Chile: successes but significant public health challenges...
Significant improvements in Chileans’ health

Life expectancy at birth, 1970 and 2016 (or nearest year)

Low health expenditure per capita compared to OECD average

Health expenditure per capita, 2018 (or nearest year)

Disease burden in line with ageing societies and growing NCDs

Main causes of mortality, 2015 or nearest year

<table>
<thead>
<tr>
<th><strong>Significant public health challenges</strong></th>
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<tbody>
<tr>
<td><strong>Smoking rates</strong> are falling but still high: 33% of Chileans smoke compared to 26% OECD average</td>
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<td><strong>Alcohol consumption is low but rising</strong>, running contrary to the general OECD trend</td>
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<td><strong>Cancer incidence is 35% lower</strong> than the OECD average but mortality is only 3% lower</td>
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<td><strong>One third of adults are obese</strong>, and <strong>44.5% of children are obese or overweight</strong></td>
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Future directions
4 main areas of action

- Strengthen Chile’s Public Health System
- Tackle obesity, unhealthy diets and physical activity
- Better cancer screening and prevention
- Leverage genetic medicine for better public health
1. Strengthen Chile’s public health system

- Maintain the robust public health system and leadership
- Renew the good coordination between Ministries and levels of government
- Address risk factors more robustly
- Strengthen surveillance, involve civil society, NG actors
Reduce tobacco consumption

• Plain packages for tobacco products
• A ban on menthol cigarettes
• More smoke-free public spaces
Keep an eye on alcohol consumption

- Alcohol consumption is low but rising, unlike most OECD countries.
- In Chile, alcohol consumption rose from 6.2L per capita in 2000 to 7.9 L in 2016.
- OECD average consumption fell from 9.5 L to 8.9 L.
Strengthen epidemiological surveillance

The US’ annual National Health and Nutrition Examination Survey (NHABES) records the health and nutritional status of adults and children.

Each year the Health Survey for England (HSE) asks about 8,000 adults and 2,000 children about their health status.

Mexico’s health survey (ENSANUT) takes place every 4 years and includes measures of height and weight.

The annual Korea National health and Nutrition Examination Survey (KNHANES) asks a representative sample questions about behaviour and health.
2. Addressing obesity and overweight must be a priority
Obesity & overweight among highest in the OECD

![Graph showing distribution of nutritional state by sex and year (ENS 2009-10 and 2016-17)]

- **Total país**
  - 2009-10: 34.0% Normal, 24.5% Sobre peso, 1.7% Obesidad, 0.0% Mórbida
  - 2016-17: 34.3% Normal, 39.8% Sobre peso, 1.0% Obesidad, 1.3% Mórbida

- **Hombre**
  - 2009-10: 34.0% Normal, 24.5% Sobre peso, 1.0% Obesidad, 1.3% Mórbida
  - 2016-17: 34.3% Normal, 39.8% Sobre peso, 1.0% Obesidad, 1.3% Mórbida

- **Mujer**
  - 2009-10: 34.0% Normal, 24.5% Sobre peso, 1.7% Obesidad, 1.3% Mórbida
  - 2016-17: 33.6% Normal, 36.4% Sobre peso, 2.4% Obesidad, 2.4% Mórbida
Chile has a comprehensive set of policies to address obesity.
Strengthen the current set of obesity prevention policies

- EXPANDED food labelling system
- MORE healthy meals
- FOCUS on young Chileans – better diet, more exercise
3. More can be done to prevent and detect cancer
Incidence still relatively low but performance is worrying

Cancer incidence is 35% lower than OECD average but outcomes are poorer:

- Mortality only 3% lower than OECD average
- 5-year survival rates are lower than OECD average (breast, colon, cervical cancers)

Lower screening rates for cervical and breast cancers than OECD average
Leverage data and new tech for better cancer screening

Improve uptake of cancer screening:

• **Inform the population** about the benefits of cancer screening and HPV vaccination
• **Use data registries** to target cancer screening invitations
• Leverage **joined-up data** to send **personalised and informative invitations** letters to screening with a fixed screening date
• Improve **access to screening** through **new technologies**, e.g. telemedicine, self-screening kits
New Cancer plan can help to prevent cancer

**Improve uptake of cancer screening:**

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MOH has just launched Cancer Plan 2018-2028 → one main pillar is ‘Promoción, educación y prevención’ and the creation of a National Cancer Registry for 2020
4. Leverage the potential of genetic medicine
4. Chile sees the potential of public health genomics

Serious thought already given to the future of personalized medicine in Chile

Chile has a goal of becoming a regional leader in personalized medicine

Chile has a (small) specialist genetics workforce who also give clinical genetics consultations to other medical specialists
Next steps for genetic medicine in Chile

- Establish quality assurance
- Protect personal data
- Leverage an integrated data system

A coherent and comprehensive national precision medicine strategy
A data-driven public health strategy: a stronger data infrastructure will help monitoring and delivery of policy, e.g. impact of obesity policy, cancer screening invites.

Build a robust data governance framework: health data privacy and public access to data and information must also be priorities.

Build public health priorities into the “digital hospital”: include screening and prevention programmes, anticipate growing role of personalised medicine.