

Hong Kong Hospital Authority Convention
5 -6 May 2008

Trust me I'm a patient; creating health citizenship

Harry Cayton

Chief Executive

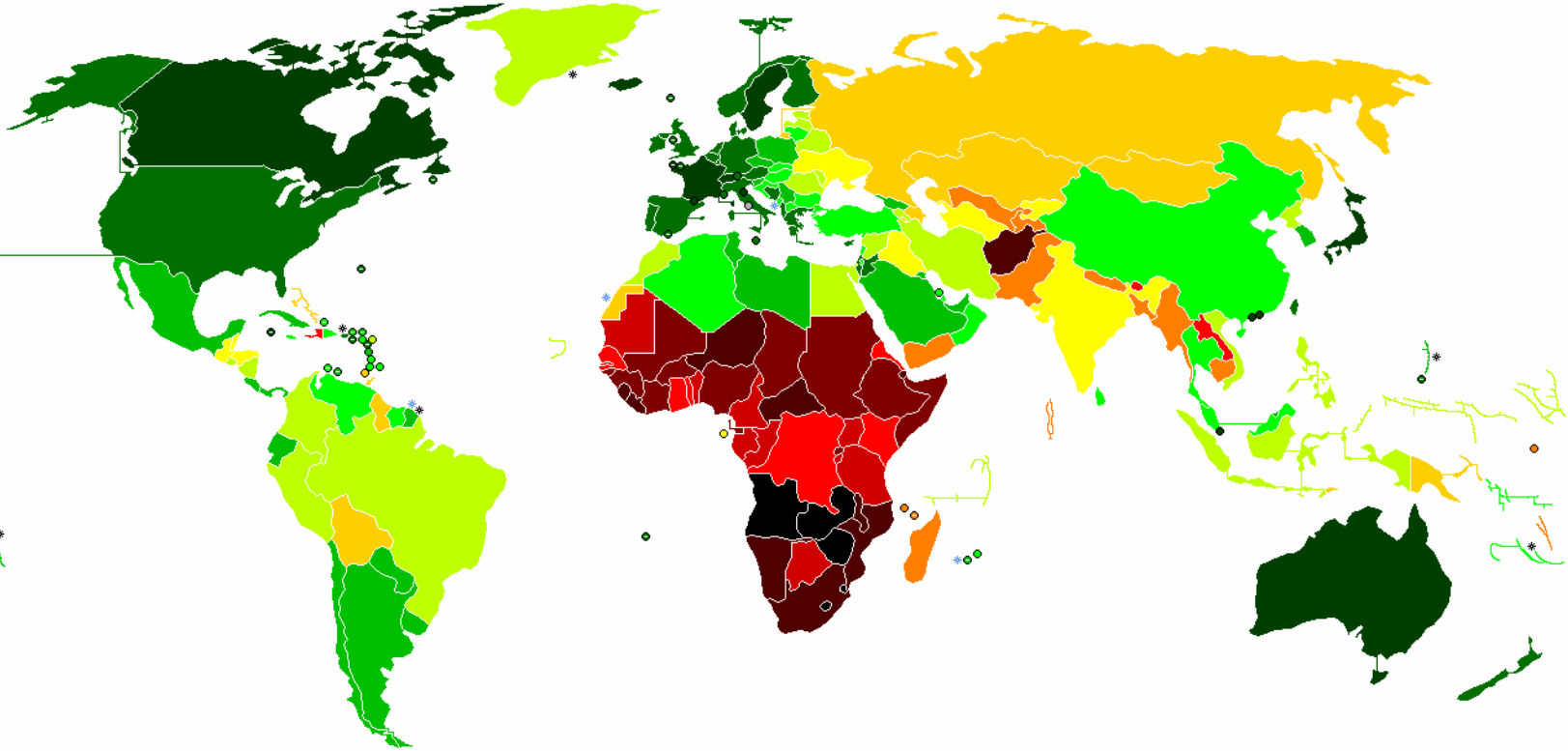
Council for Healthcare Regulatory Excellence UK

Life expectancy by country

CIA World Factbook 2007 Est.
Life expectancy (years)

over 80	60 - 65
77.5 - 80	55 - 60
75 - 77.5	50 - 55
72.5 - 75	45 - 50
70 - 72.5	40 - 45
67.5 - 70	under 40
65 - 67.5	not available

○/* Dependent territory
★ UN-WPP-2006 data



Ageing Population Worldwide

- 2000 59% population over 65 years
- 2020 67% population over 65 years
- 2020 698 million people over 65 years

Obesity Worldwide

- 2005

1.5 billion adults overweight

414 million obese

20 million children under 5 years obese

- 2015

2.3 billion overweight,

700 million obese

Overweight – BMI 25 – 30

Obese - BMI 30 and above

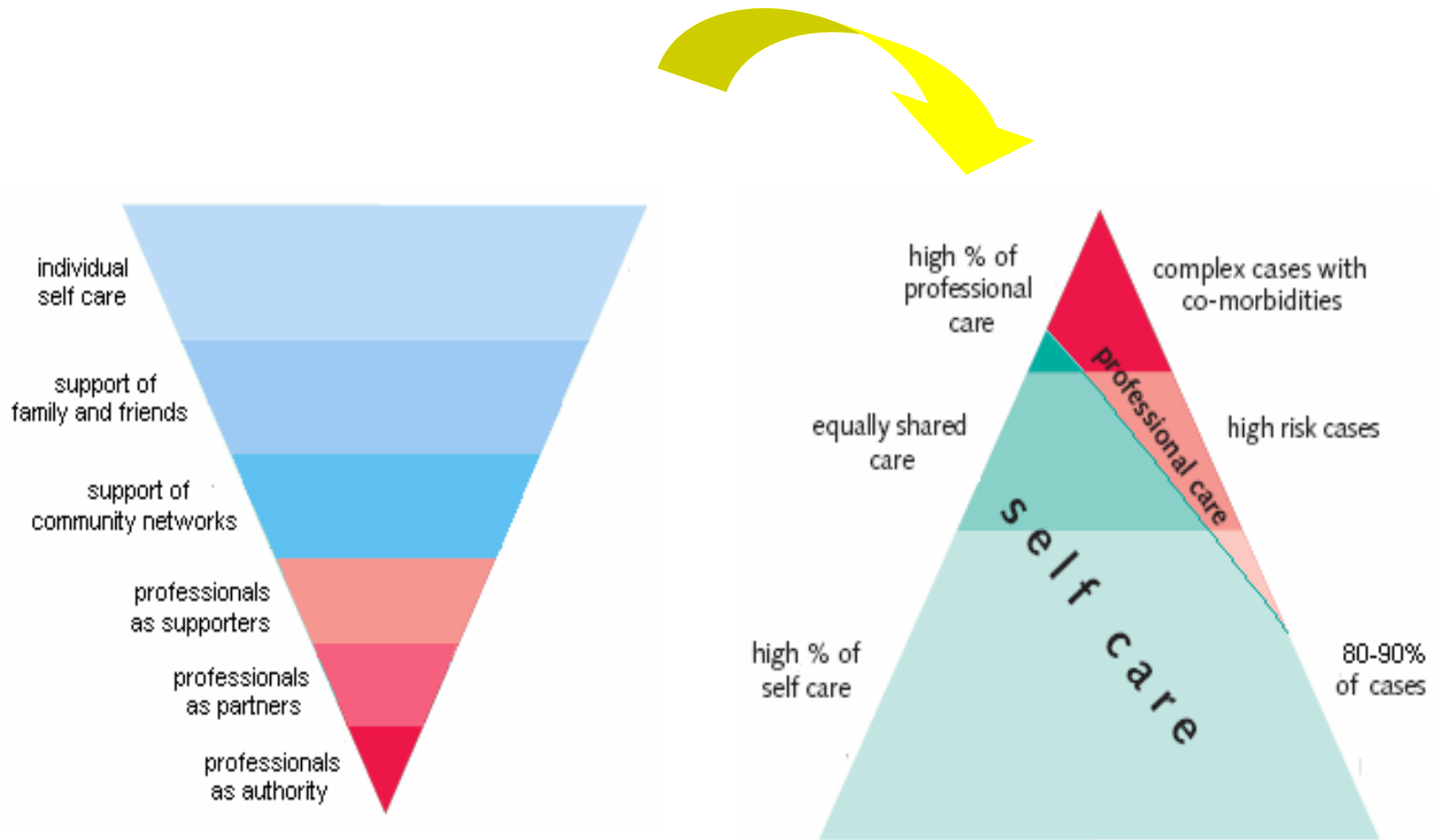
Tobacco consumption

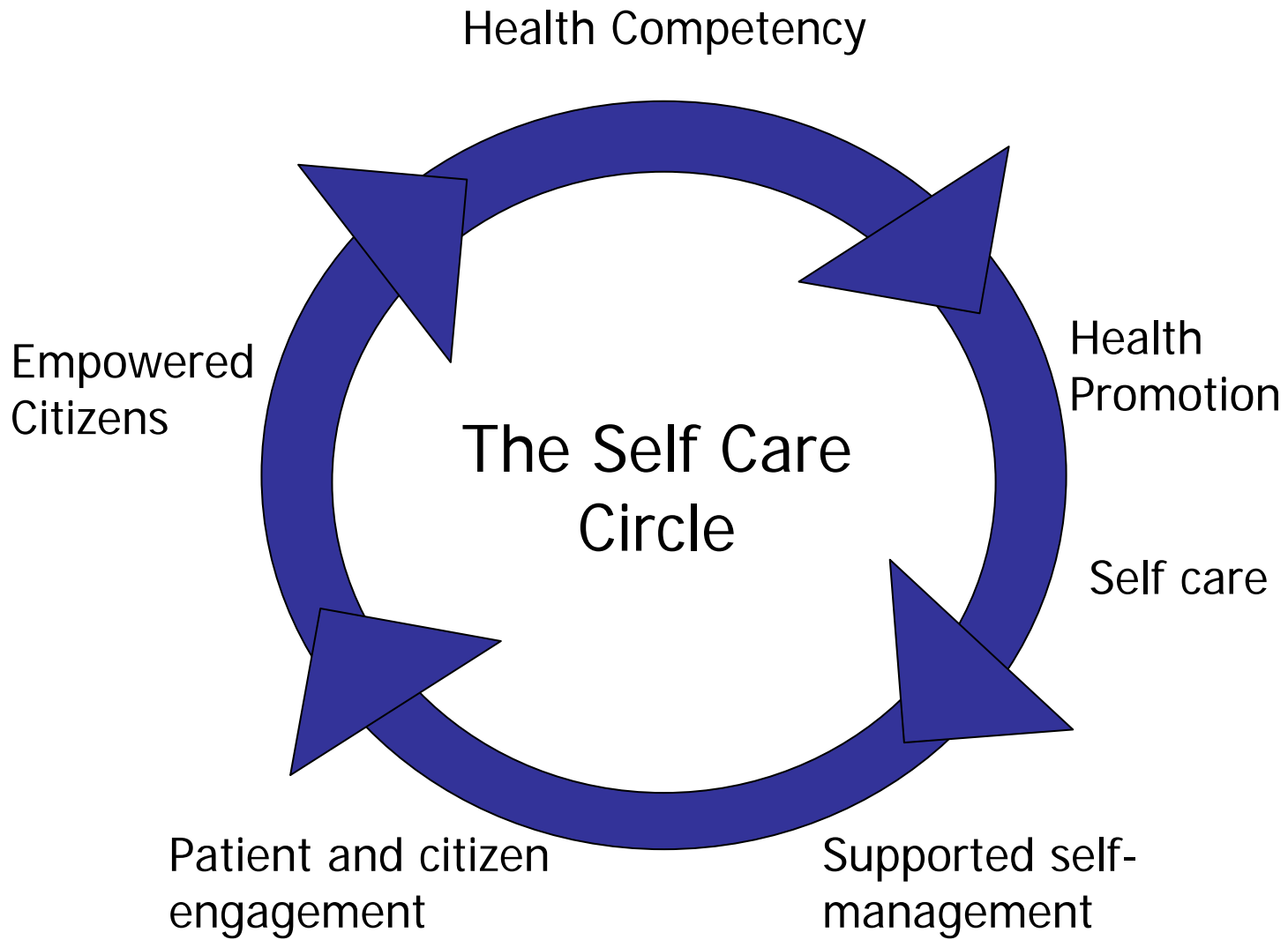
Top five smoking countries in 1998

- China – 1,643 billion
- USA – 451 billion
- Japan – 328 billion
- Russia – 258 billion
- Indonesia – 215 billion
- 1 in 3 cigarettes smoked in the world today are smoked in China

What needs to change?

Can self care, shared care and co-production of care help fill the gap?





**New relationships between
patients and health services**

Adolescent Mental Health Services
Hamilton, Ontario
Canada

Self-managed family therapy

- Carefully researched and appropriate guidelines
- Telephone helpline
- Coaching support

- After six months 87% of children on the waiting list no longer needed the service.

New relationships between
people and their own health

Chronic Disease Self-management
Programme
Hong Kong, China

EPP Course content

- Breaking the symptom cycle
- Fatigue
- Pain management
- Diet
- Relaxation
- Communication with healthcare professionals
- Target setting

New relationships between public
institutions and citizens
to create health

Communities of Health
London Borough of Newham
England

Communities of Health

- Group commitment to health & wellbeing
- Goals and targets locally chosen
- Utilising the respect and influence of community leaders
- Incremental levels of commitment
- Anyone can join; schools, social clubs, employers, churches, mosques, cultural associations.

- **Tell me the truth**
- **Nothing about me without me**
- **Trust me I'm a patient**