

Chronic disease is the leading cause of death and disability in Alberta and has a major impact on the physical, mental and economic health of all residents. The good news is that over 40% of these diseases can be prevented by taking action to reduce risk factors including tobacco and alcohol use, poor nutrition and physical inactivity.

Promoting positive mental health also helps prevent chronic disease. Taking action to prevent

Wellness Alberta brings together thousands of individuals including business, health and recreational leaders and non-governmental organizations who support a meaningful investment in the prevention of disease and injuries. Through a sustainable investment in an Alberta Wellness Foundation, Albertans will benefit from improved health outcomes and reduced demands on health care, which will greatly enrich the quality of life for current and future generations.

adverse childhood experiences reduces risk for mental illness and chronic diseases later in life.

Adults living with mental illness have a higher risk of developing chronic health conditions, and people suffering from chronic disease are twice as likely to experience depression and anxiety compared to others. Similarly, supporting action to reduce or eliminate risks for injury and chronic disability will reduce risk for chronic diseases and improve quality of life.

Unfortunately, the Alberta Government is spending more than ever before on acute health care, with the majority spent on treating and managing these diseases and conditions.

Statement of Support

We, the undersigned, support the efforts of Wellness Alberta and believe the Alberta Government should establish a Wellness Foundation in Alberta, which is:

- ✓ Well-Financed (initial investment of \$50 million annually, increasing over 3 to 5 years to an amount equivalent to at least 1 percent of the health care budget or \$170 million annually).
- ✓ Sustained and protected by legislation; and,
- ✓ Functions independently of the acute health care system to maintain financial autonomy, accountability and transparency.

Organization

Name/Title of authorized representative

Email and Phone

We want to receive campaign updates

*Signature

Date

** Signing this document reflects your endorsement and will be shared on www.wellnessalberta.ca and with public and government stakeholders.*

Please sign and return this statement by fax or email to:

Fax: 780.492.0364

Email: info@wellnessalberta.ca



It's about

Health

It's about

Time



Take action to prevent chronic disease...
Support a **Wellness Foundation** for Alberta.



Prevention and health promotion are chronically underfunded in Alberta; currently equivalent to approximately 3 percent of the total budget spent on health.

Alberta needs to make new, long-term investments in disease prevention and wellness promotion to improve health outcomes, protect our economic productivity and ensure a high quality of life for all Albertans, now and in the future.

A Wellness Foundation is an innovative and effective model that will ensure new investments:

- are protected from the demands of acute care funding needs; and,
- are committed in the long-term to evidence-based prevention and health promotion strategies.

Each

\$1

invested in
prevention &
health promotion
can be expected to
result in
at least

\$4

Savings
in future acute
care costs

A Wellness Foundation must be **well-financed, sustainable** and **independent of the health care system** in order to maximize the impact on Albertan's physical, mental and economic health.

A Wellness Foundation:

- Must focus on evidence-based, primary prevention initiatives to address six major modifiable risk factors (physical inactivity, unhealthy eating, tobacco use, alcohol misuse, adverse childhood experiences and injury).
- Should be created by an Act of the Legislative Assembly and report directly to the Assembly each year.
- Should be governed by an independent board comprised of key stakeholders that are selected by an all-party committee of the Legislative Assembly.
- Should function independently of the acute health care system to maintain financial autonomy, accountability and transparency.
- Initial investment of \$50 million annually, increasing over 3 to 5 years to an amount equivalent of at least 1 percent of the total health care budget, or \$170 million annually.
- Could derive funding from the Government's general revenue or from a special "wellness levy" funded by modest mark-ups on alcohol and tobacco products.



For more information about how a Wellness Foundation can promote and protect the wellness of children, adults, families and communities in Alberta, please see our website: www.wellnessalberta.ca.