


Public Submission Cover Sheet

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Your Personal Details	
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INTERVENTIONS UP TO 5 YEARS OLD AS A CRUCIAL REFORM

Having worked in rural and remote Australia as a GP for 14 years, all my experience and thinking endlessly about health improvement, tells me the following needs to be a priority in better health outcomes:

What underpins ALL good or bad health that THE HEALTH SERVICES SECTOR has to deal with is a babies brain growth up to 5 years of age , most importantly up to 2 years of age. It is easy to pick the at risk person even before it is born. Their future health is further identifiable within the first 3 weeks of life.

It is not hard and it is CHEAP to support the brain to grow, make good neural connections uninfluenced by trauma, neglect, fear , stress, malnutrition, infection.

I am not talking about the social determinants of health here. I am talking about inexpensive home based and outreach Parent Support Programs in their various forms. Especially in low socioeconomic areas and disadvantaged groups (e.g. aboriginal) they have proven to decrease ALL ill health, chronic disease, mental health problems, alcohol and drug use , accidents, hospitalisations etc etc etc, by allowing healthy early brain development, increased ability, capacity and function.

It is NOT EXPENSIVE, actually gives a retune on the investment and is based on excellent international and Australian research data. (e.g.: Heckman and Menzies School of Health Aust to name a few)

It has all the hallmarks of sustainable health into the future.

- Instead of managing and educating a diabetic later in life we prevent a person from becoming a diabetic by providing capacity and health in early life.
 - Instead of managing mental health, alcohol and drug related issues in the community, or in hospitals, we reduce the numbers by providing a better beginning to life with less trauma and stress and create more resilience.

To reiterate IT IS NOT EXPENSIVE. After fighting for it for 4 years, we have just got funding of \$190,00 pa for 2 years to run a parent support program in a remote town of 780 people. We are up-skilling local people to do the work and increasing jobs. It is a proven, optimistic and sustainable model of health. WE CAN DO LOTS OF HEALTH REFORM AND INNOVATION “AT THE TOP” BUT UNLESS IT IS DONE “ AT THE BOTTOM” THE SUPPLY OF CONSUMERS WITH MULTIPLE CO-MORBIDITIES TO THE HEALTH SERVICES SECTOR WILL CONTINUE TO GROW THROUGH ONGOING TRAUMA AND NEGLECT IN THE FIRST YEARS OF LIFE..