

Public Submission Cover Sheet

Please complete this sheet and submit with any attachments to the Sustainable Health Review Secretariat

Your Personal Details

This information will be used only for contacting you in relation to this submission

| | |
|------------------------|---|
| Title | Mr <input type="checkbox"/> Miss <input type="checkbox"/> Mrs <input type="checkbox"/> Ms X <input type="checkbox"/> Dr <input type="checkbox"/> Other <input type="checkbox"/> |
| Organisation | FOODwatch |
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Publication of Submissions

Please note all Public Submissions will be published unless otherwise selected below

- I do not want my submission published
- I would like my submission to be published but remain anonymous

Submission Guidance

You are encouraged to address the following question:

In the context of the Sustainable Health Review Terms of Reference listed below, what is needed to develop a more sustainable, patient centred health system in WA?

- Leveraging existing investment in Primary, Secondary and Tertiary healthcare, as well as new initiatives to improve patient centred service delivery, pathways and transition;
- The mix of services provided across the system, including gaps in service provision, sub-acute, step-down, community and other out-of-hospital services across WA to deliver care in the most appropriate setting and to maximise health outcomes and value to the public;
- Ways to encourage and drive digital innovation, the use of new technology, research and data to support patient centred care and improved performance;
- Opportunities to drive partnerships across sectors and all levels of government to reduce duplication and to deliver integrated and coordinated care;
- Ways to drive improvements in safety and quality for patients, value and financial sustainability, including cost drivers, allocative and technical efficiencies;
- The key enablers of new efficiencies and change, including, research, productivity, teaching and training, culture, leadership development, procurement and improved performance monitoring;
- Any further opportunities concerning patient centred service delivery and the sustainability of the WA health system.

Submissions Response Field

Please type your response into the field below. Alternatively you may provide your submissions as a separate attachment (Suggested Maximum 5 pages).

We need to move from a 'sickness' model to a 'wellness' model where creating and maintaining a healthy population is important.

Not only do we need to achieve wellness but this has to be maintained.

What are the 'preventable' health problems? We know that smoking and drinking can cause ill health, and we are now looking at diet.

Much is being said about the importance of the 'gut biome' and how a healthy gut not only creates healthy physical outcomes but can also affect mental health.

Deakin University's 'Food and Mood' centre is looking at the many ways in which food affects our mental well-being. With the increase in mental illness and depression, particularly in our young people, this is an area that could be investigated. <http://foodandmoodcentre.com.au/category/emerging-evidence/>

Taking this idea a step further would be to look at not just 'food content' but 'food context', which is looking at how food is produced and grown.

Independent science is looking at the link between industrially produced foods and how the pesticides used to grow the crops could be affecting us. Links are now being drawn between pesticide use and a whole range of chronic diseases and mental illnesses. http://www.organic-systems.org/journal/92/JOS_Volume-9_Number-2_Nov_2014-Swanson-et-al.pdf

When looking at patient care how much thought is put into 'food context' when providing hospital meals? While best recovery depends on good inputs to achieve optimal results how much value is put on the quality of the food, and where that food has come from?

Organic foods are often recommended as a recovery tool, as can be seen on social

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media, but health groups are also aware of such benefits. Cancer Support WA recommends an organic diet on their website not just as a recovery tool but also as a preventative measure.

<https://cancersupportwa.org.au/page/wellness/importance-nutrition-cancer>

Could hospital patient food be organic? Could the food offered in hospitals such as in cafeterias and vending machines be organic foods?

Could our health system lead by example and take on the challenge of delivering this change to how we see the importance of food to health recovery and the maintenance of a healthy lifestyle?

And the cost?

We are already paying the price for not looking at dietary inputs and how they affect us physically and mentally. We should be looking at ways to aid recovery, and deliver preventative health which in the long run would see less people needing to access the health system.