



The people want prevention

This submission provides supportive evidence that a representative sample of the Australian population, when well-informed, wants a preventative approach to their health and wellbeing. The peer reviewed article published in February 2024 and titled ***Setting Primary Health and Social Care Priorities Using a Deliberative Democratic Participatory Approach*** can be found here: <https://onlinelibrary.wiley.com/doi/epdf/10.1111/hex.70173>. To our knowledge, these Citizens' Juries delivered for the first time a comprehensive, well-informed, evidence-based understanding of the health priorities of the population in Western Sydney, arguably a microcosm of the cultural diversity of Australia.

The work was conducted within a Primary Health Network setting in 2023. The publication of the results of the First Nations Jury has not been completed as I left the Primary Health Network and the work was not continued. The research was led by me, and ethics approved with Western Sydney University. The aim was to understand from the perspective of well-informed citizens their healthcare priorities. We felt that old ways were not working to deliver a comprehensive understanding and that frequently the community simply demanded more hospitals when asked what they wanted.

We went through an extensive process to select a representative (stratified) sample of two groups of 20 community members to represent the people of Western Sydney. They deliberated on pre-reviewed evidence over one weekend in 2023. There were two groups, one from the First Nations population and one from the culturally diverse (anyone whose ancestors did not pre-date 1770). We provided high quality evidence which was curated separately for the two groups, mindful of the distinct health and wellbeing differences between them.

We can provide the handbooks if you wish to see the evidence presented in each jury. A summary of the Citizens' Jury recommendations is provided in figure 1.

I no longer work for the Primary Health Network, and happy to speak with you about these findings.

Sincerely

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JURY RECOMMENDATIONS

FOCUS ON EARLY YEARS

With whole family
Sustained home visiting by nurse
Link other sectors

Understand
our health and wellbeing through
our culture

BUILD COALITIONS TO LINK SOCIAL WITH HEALTH

formal health promotion/ health literacy
link the family and early ID health issues
Avenue for working with community

Intergenerational:
Include Elders in everything

WORK WITH THE COMMUNITY

Develop channels to communicate
Map/ connect & ID gaps to build community assets

Develop our kids into health professional
pathways

TEAM BASED CARE

Include allied health & navigators

DEVELOP WORKFORCE

Target students - Incentivise GPs and others to work in WS

Teach about protective factors

INTERGENERATIONAL PROGRAMS

links with community hubs

Gathering places for teens, Elders, for culture,
for safety

COMMUNITY HUBS FOR HEALTH

safe, inclusive, non-judgemental environment
Possibly located in schools or GP
mobile outreach clinics
medical services available

Meaningful cultural credential training
for non-Indigenous workforce

RELATIONAL CARE FOR CONTINUITY

Especially teens and early childhood

Build on and map the
assets

PATIENT CENTRED MEDICAL HOME

Data driven proactive health

Expand urgent care
services

Find ways to bring more
specialists into Western Sydney

Circles of support
connected to GP

Cut paperwork for overseas
trained health professionals

Track Return on investment

Sustain the funding

CULTURALLY DIVERSE

FIRST NATIONS



Figure 1: Summary Recommendations two citizens' juries in Western Sydney 2023