

## Interim Report: Feedback Survey

The Sustainable Health Review Interim Report feedback survey consisted of 14 questions. The responses to the open feedback questions are detailed below. Responses to questions 9-12 have been published in a summarised report on the SHR website.

Your Personal Details	
1. Title	Mr <input type="checkbox"/> Miss <input type="checkbox"/> Mrs <input type="checkbox"/> Ms <input type="checkbox"/> Dr <input checked="" type="checkbox"/> Other <input type="checkbox"/>
2. First Name(s)	Roslyn
3. Surname	Carbon
4. Contact Details	Level 3, 257 Collins Street, Melbourne VIC 3000
5. Organisation	The Australasian College of Sport and Exercise Physicians
6. Location	<input checked="" type="checkbox"/> Metropolitan <input type="checkbox"/> Regional WA <input type="checkbox"/> Outside WA
7. Are you providing a response on behalf of your group/organisation or as an individual? (Required)	<input checked="" type="checkbox"/> Group/organisation <input type="checkbox"/> Individual <input type="checkbox"/> Other, please specify: _____
<b>Q8. Do you consent to your feedback being published, in summaries or in the Final Report? (Required)</b>	
<input checked="" type="checkbox"/> I consent to my feedback being published <input type="checkbox"/> I consent to my feedback being published anonymously <input type="checkbox"/> I do not consent to my feedback being published	

The next two questions will allow you to provide more detailed feedback on how to maximise improvements in each of the Directions or suggest other areas or actions for the Sustainable Health Review Panel to consider to develop a more sustainable health system.

**13. In regards to the 12 Directions, please provide detailed comments on how to maximise improvements in each of the Directions. Where possible, please indicate which Direction your comments relate to.**

I am a current Board Member of Healthway, and as such am a Government employee. As such it may be considered a conflict of interest for me to answer the questions contained earlier in the questionnaire. However, I present a submission (in section 14) for your consideration.

**14. Is there anything else that the Panel has missed so far that is important in developing a more sustainable health system for Western Australia?**

Thank you for the opportunity to respond to the interim report of the 2018 Sustainable Health Review in Western Australia.

I serve as the Chair of the Australasian College of Sport and Exercise Physicians working group on Exercise as Medicine. While the use of activity/exercise has been mentioned in the interim report it is not part of the Executive Summary, nor is it specifically included in your recommendations, of which the first Direction is: Keep people healthy and get serious about prevention and health promotion.

The evidence base for Exercise, both for primary and secondary prevention, as well as a therapeutic modality for virtually all of the non-communicable chronic diseases (NCDs), is now irrefutable and compelling.

Exercise has been shown to prevent and minimise the progression of Osteoarthritis and the disease cluster of Type 2 Diabetes, Obesity, Cancer (breast and Bowel), Dementia, Depression and Cardiovascular Disease. The effect of exercise is not small, and it is now accepted that the decrease in disease relative risk ratio (RRR) in NCDs is between 30-42% (and up to 80% in some studies of breast cancer). Similarly the therapeutic effect of exercise has been shown to reverse the markers of type 2 Diabetes for several years when combined with good nutrition. This has been shown to be greater than the effect of medication. Exercise also ameliorates the morbidity of disease, and the mortality of those who are obese and fit is similar to that of those who are not obese but unfit.

From the annual costings published by the WA Government (West Australian 20 February) there is, conservatively, \$750million spent each year on the management of chronic diseases which could be prevented and treated by exercise. At an RRR of 30-42% this could be a saving of around \$300million pa, for a treatment modality which is essentially free. It should be acknowledged that savings will be much greater when the Commonwealth Medicare and PBS costs are included.

While estimates currently indicate some 50-60% of the Western Australian adult population achieves the recommended levels of physical activity, it is likely that this is not the population which fills our hospitals. Exercise prescription for those who have, or are at risk of chronic non-communicable disease, is vital for the health and economy of Western Australia.

I have recently met with Minister Roger Cook to discuss a plan for exercise therapy to be included in our public hospital system, and would be pleased to present to your group to expand this concept as part of the Sustainable Health review.