

# Strategic and operational plan for the prevention of long term conditions.

## Executive summary

Long term conditions (LTCs) are common, and getting more common. Long term conditions are the leading cause of health loss in New Zealand, are associated with high healthcare costs and are contributing to ethnic inequalities in health. As the population grows and ages, the increasing burden of long term conditions on society and the health care system will become unsustainable.

Potentially one third of health loss can be prevented by minimising exposure to four shared risk factors: tobacco, diet, alcohol and physical inactivity. However, we know that these risk factors do not exist in isolation, and instead they are strongly influenced by the environment and societal conditions such as income, housing, poverty and education. In order to prevent long term conditions the wider determinants of health need to be considered and addressed.

The proposed Framework for Prevention of Long Term Conditions draws on international, national and regional tools, plans and frameworks, including: the WHO Global Action Plan for the Prevention and Control of Non-Communicable Disease; Ottawa Charter for Health Promotion; Dahlgren and Whitehead model for Social Determinants of Health; Canadian tool for Chronic Disease Prevention; the refreshed New Zealand Health Strategy; the Ministry of Health Outcomes framework for LTCs and Māori models of health.

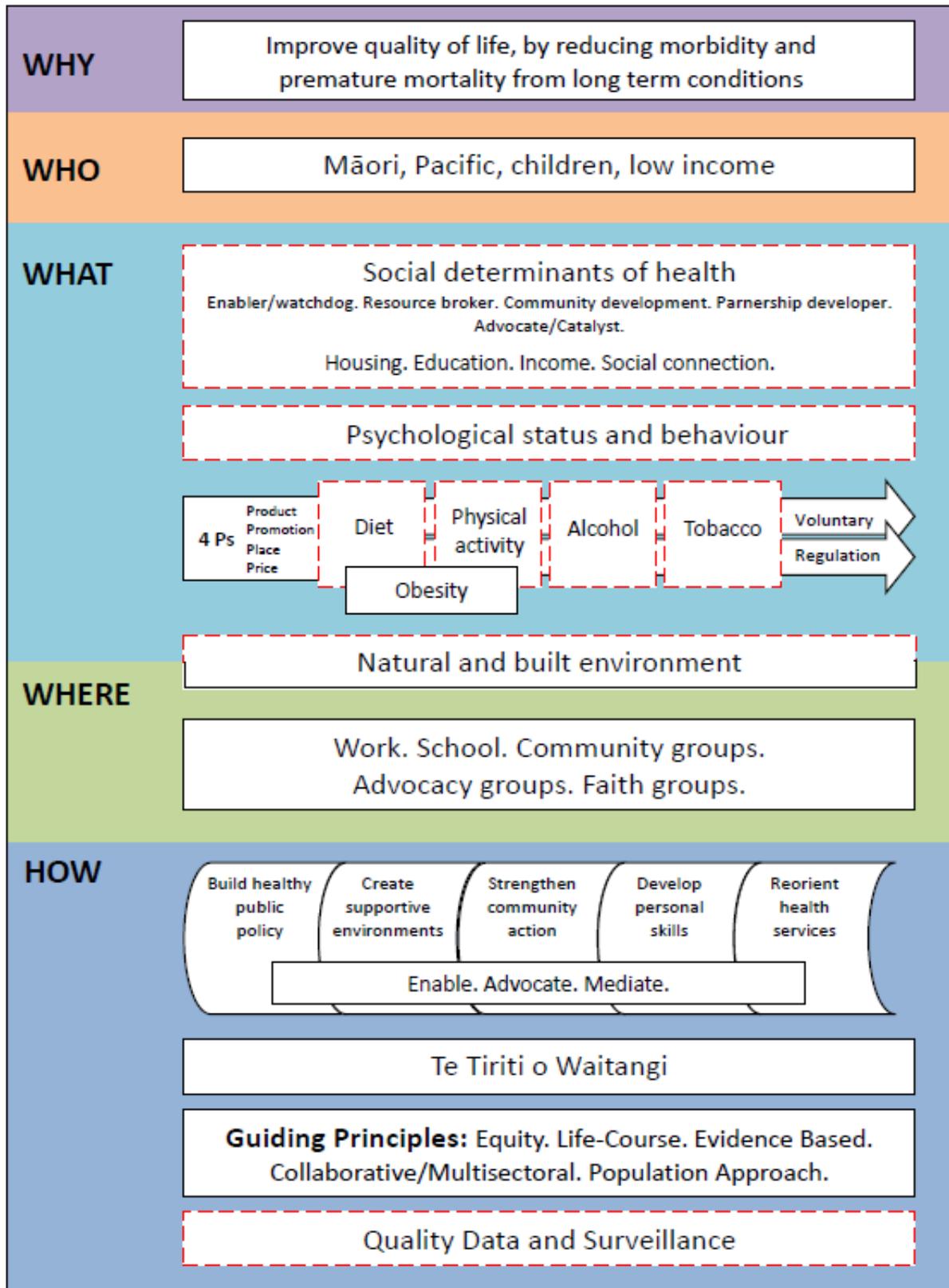
The proposed Framework outlines: why, who, what, where and how for the prevention of long term conditions. The Framework also sets out eight proposed key intervention domains:

1. Social determinants of health
2. Psychological status and behaviours
3. Diet
4. Physical activity
5. Alcohol
6. Tobacco
7. Quality data and surveillance
8. Natural and built environment

These intervention domains are supported by key guiding principles:

- Equity
- Life-course
- Evidence-based
- Multisectoral/collaborative practice
- Population based

# FRAMEWORK FOR PREVENTION OF LTCs



Red hatched boxes indicate proposed areas for action (key intervention domains).