



The Healthy South Initiative

What is the challenge?

Overwhelmingly, disease burden that is increasing in SA is from non-communicable diseases (NCDs), including mental illness. The prevalence of NCDs reflect the impact of a range of social determinants (SDH) which in turn shape people's lifestyles and so are amenable to prevention and promotive actions within and outside the health sector. Yet, there has been disinvestment in disease prevention and health promotion activity within SA Health. Our challenge is to stimulate leadership and collaboration on upstream and downstream action that affect the social determinants of health in order to promote health and wellbeing, through examining whether evidence and practice can be rapidly disseminated to achieve change.

About this research translation project

The Healthy South project will examine the feasibility of a Healthy South initiative that will adapt a whole-of-community approach to creating health, wellbeing and low risk environments for NCDs. Multiple partners have agreed to be part of the project. The research will comprise three work packages:

Work Package 1

- Develop an epidemiological profile of the southern population to describe disease patterns, change over time, and health inequities.
- Map existing health promotion activity and identify the potential for enhancement in the southern area of Adelaide.
- Identify the enablers and barriers to health systems stewardship and leadership for a Healthy South.

Work Package 2

- In partnership with the SA Health in All Policies team examine urban planning and the 30 Year Plan for Greater Adelaide as upstream determinants of health in the south of Adelaide.
- Construct and apply a healthy urban planning assessment tool to judge the likely effectiveness of the 30 Year Plan for Greater Adelaide in creating a healthy environment which are low risk for chronic disease.



Work Package 3

- Will use a collaborative process, informed by knowledge transfer and systems approaches, to recommend a plan to improve health equity in the southern area of Adelaide.
- The project will culminate in a Healthy South Summit for all key stakeholders in the southern region. The research team will present findings and facilitate participants to determine how a sustainable health and wellness promotion system can be developed in the south.

What will be the impact?

The project will support HiAP's role in the implementation of the 30 Year Plan, thereby strengthening its focus on the social determinants of health and healthy public policy. Production of practice ready recommendations will support the ongoing collaboration between HiAP and DPTI.

The project will produce recommendations for the SA Government, local government and NGOs about practical ways that policy and practice can be improved to support South Australians' wellbeing and reduce the burden of NCDs.

Project contact details

Project Title Healthy South: Testing the Feasibility of the Rapid Translation of Health in All Policies (HiAP) Ideas to Create Healthy Urban Environments, Create Health Promoting Health Services and Stem the Non-Communicable Disease Epidemic in the Southern Area of Adelaide.
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