



THINKING ALOUD



Adelaide's newest Thinker in Residence, Professor Ilona Kickbusch, commenced her residency focusing on 'Healthy Societies' at the beginning of February.

The number and range of partners who have come together to support Professor Kickbusch's residency is testament to her wide-ranging expertise and international reputation.

The first two weeks have been busy and productive. Professor Kickbusch has met with the Premier together with Ministers Hill, Lomax-Smith, Weatherill, Zollo and Caica setting out the scope and potential of her residency. She also had a follow-up meeting with Minister Hill and will continue to meet with him throughout her visit. Partners and interested stakeholders attended the Premier's Reception where the Premier outlined some of the legacies of previous Thinkers and welcomed Professor Kickbusch.

In the first two weeks Professor Kickbusch has given several presentations: to senior management at Central Northern Area Health Service, to a Healthy Cities forum, at Flinders University, at a Male Ageing and Health symposium to name some. She has attended a number of briefing sessions that have provided local context around South Australia's Strategic Plan, the work of partner agencies and Aboriginal health. There have also been media engagements, less formal interactions with stakeholders and broader events such as the 'Welcome back to the South' reception and the 'Panel in the Pub' which brought Ilona together with another of Adelaide's Thinkers, Professor Fraser Mustard.

Each of the events or encounters has provided food for thought and has frequently led to further conversations, requests for additional information, meetings and research in order to sharpen the focus of residency – a challenge in an already full program! As the residency progresses it is envisaged that activities will increasingly have a specific focus around the emerging ideas generated by the Thinker.

Many of us are familiar with the idea that health encompasses not only physical health but also mental and social wellbeing. We also understand that health and wellbeing are created through our experience of everyday life. In the 21st century

we are seeing a dramatic expansion of the territory of health into an increasing array of personal, social, political and even virtual spaces. Health is a driving force in modern society. Almost every decision and action we take has an impact on health. Health is not only a public good; it is also a consumer good, a 'product' in the market place. Health is about far more than health services. Health is a productive force in the economy. It is a determinant of growth and productivity, wealth and quality of life. A society that invests in health is investing in its future.

This view of health sets the scene for Professor Kickbusch's residency. Already some major themes are emerging:

- Governance of a health system for the 21st century
- The role of health in the economy of South Australia
- New ways of working and new health and wellbeing partnerships for the 21st century
- Action on priority issues such as healthy weight and physical activity
- Health literacy including areas such as safety literacy
- A strengthening of the commitment to prevention and health promotion.

Professor Kickbusch is assisted in her work by a team at the Thinkers in Residence office and three project catalysts.

Partners in Ilona's Residency

- **Department of the Premier and Cabinet**
- **Department of Education and Children's Services**
- **Department of Health**
- **Children, Youth and Women's Health Services**
- **Flinders University**
- **University of Adelaide**
- **University of South Australia**
- **Central Northern Adelaide Health Service**
- **Southern Adelaide Health Service**
- **Motor Accident Commission**
- **SA Centre for Trauma and Injury Recovery (TRACsa)**
- **WorkCover**
- **City of Marion**
- **City of Onkaparinga**
- **Healthy Cities Noarlunga**

Objectives of Professor Kickbusch's residency

- Demonstrate the **central role that health plays** in the economies and social life of twenty-first century societies and highlight the implications of this for the development of South Australia.
- Identify South Australia's **current and potential strengths** that have an impact on the social and economic determinants of health, well-being and health inequities, and identify strategies to increase the effectiveness of these actions at the local, national and international level.
- **Increase awareness and understanding** among government, non-government, business and community stakeholders of the significance of addressing the social and economic determinants of health, well being and health inequities.
- **Further develop effective and measurable strategies** to achieve the health related goals and targets in South Australia's Strategic Plan, with a focus on applying existing knowledge and enabling community engagement in the process.
- Provide **guidance on future research directions** for the State bearing in mind South Australia's health related goals and targets and existing research strengths.
- **Promote** South Australia and the Adelaide Thinkers in Residence program locally, nationally and internationally.

Thinking Aloud is the first in a series of updates which Adelaide Thinkers in Residence will use to disseminate information about the progress of the residency.

If you have any enquiries about Professor Kickbusch's residency, please contact Michelle McGeachie at the Adelaide Thinkers in Residence Unit, on 8463 6392 or mcgeachie.michelle@saugov.sa.gov.au