

Friday, 6 November 2020

To all Live Stronger for Longer (LSFL) programme stakeholders:

ACC renews investment to reduce the incidence and severity of falls and fractures sustained by people over the age of 50

Following consultation with Live Stronger for Longer (LSFL) stakeholders, ACC is pleased to confirm it will continue to invest in the LSFL programme it commenced in partnership with the Ministry of Health and the Health Quality and Safety Commission in 2016.

The LSFL programme aims to improve the wellbeing and quality of life for Kiwis by reducing the incidence and severity of falls and fractures suffered by older adults. Preventing fractures sustained by people over the age of 65 can quite literally mean the difference between life and death. As many as one in three women and one of five men will suffer from an osteoporotic (fragility) fracture in their lifetime; approximately 3,700 annually will go on to suffer a hip fracture, from which 50% will never return to full mobility.

For ACC, a fracture is an injury. For the health system, a fracture is often a marker of frailty and an indicator of several health care issues. For the older person, a fall or fracture often means a loss of independence.

Population forecasts alone indicate that, in the absence of effective fall and fracture prevention interventions, New Zealand can expect the incidence of serious falls and fractures sustained by adults over the age of 65 to double within the next 15 years. The underlying problem is complex, and we need to get upstream of this harm occurring if we are to prevent it.

No single funding agency can address this demand growth. An integrated, all of population, system level intervention model that consistently and sustainably delivers reliable falls and fracture prevention outcomes to New Zealanders is required.

To achieve this, ACC is recommitting to support New Zealand's health sector to establish and embed best practice fracture liaison services within each DHB region. We want to enable everyone over 50 years of age to sustain or improve their strength and balance, by participating in approved community-based and/or digital strength and balance programmes.

Subject to satisfactory programme performance between now and 30 June 2022, ACC expects to sustain investment in the LSFL programme until at least 30 June 2024. By then, it is ACC's hope that the health sector can independently sustain best practice fracture liaison services as a key element of the New Zealand Health System, in parallel to ACC sustaining community based and digital strength and balance programmes.

Between now and 30 June 2022, ACC will invest more than \$14M to:

- 1. Sustain delivery of approved Community-based Strength and Balance (CS&B) classes.**

ACC will continue to work with our Lead Agencies to sustain the supply and quality of community-based strength and balance classes until 30 June 2022.

During this period ACC will identify and implement an effective and efficient solution to more accurately measure the benefits of participation in these classes. The successful identification and implementation of a participation measurement solution and the subsequent evidence of injury prevention benefits will be key factors in determining sustainability of community-based strength and balance funding beyond 30 June 2022.

2. Support DHBs to sustain delivery of their respective In-Home Strength and Balance (IHS&B) programmes.

ACC recognised during consultation that not all DHBs/ PHOs have made financial provisions in their 2020-21 budgets to sustain their respective IHS&B programmes from 31 December 2021. As a result, ACC will extend DHB/PHO funding agreements from 31 December 2020 to 30 June 2021 to enable and support DHBs to undertake any work necessary to secure internal funding to sustain their respective IHS&B services from 1 July 2021.

ACC will continue to support DHBs and PHOs from 1 July 2021 to qualify and quantify the value of their respective IHS&B programmes by sharing data and/or assisting with analysing comparative claims results for those people participating in IHS&B programmes and those that are not.

3. Establish and embed a best-practice Fracture Liaison Service (FLS) within each DHB region.

As mentioned above, ACC will extend DHB funding agreements from 31 December 2020 to 30 June 2021. This extension of funding will enable each DHB to sustain delivery of their FLS until 30 June 2021.

From 1 July 2021, ACC funding will focus on supporting DHBs/PHOs to deliver and embed an International Osteoporosis Foundation (IOF) accredited, best practice FLS that the health sector can sustain without the need for ongoing ACC funding by 30 June 2024.

The funding model ACC will employ to enable each DHB/PHO to deliver a best practice FLS is still being developed. Consultation with DHB's that have established a best practice FLS is underway.

ACC will work with DHBs/PHOs individually between 1 January and 30 June 2021 to understand the current state of their respective FLS and what needs to be achieved between 1 July 2021 and 30 June 2022, to achieve best-practice accreditation before 30 June 2024.

4. Explore, qualify and leverage Digital Strength and Balance (DS&B) opportunities.

ACC will continue to quantify and qualify the clinical and non-clinical benefits of digital strength and balance solutions. This is likely to include issuing a Request for Information (RFI) to identify organisations and/or solutions that may add value to the LSFL programme and subject to evaluation findings, encouraging increased participation in the Nymbi solution currently being piloted.

5. Sustain the Australia/New Zealand Hip Fracture Registry (HFR).

ACC will continue to support the ANZ Hip Fracture Registry in line with ACC's Clinical Services registry funding process.

6. Sustain the use of the LSFL website and Health Sector Information Dashboards.

ACC will continue working with the Ministry of Health and the Health Quality & Safety Commission to maintain the LSFL website and health sector dashboards. We will also work with DHBs and other LSFL stakeholders to explore any required improvements.

7. Increase awareness of bone health.

ACC will work closely with Osteoporosis New Zealand and other key stakeholders to increase awareness of bone health and the importance of sustaining strength and balance over the age of 50.

8. Explore development of an ANZ Fragility Fracture Liaison Service Registry (ANZ-FLSR).

ACC will progress discussions with Osteoporosis NZ and the Fragility Fracture Network NZ regarding opportunities to establish an Australian-NZ Fragility Fracture Liaison Service Registry to support the delivery of best practice fracture liaison services in New Zealand.

As the LSFL programme progresses and stakeholder engagement increases we expect to continue learning and will adjust the LSFL programme as required to ensure we achieve the revised primary LSFL programme objective; and to improve the wellbeing and quality of life for Kiwis by reducing the incidence and severity of falls and fractures suffered by people over the age of 50.

Our immediate focus is to work through the above-mentioned extensions of the LSFL funding agreements currently set to end on 31 December 2020. Members of ACC's Injury Prevention team will contact those who are responsible for these agreements soon to begin this process.

As soon as we have finalised extending the current funding agreements, our attention will turn to developing and agreeing new FLS funding agreements to take effect from 1 July 2021. To avoid any further uncertainty for individuals directly affected by FLS funding agreements, we believe it is in everyone's interest to have any new FLS funding agreements finalised by 31 March 2021.

If you have any material queries or concerns, please don't hesitate to contact your Regional Injury Prevention Partner or Thomas Jackson, Injury Prevention Partner - LSFL.

We greatly value the relationships we have formed through this programme and are excited with the opportunity to continue the amazing work that has occurred already. Thank you all for your tremendous efforts; we look forward to working with you all further.

Ngā mihi,



Paul Kennedy
Manager, Targeted Investment
Injury Prevention