

TASKFORCESUBMISSION: submission

NAME: Philip Johnston

POSITION: Retired

ORGANISATION:

SUBMISSION1: Preventative Health programmes conducted by H&A over the last 10 years are testimony that a single agency cannot arrest sedentary lifestyle, obesity and recreational drug abuse.

The "Community Organising model" for social change, which draws on specific infrastructure skills of 'Fit Old Farts' within four complimentary govt agencies and a dozen of Aust's major infrastructure companies, is required.

Re 'learning by doing', I have submitted a Youthful Exuberance Lifestyle Programme Holistic Business Plan to H&A; the culmination of 18 months R&D, which involves Recreational Exercise Consultants with Eleven Sports Administration Attributes (approaching retirement and keen to develop a Philanthropic model that they believe in where they can give something back to the community) supervising Interested Adults to commence a Recreational Exercise Activity in their District Recreational Exercise Group. For the 12 months Pilot, 8 Rigorous and 6 Moderate Recreational Exercise Activities have been scoped.

YELP accords with the Five Basic 'Stages of Change' model which less than a year ago H&A was encouraging GPs to administer.

Re "building the evidence base", YELP provides ten different performance reports to monitor results using e-Learning and e-Research.

YELP meets all the Taskforce's Terms of Reference including extending the life expectancy of Aboriginal and Torres Strait Islanders and people living in remote locations by drawing on the Second Basic Component of Cognitive Behaviour Therapy in a 9 months Pilot of 50 Volunteers using PBS and Tufts University's "Marathon Challenge" success story for ABC to produce/televise "Hilly Rides Challenge" which would profile over 3 episodes approx half of 50 Volunteers, ostensibly drawn from Disabled and Disadvantaged Australians, who with professional support, encouragement and assistance from a Research Programme Team, are patently pleased they turned their lives around.

YELP is a holistic preventative health programme to measure and diminish Eleven Problems ostensibly resulting from Negligent Lifestyle Behaviour and a penchant for Economic Materialism, which cost the Aust economy >\$100b annually.

I invite you to ask 'Fit Old Farts' who have the experience and technical skills to understand the Terms of Reference to opine on the integrity of YELP, in particular:

- (a) draw on "both the health and non-health sectors" and the "development of inter-governmental and public-private partnerships";
- (b) know "what works and what doesn't.....the best buys for government investment in Primary Prevention".

Cigarettes are more lethal than the firearms that the Howard government banned. The Rudd Govt should ban the sale of cigarettes, even if it entails compensating cigarette manufacturers in the short term. Alternatively, Australian tax payers should lodge a class action against cigarette manufacturers for their tax contributions which are directed to health care to treat cancers caused by cigarettes which are lethal.

Rather than endless negative advertising campaigns which focus on the adverse effects of sedentary lifestyle and recreational drug abuse, RTV of Australians who have abandoned such a lifestyle and drawn back on the skills they previously learned during Youthful Exuberance to commence a recreational exercise activity in a District Recreational Exercise Group because they identified it as "Fun & Addictive"; will be money better spent. People only change their lifestyle behaviour, particularly during their leisure time, when an alternative behaviour is more appealing and enjoyable.

I only support a National Prevention Agency if it is structured on the Community Organising model for social change, comprising say four complimentary lifestyle behaviour agencies, together with a dozen major Australian companies who have a track record of delivering major infrastructure projects because Aust's 21.3m population is Brownfield Infrastructure,

PRIVACY: yes

SUBMIT: Submit