

Session Four:

Medicines Matter to the Government

During assessment, we talk about the value of medicines. What other value metrics could the government include in their assessments?

Dr Ben Harris

Director, Self Care Alliance

The development of the Australian Self Care Alliance & how this aligns with the government's objectives



1 in 2

Australians
have a
chronic
disease.

10
MILLION

Australians are
at much greater risk
of poor health



Almost
ONE THIRD
could be prevented

by removing exposure
to risk factors such as
smoking, high body
mass, alcohol use,
physical inactivity and
high blood pressure.

Despite
the
need...

ONLY
1.3%

of spending* is
dedicated to
prevention.

*As a proportion of total
health expenditure.



Personal responsibility

Term not understood

Not targeted

Gaps in data and evidence

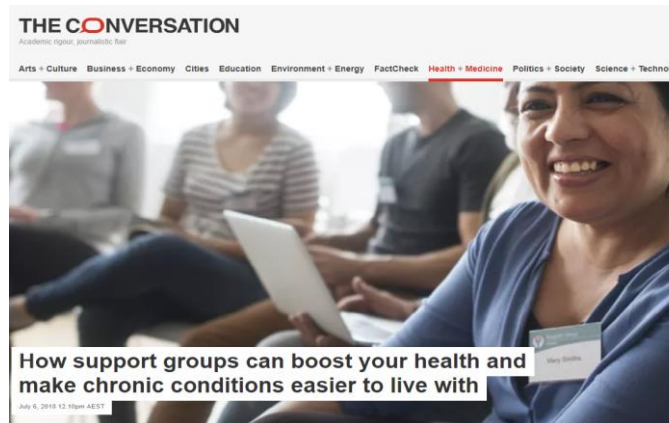
Number of obstacles

Examples of self care

Self-administration of medicines



Peer support



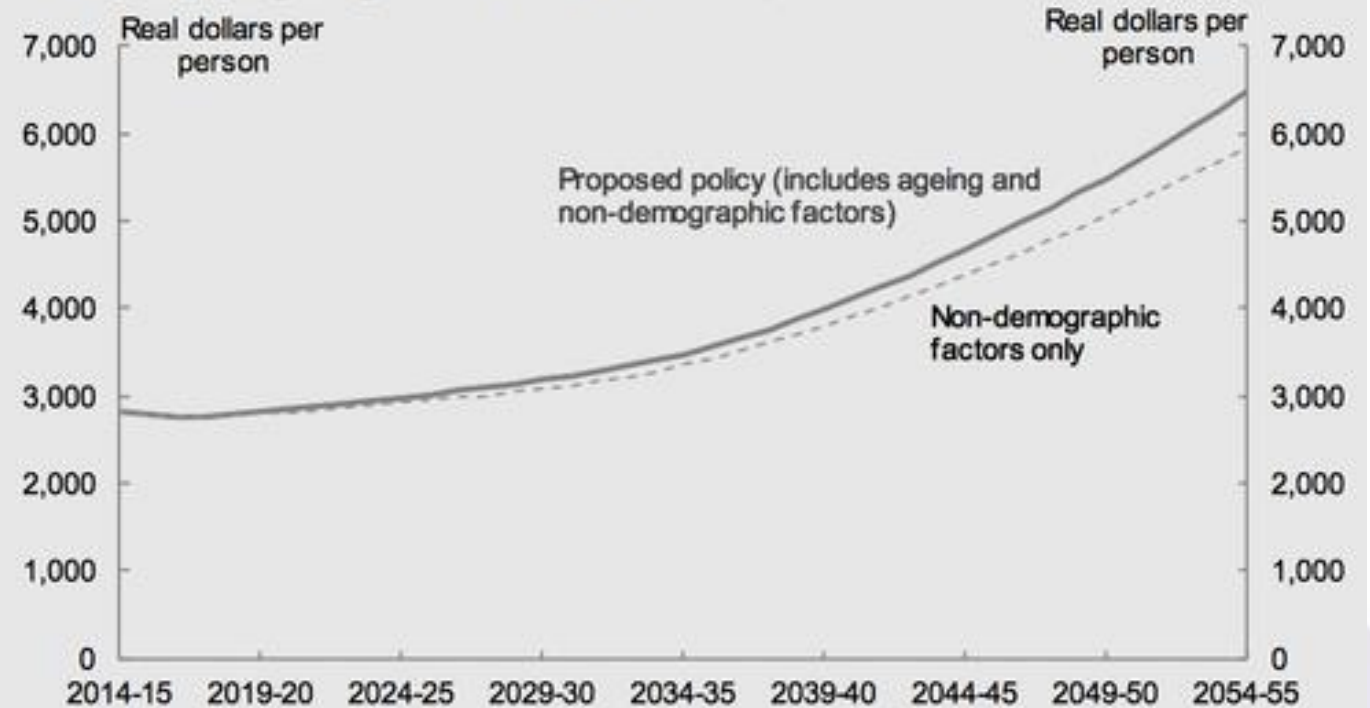
Social Prescribing

- ✓ Better health outcomes
- ✓ Improved access and exposure to additional health services
- ✓ Cost-effective

Why does self-care matter?

Health care is expensive

Chart 2.11 Australian Government health spending per person with and without ageing (real 2014-15 dollars)

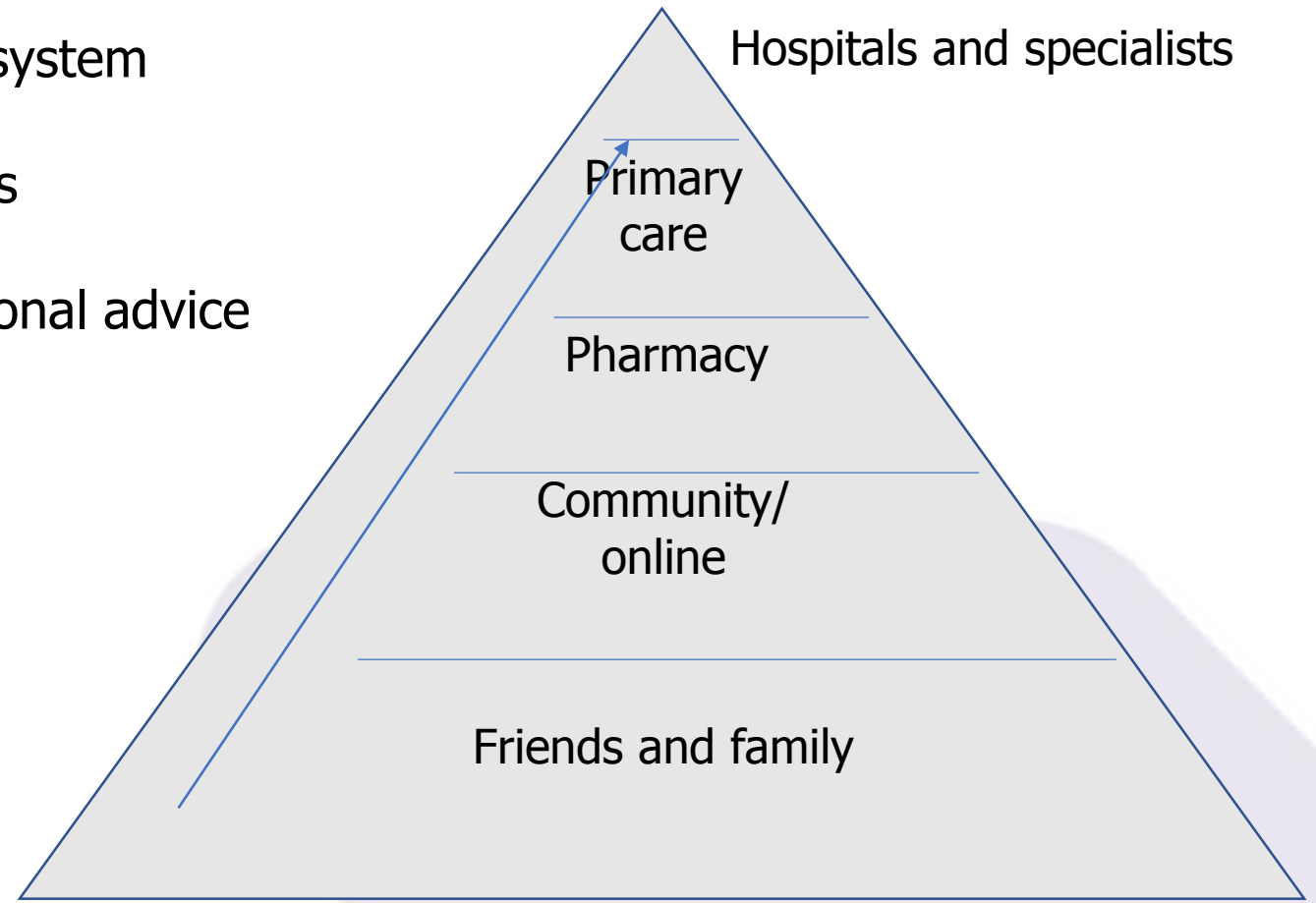


Source: Treasury projections. Projections assume trend economic growth from 2021-22 to 2054-55.

Most health influencers are not in the health system

Most health not influenced by health providers

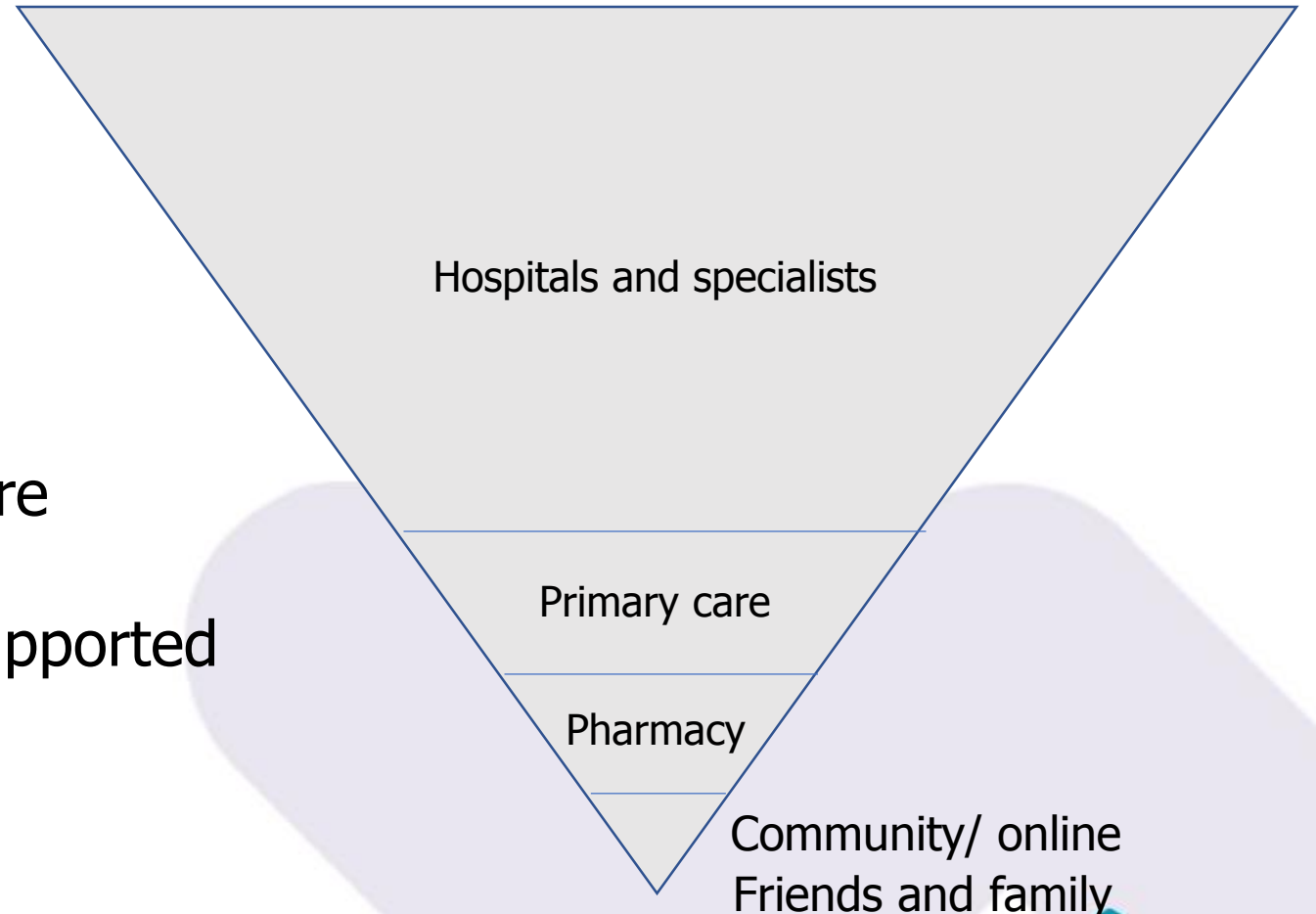
Most health care undertaken without professional advice



Most costs are in highly specialised care

Most of the untapped leverage is in supported self-care, primary care and prevention

Easier to access



**When people have
better informed choices in health care,
they tend to choose less invasive,
less expensive options**