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What is a public health and primary prevention approach?

By Cristy Trewartha, PhD Candidate, University of Auckland

## Slide 2

### What is public health approach?

* Evidence-based
* Population-based/universal
* Interdisciplinary
* Intersectoral
* Based on the ecological model
* Emphasises prevention

Krug, et al., 2002

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### Coordinated community action to prevent family violence

Image: large circle with ‘you’ in centre and different networks surrounding ‘you’.

These networks include:

* Friends, family and neighbours
* Community, voluntary and sports groups
* Local government
* Whanau, marae, hapu, iwi
* Government
* Businesses and workplaces
* Media
* Faith Communities
* Education system
* Justice system
* Health system
* Social service providers (government and NGO)

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### Four steps of public health strategies

1. Defining the issues, its causes, consequences and prevalence
2. Identifying the risk and protective factors
3. Developing and evaluating effective prevention interventions
4. Implementing effective interventions widely across a range of settings and monitoring the impact

World Health Organisation, 2004

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### Step 1: Defining the issue, its causes, consequences and prevalence

Image showing a huge oval shape with four layers

* Individual- Victim of child maltreatment; psychological/personality disorder; alcohol/substance abuse; history of violent behaviour
* Relationship- Poor parenting practices; marital discord; violent parental conflict; low socioeconomic household status; friends that engage in violence
* Community- Poverty; high crime levels; high residential mobility; high unemployment; local illicit drug trade; weak institutional policies; inadequate victim care services; situational factors

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### Step 2: Identifying the risk and protective factors

Protective factors

* Non-violent social norms
* Connections and social supports
* Safe relationships
* Strong cultural and gender identities

Risk factors

* Exposure to harm/violence
* Lack of social support and resources
* Harmful social norms
* Inequalities

Notes:

* The factors that contribute to or reduce the likelihood of the problem occurring
* We are pretty good at this too
* Waitemata project will talk about this in depth

## Slide 7

### Step three: Developing and evaluating effective prevention interventions

Picture of people helping each other build steps, block by block

Notes:

This is where theory and practice meet. We are working on this and it is developing but many challenges.

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### Step 4: Implementing effective interventions widely across a range of settings an monitoring the impact

Image of a maze

## Slide 9

### So, what is not public health?

* Social work and counselling support with individuals, couples and whanau
* Working only with people who have experienced or perpetrated violence
* One-off activities and events
* Education programmes, including stopping violence programmes

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### Why public health?

* Size of the problem = epidemic (Roper, 1987)
* Address the underlying factors that contribute to violence to reduce the overall rates of violence
	+ Prevention
	+ It Works!

World Health Organisation

Notes:

1987 Roper Report government inquiry into violence described family violence as an epidemic, and stated violence in the home accounted for an estimated 80 percent of violent crime (Roper, 1987). Problem too large to make change with response alone. Clear evidence to demonstrate that well-planned public health strategies can greatly reduce interpersonal violence and prevent violence (WHO, CDC).

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### What is primary prevention?

Development, implementation and evaluation of universal interventions (targeting whole communities regardless of levels of risk) that aim to stop violence by addressing the underlying causes and risk factors for perpetration and victimisation.

World Health Organisation, 2007

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### Primary prevention

* Preventing harm from occurring- increasing the factors that provide protection from violence and decreasing the risk factors in order to prevent violence from happening. This affects the whole population

### Early Intervention

* Taking action on early signs of violence- early (or secondary) intervention is targeted at individuals and groups who show early signs of perpetrating violent behaviour or of being victims of violence. This affects people at risk

### Crisis Intervention

* Prevent further harm- deals with the violence, limts its consequences and ensures it does not occur again or escalate. This affects people in crisis

Waitemata Project Report, 2016

Notes:

Majority of efforts to prevent violence have been focused on secondary and tertiary prevention and that this has created an imbalance in current activity and a need for greater focus on primary prevention (WHO, CDC)

## Slide 13

Image: Oval with four layers. Starting from inner layer called Individual, then Relationship, then Community and then the outside layer called Societal

World Health Organisation, 2010, p. 18

Notes:

The thinking is that preventing violence requires intervention across the level s of the ecological model, with input from multiple sectors and a range of disciplines (Shepard, 2008; Watson-Thompson, et al., 2008; World Health Organisation, 2004)

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### Challenges of public health and primary prevention

Theory = black and white vs Practice = grey

* Implementation challenges- complexity
* Investment: a question of scale
	+ Government spends $1.4 b p/a addressing family and sexual violence
	+ Only $25m or 1.6% on primary prevention

Ministerial Group on Family and Sexual Violence, July 2015

Notes:

Theory is an important foundation but practice is more complex and blurs lines between clearly defined theoretical concepts

Cost of C and IPV between $4b-$7b p/a (Kahui and Snively, 2014) SV $1.8b p/a (Treasury working paper)

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### What does it take?

* Public health theory
* Understanding process of change
* Community readiness
* FV and SV knowledge
* Community and cultural knowledge
* Primary prevention expertise
* Theory of change
* Meaningful research and evaluation
* Understanding complexity
* Long time frames
* Modelling of healthy relationships
* Adequate and sustained investment
* ETC!

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Kua tawhiti kē to haerenga mai, kia kore e haere tonu.

He nui rawa o mahi, kia kore e mahi tonu.

You have come too far not to go further.

You have done too much not to do more.

Ta Himi Henare (Sir James Henare)

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References