

Health is Made at Home

Nigel Crisp

The Health Creators Summit

Voluntary Health Scotland

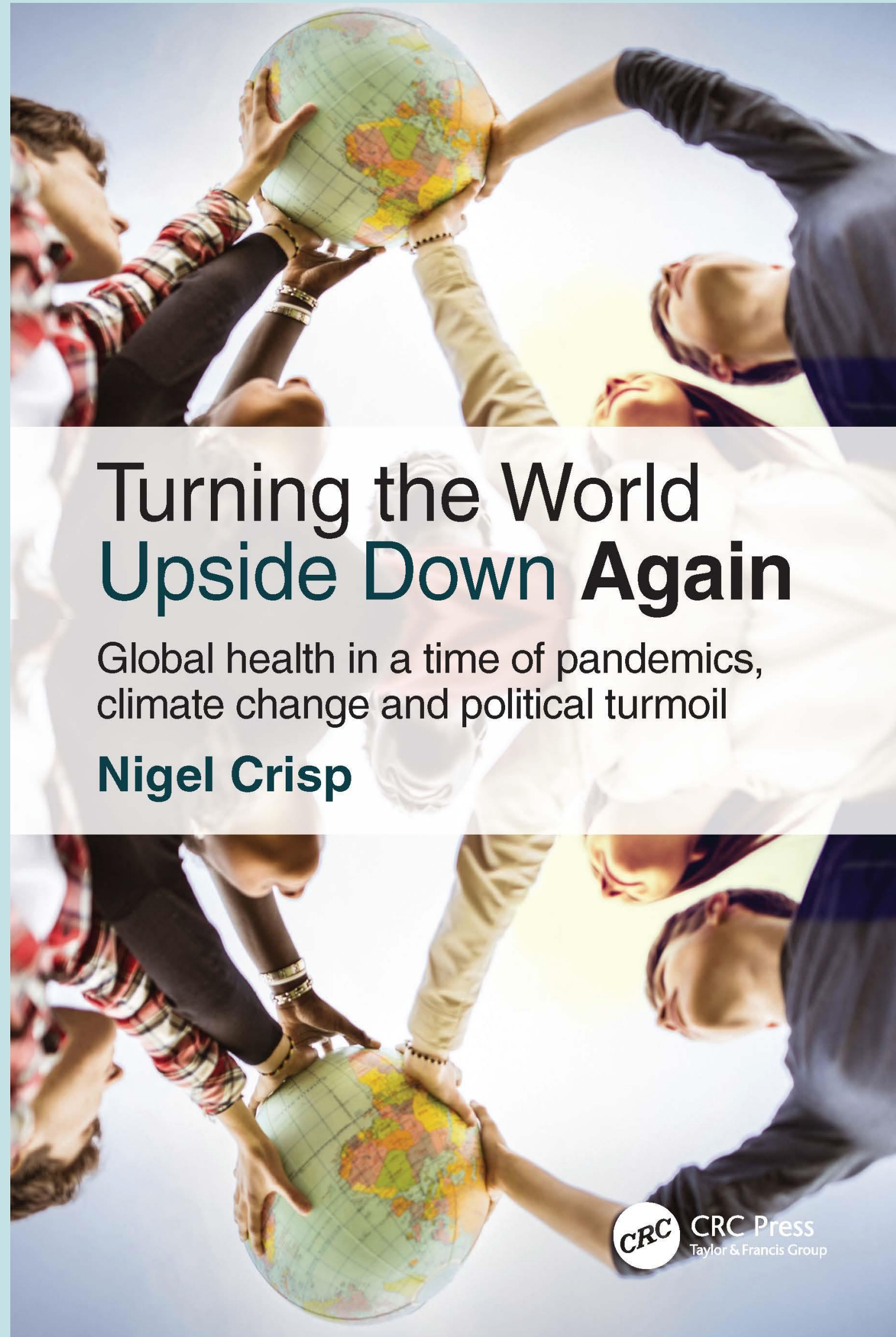
25th October 2023

Overview

- Health and well-being globally
- Learning from lower income countries and communities
- Taking off our NHS spectacles to create health and build a healthy and health-creating society

Health globally – the big picture

- Health and well-being
- Changing disease patterns and demography
- Systems and health workers in crisis
- Advances in science and technology
- External factors – climate change, wars, political turmoil, economic crises and pandemics



Turning the World Upside Down **Again**

Global health in a time of pandemics,
climate change and political turmoil

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CRC CRC Press
Taylor & Francis Group

Powerful high-income countries can learn a great deal from people in lower income ones – and **the elite in any country can learn from their poorer communities**

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Lower-income countries and communities

- Kangaru care
- mothers2mothers
- Toronto birth centre
- BRAC
- Community health workers

**HEALTH
IS MADE
AT HOME**

**HOSPITALS ARE
FOR REPAIRS**

BUILDING A HEALTHY AND
HEALTH-CREATING SOCIETY



Health is made at home and in the family, the workplace, the school, the community, the ...
Together with all parts of society we can build a healthy a health-creating society

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Health creation and a health-creating society

- Promoting the causes of health, not just tackling the causes of disease
- Health care, disease prevention *and* health creation
- Creating the conditions for people to be healthy

World Health Assembly 1948

- Health about physical, mental and social well-being
- Not just absence of disease
- More recently, well-being is about quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose.

Health creation and disease prevention

- Prevention focussed on cause of disease – for individuals: hypertension, obesity, smoking, diet – for society: air pollution, road safety, food +++
- Health creation promotes the causes of health – social networks, meaning and purpose, autonomy belonging, access to nature, exercise, diet +++
- Some activities achieve both

Health creators in the UK

- Families
- Schools, educators
- Employers
- Communities
- Government, businesses, arts, nature +++

Learning from the health creators

- Relationships not systems
- Vision and purpose led, not plan led
- Mental and physical health
- Learning by doing
- Taking control

Nigel Crisp- Health is Made at Home – Salus Global 2020

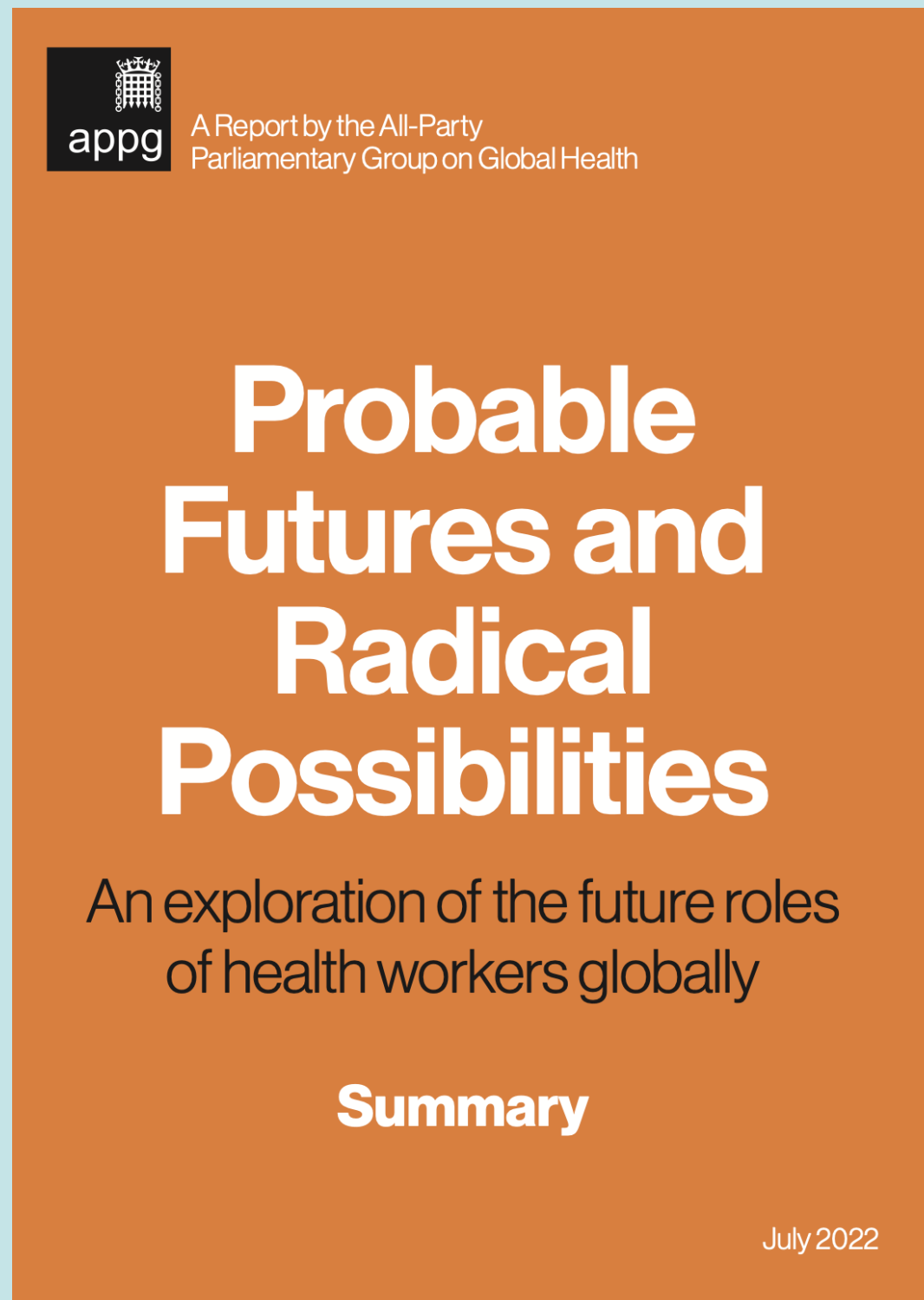
Practical issues in working together

- National/local, statutory/voluntary, profit/not for profit – different approaches, language and methods
- Measuring success, funding and contracts
- Autonomy, respecting boundaries and roles
- Sharing information, training and *joining the dots*

Creating a healthy and health-creating society

- Health of individual intimately linked to health of the community, health of wider society and health of the planet
- Health policy embracing all sectors including voluntary – healthy homes, healthy schools ++ – *and* healthy communities, equalities in society, and planetary health
- NHS and care policy
- Role of health and care workers

Probable Futures and Radical Possibilities



What will health workers be doing in 15-20 years' time

Research and consultation globally

Undertaken by All-Party Parliamentary Group on Global Health

Probable futures

- Blended in person and virtual
- Provided in communities and homes
- Co-creation with patients
- New focus on public health and mental health
- Enhanced teamwork
- Flexible employment

Science, technology and data

- will determine the framing and language of health
- shape how health workers think about problems and possible solutions
- and how they act

Agents of change and curators of knowledge

- The only way to tackle the wider determinants
- Influencing, shaping, guiding, supporting
- Making knowledge available
- A new professionalism and social activism
- Massive change in mindset and education

The future

- Many like-minded pioneers
- Networks, linking, sharing, learning
- Developing the field, telling stories. research
- Holding onto autonomy, shared approaches in a plural society
- The only way to tackle the wider determinants

**Change needs to happen in the
most important place of all**

**How we understand the world
will affect how we act and what
we can achieve**