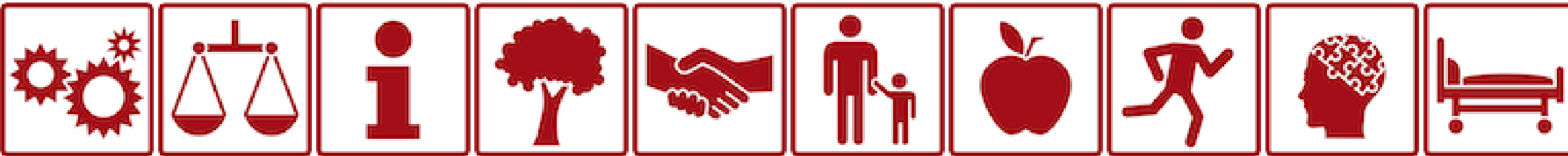
**Target 8:** Position paper on exercise promotion in healthcare

**Target 9:** Position paper on mental health promotion



**Target 10:** Enhancing quality of care through health promotion

# Summary & Conclusions



## Summary & Conclusions

- 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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