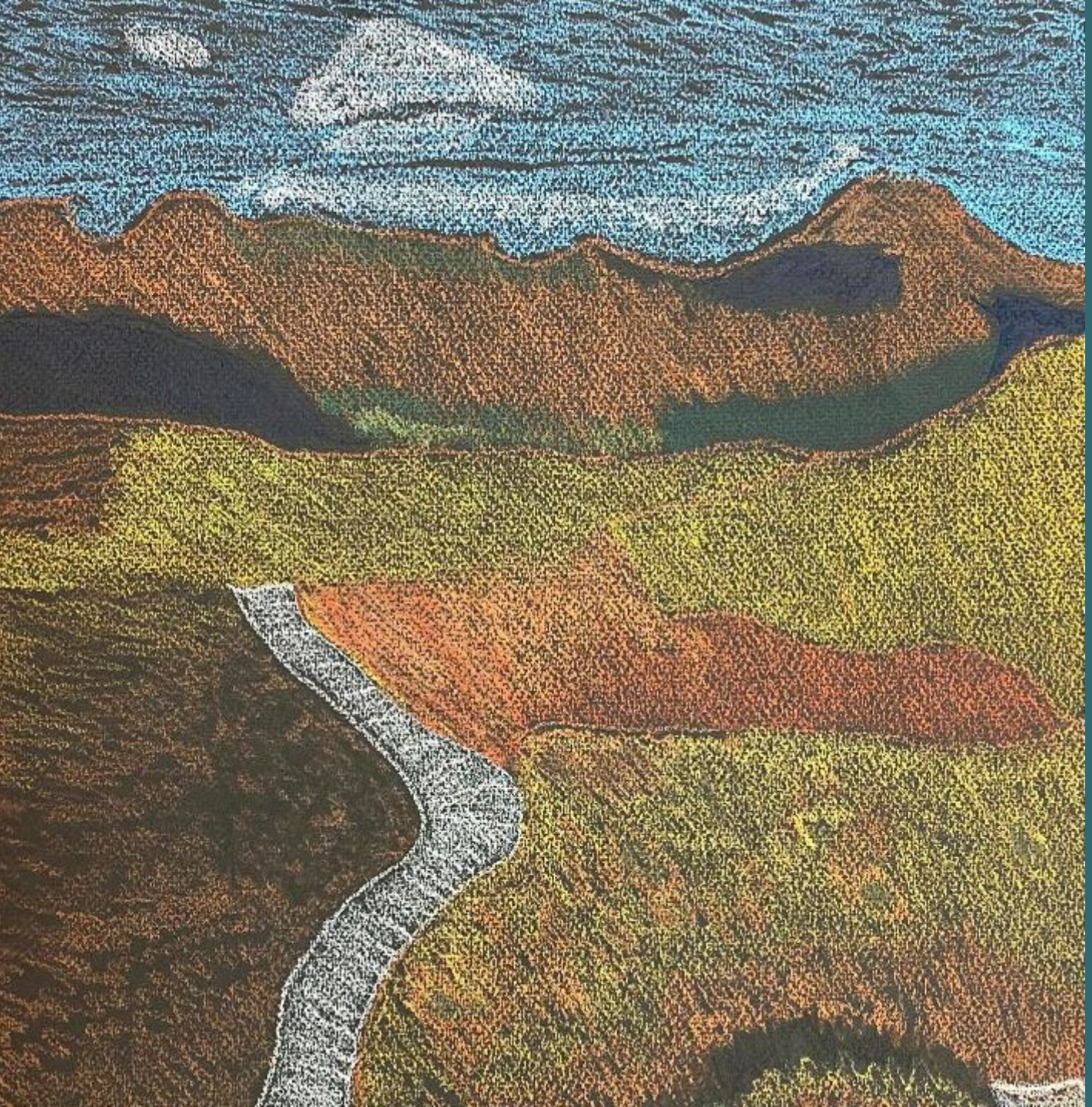


Realistic Medicine: Our Path Ahead

Professor Sir Gregor Smith
Chief Medical Officer for Scotland

@SirGregorSmith

Four key population health challenges

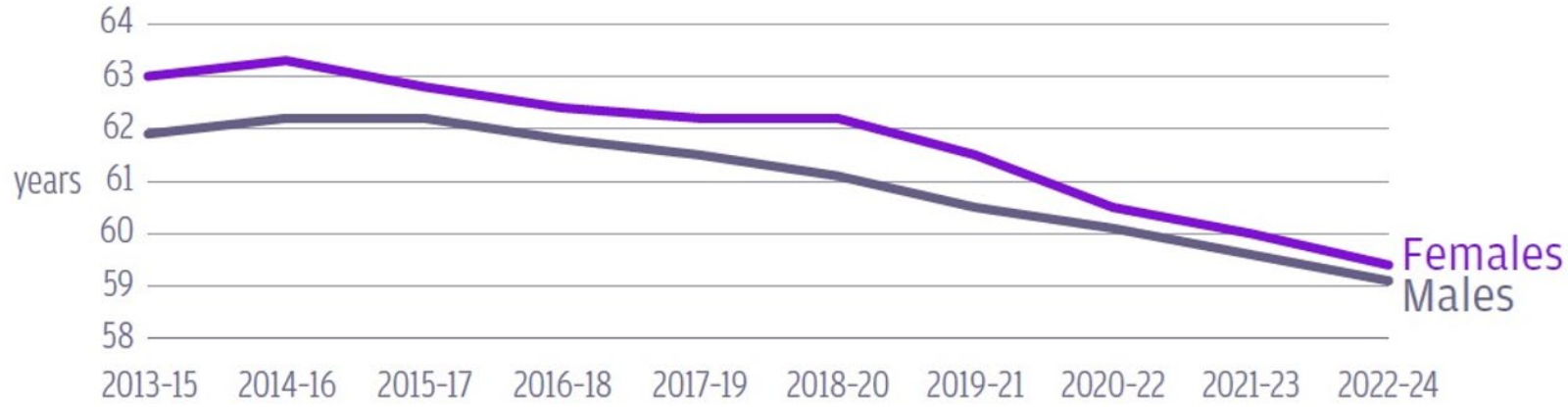
1. Ongoing threats posed by the spread of infectious disease
2. Improving healthy life expectancy and tackling health inequalities
3. Sustainable health and care services; the relentless increase in the intensity of clinical practice
4. Sustainable use of resources and impact on climate and biodiversity

The Health of Our Nation

The case for change: Scotland's health challenges

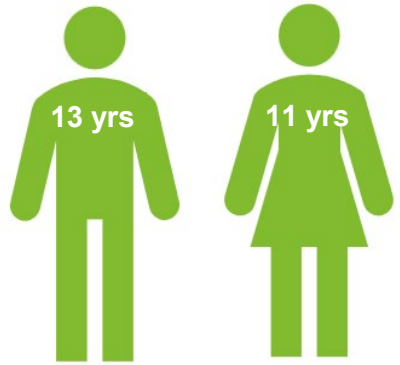
Healthy life expectancy trends in Scotland are in decline

Healthy life expectancy at birth, 2013-2015 to 2022-2024



Source: Healthy Life Expectancy, 2022-2024 - National Records of Scotland (NRS)

Inequality gap:
Life expectancy

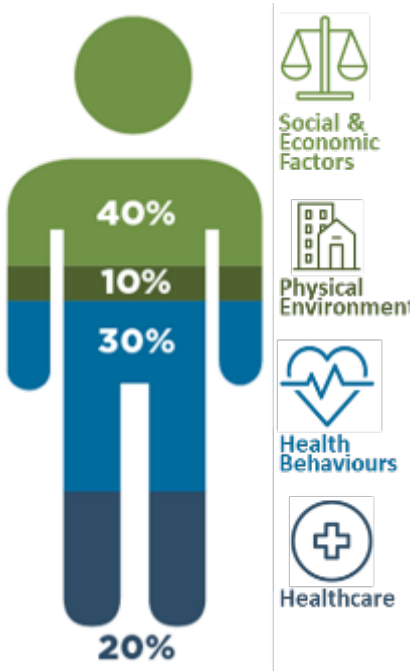


Inequality gap:
Healthy life expectancy

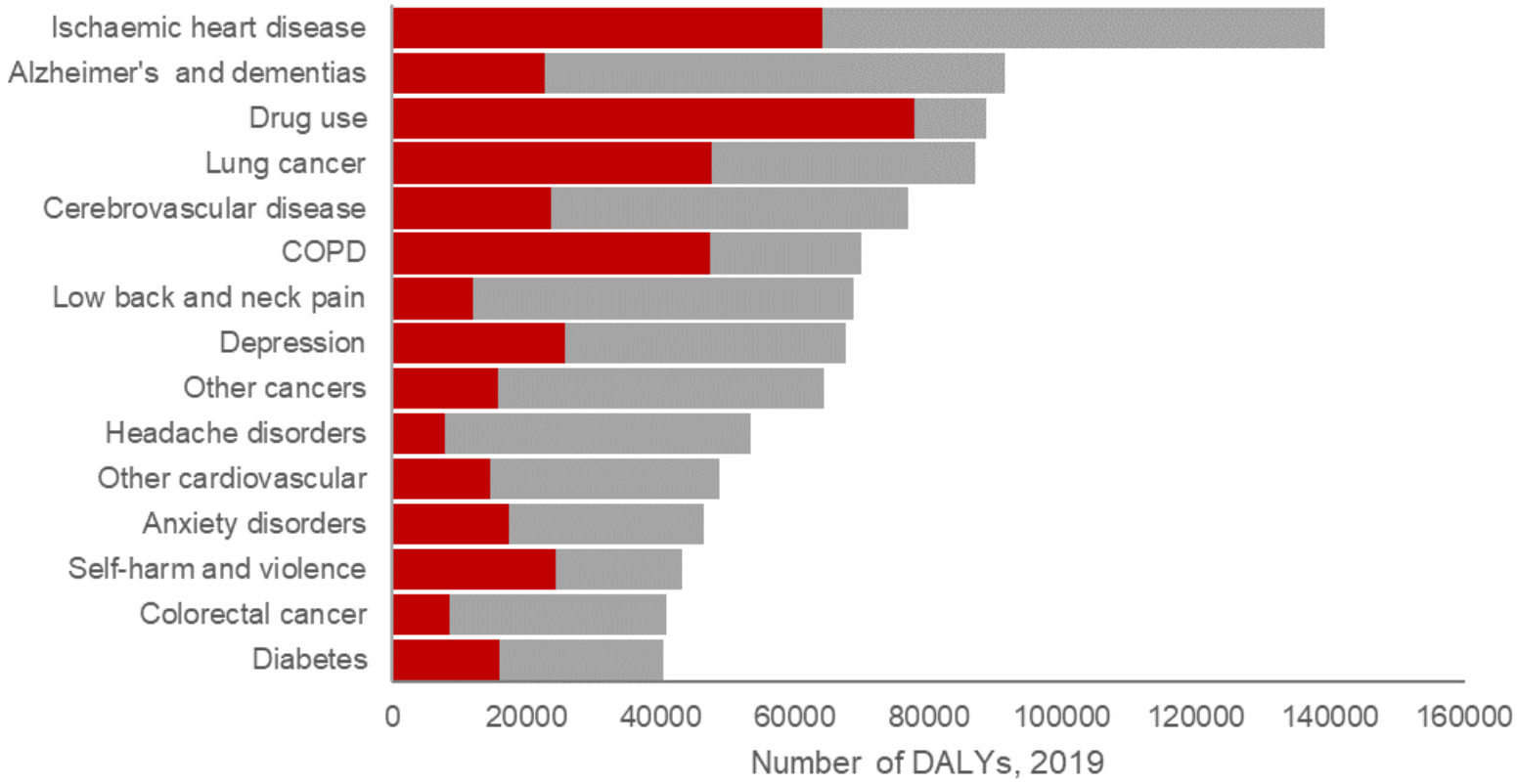


The pillars of health shape our health and health inequalities

Four Pillars of Health



Overall disease burden and disease burden attributable to inequalities

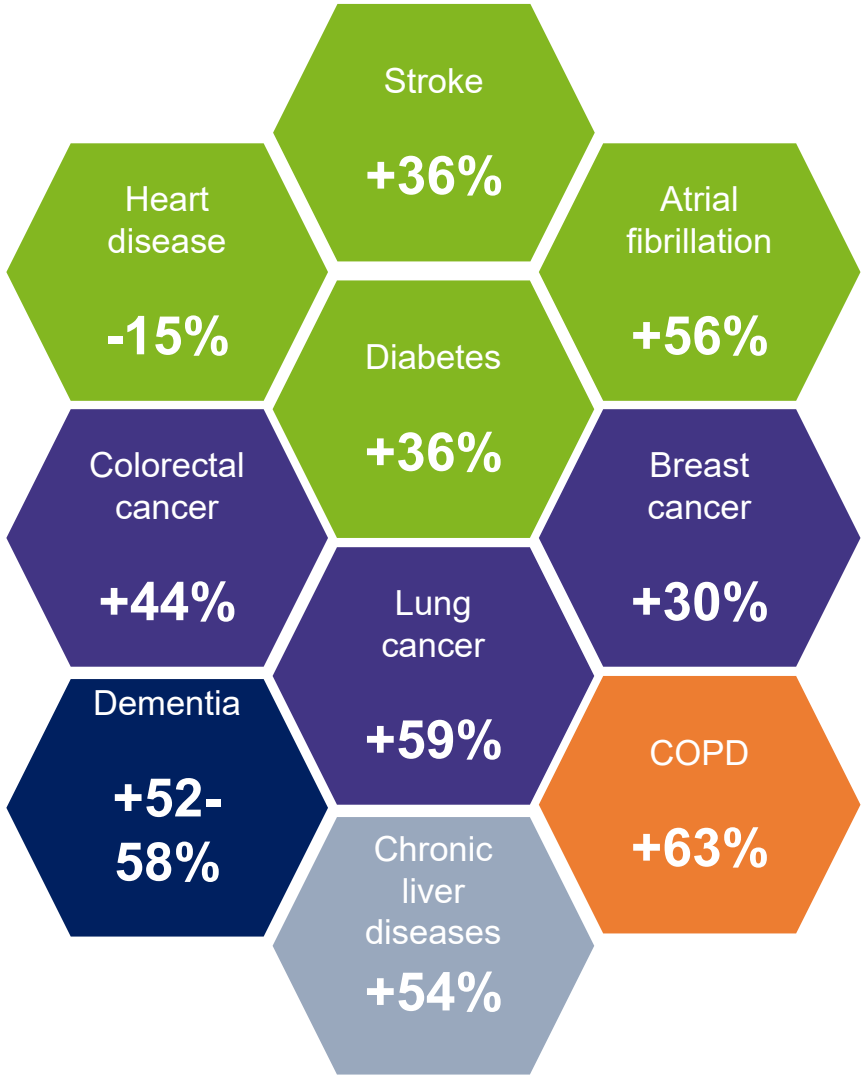


Population-level ageing is estimated to increase disease burdens towards the early 2040s

Two-thirds of increases are attributed to

- Cancers
- Cardiovascular disease
- Neurological conditions

Towards mid-2040 – projected change in people living with conditions



- **Why disease prevalence is set to rise**
  - Population ageing
  - Rising underlying risk for some diseases
  - Longer survival after diagnosis
- **What the status quo means**
  - More people living with morbidity and poorer quality of life
  - Greater pressure on health and public services


THE
REPAIR
SHOP



"A shift in culture, from treating illness to **prevention** and a more whole system approach to improving health."

Scotland's Population Health Framework 2025-2035

Healthcare

20%

Up to 20% of all healthcare is of no value to the people receiving it.

OECD

The Creeping Industrialisation of care…..



….or Careful and Kind Care

PLANETARY HEALTH

Protecting human health by protecting the planet.

Climate change, pollution and biodiversity loss are among the greatest threats to health and wellbeing.

Environmental Change
Understanding and responding to climate change, pollution and biodiversity loss.

Accelerated Action
Scaling practical solutions and sustainable healthcare approaches.

Practitioner Empowerment
Equipping healthcare professionals with the knowledge, skills and confidence to lead change.




Linked Problems,
Linked Solutions
NHS
SCOTLAND
REALISTIC
MEDICINE
STRONGER TOGETHER.
HEALTHY PEOPLE. HEALTHY PLANET.

REALISTIC MEDICINE

WE CAN:













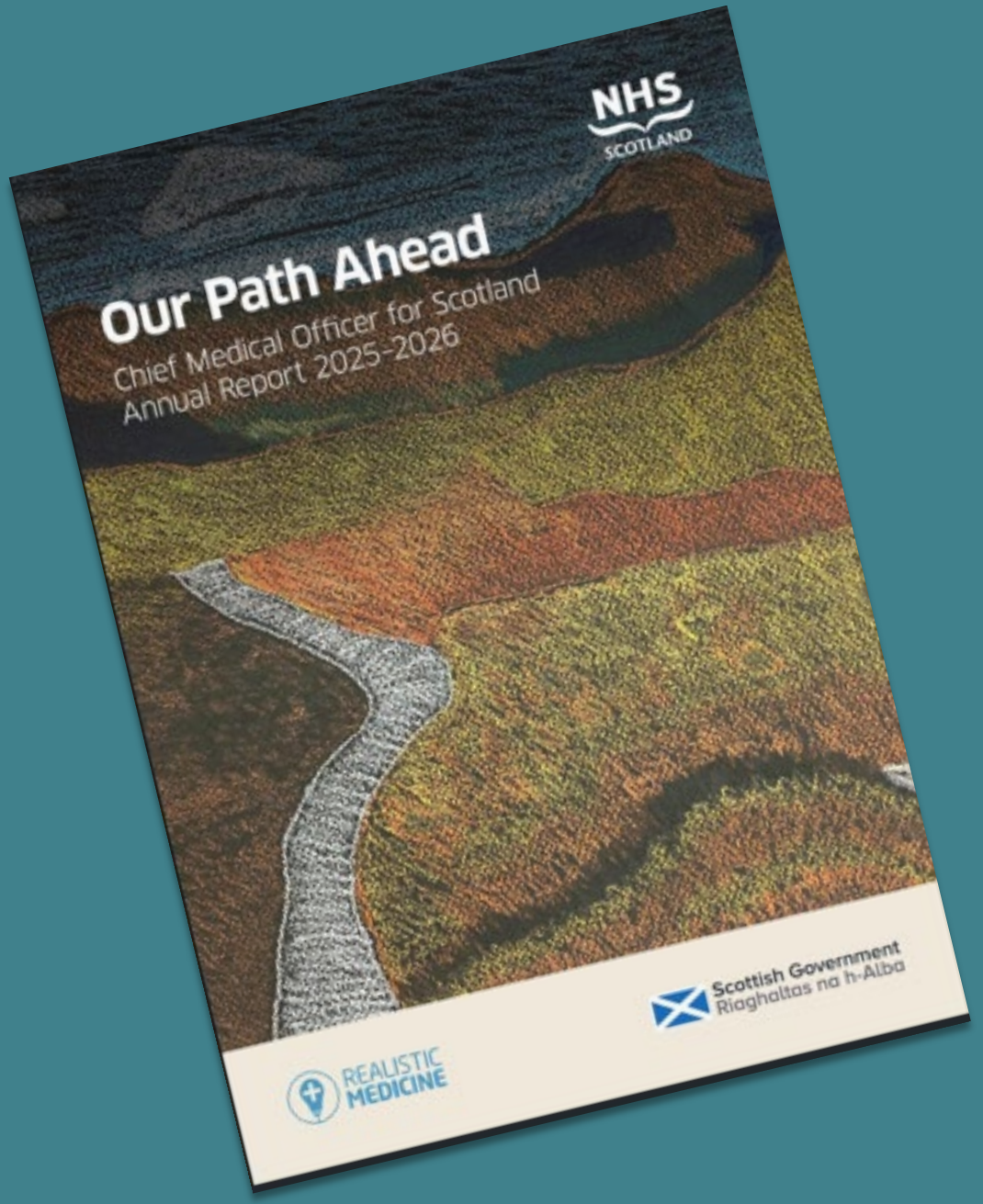


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Jason and Natalie, copyright DHI


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Thank you

Sir Gregor Smith