



## PREVENTING CHRONIC DISEASE WITH THE SCIENCE OF SUSTAINABILITY

### WHAT IS SUSTAINABILITY RESEARCH?

Sustainability research examines how to plan for, and support, the continued delivery of health programs that we know work.

At the **National Centre of Implementation Science (NCOIS)** we are researching how best to support sustained program implementation in real world settings.

We are...

- Developing new methods for measuring sustainability
- Undertaking national surveys to identify sustained programs in schools & early childhood education & care settings
- Identifying factors that influence sustained program implementation
- Testing the effectiveness of strategies to support sustained program delivery.

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### WE CAN IMPROVE HEALTH...

Chronic diseases such as heart disease, cancer and diabetes are the **leading cause of early death and disability worldwide.**



### BY SUSTAINING PROVEN CHRONIC DISEASE PREVENTION PROGRAMS...

**We avoid wasting** the millions of dollars that are spent on the development of these programs - many of which are abandoned within two years.



**We can build** community trust, protect investment of time & resources, and make a difference to public health.



### MORE INVESTMENT IN SUSTAINABILITY RESEARCH IS NEEDED...

**As less than 0.1%** of public health research examines sustainability.