EXERCISE & SPORTS SCIENCE AUSTRALIA

VALUE OF ACCREDITED EXERCISE PHYSIOLOGISTS TO CONSUMERS IN AUSTRALIA

ESSA
EXERCISE & SPORTS SCIENCE AUSTRALIA

OUR VISION

To achieve member excellence in exercise and sports science that will enrich the health and performance of every Australian.

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OUR MISSION

Empowering our members by providing strategic leadership in exercise and sports science through advocacy, support of professional networks and the promotion of excellence in education, research and professional practice.

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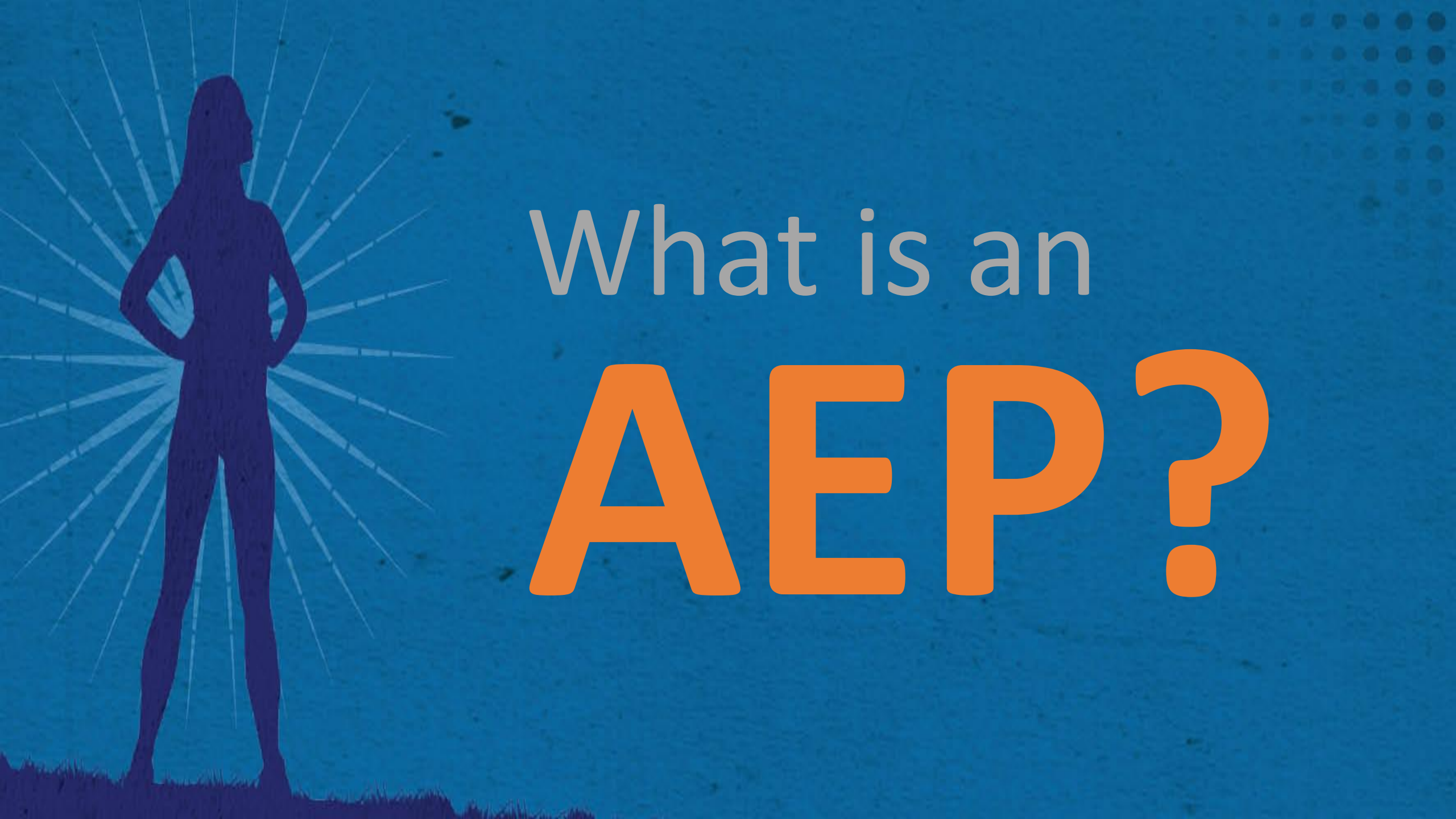
What is an
AEP?

AEPs specialise in clinical exercise interventions for a broad range of pathological populations.

The aims of **AEP** interventions are to prevent acute or manage sub-acute or chronic disease or injury, and assist in restoring one's optimal physical function, health or wellness.

Things to consider

- **50% community translation effect has been applied** - to be conservative benefits(results) identified in this report have been halved compared to those observed in research.
- **Wellbeing** - refers to burden of disease losses and are measured in terms of disability adjusted life years (DALYs), which are then converted to AUD using the value of a statistical life year (VSLY).
- **Improved consumer productivity -** reduced financial losses incurred due to absenteeism, presenteeism and reduced employment.
- **Reduced consumer health system expenditure** - includes hospitals, out-of-pocket medical services, other health professionals, pharmaceuticals, research and other expenditure.
- **Co-morbidities -** results are specific it specific conditions and does not accommodate for more than one chronic condition, which would increase the value of AEP interventions.

Why this report was commissioned

In Australia, the Australian Government is continuing to introduce **consumer directed care** into government-funded packaged care programs. This model typically provides individuals with an allocated budget where the consumer is able to choose which health professional they engage. These changes have already begun to be rolled out in aged care sector through My Aged Care and the disability sector through the National Disability Insurance Scheme.

This report helps provide evidence for everyday Australians to help with making decisions about their healthcare.

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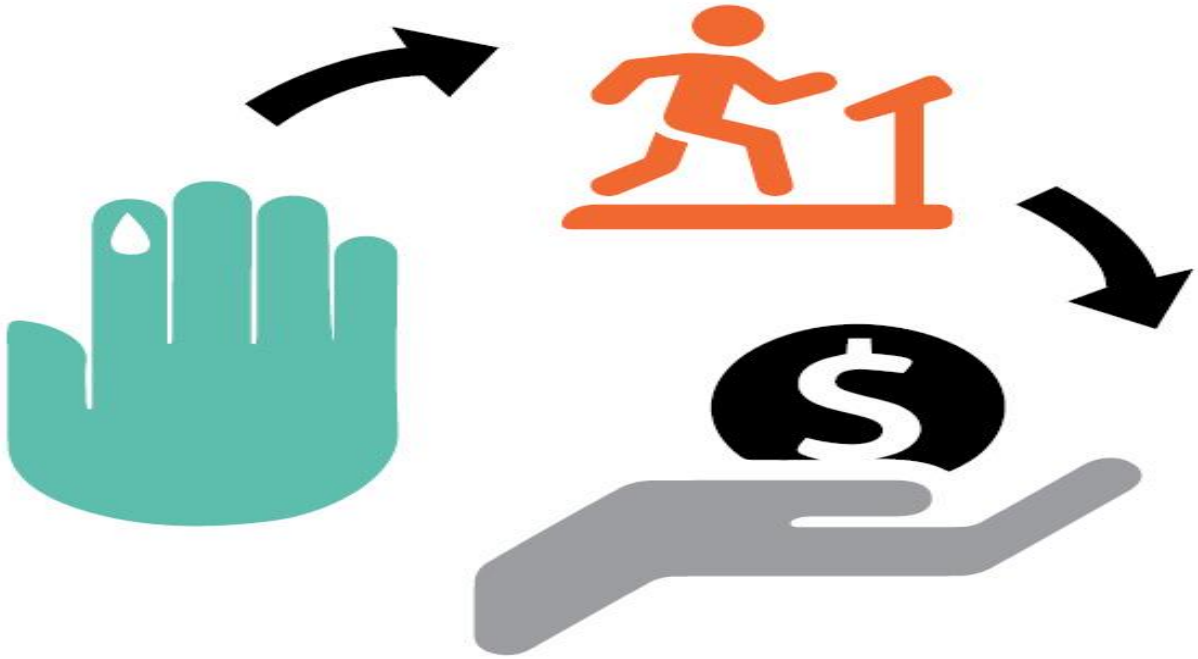
TYPE 2 DIABETES (T2DM)

- Net benefit **$2,820** (overall benefit – cost of treatment)
- **Benefit to cost ratio 1:8.5** (for every AUD spent **$8.50** back)
- **68%** of direct out-of-pocket expenses **can be saved by accredited exercise physiologist interventions**



OVERALL BENEFITS ESTIMATED TO BE $3,197

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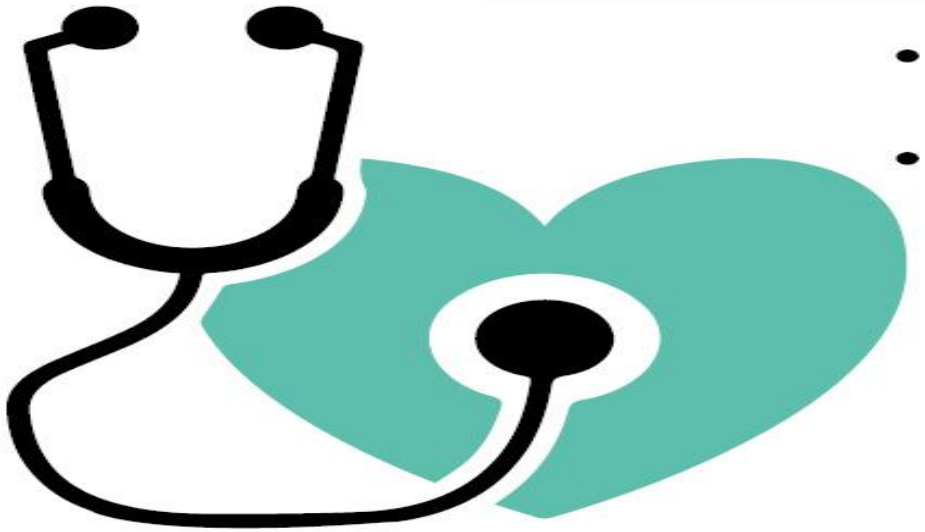
CARDIOVASCULAR DISEASE (CVD)



- Net **benefit $7,606** (overall benefit – cost of treatment)
- Benefit to **cost ratio 1:12.10** (for every AUD spent $12.10 back)

OVERALL BENEFITS ESTIMATED TO BE $8,293

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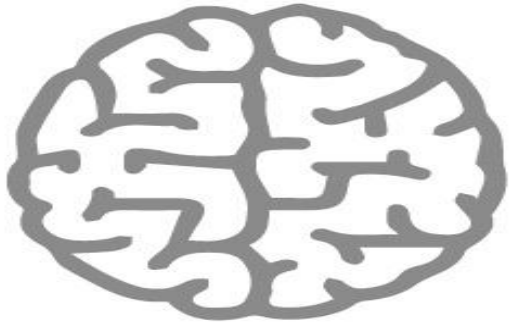
DEPRESSION



- **Net benefit $5,467** (overall benefit – cost of treatment)
- **Benefit to cost ratio 1:10.8** (for every AUD spent $10.80 back)
- **20% of direct out-of-pocket expenses can be saved by accredited exercise physiologist interventions**

OVERALL BENEFITS ESTIMATED TO BE $6,025

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CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

- **Net benefit $6,629** (overall benefit – cost of treatment)
- **Benefit to cost ratio 1:26.5** (for every AUD spent $26.50 back)

OVERALL BENEFITS ESTIMATED TO BE $6,889

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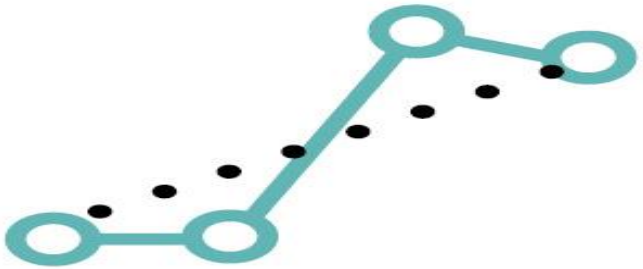

AVERAGE SAVINGS FOR CONSUMERS

- **Net benefit $5,938** (overall benefit – cost of treatment)
- **Benefit to cost ratio 1:10.5** (for every AUD spent $10.50 back)
- **25% of direct out-of-pocket expenses can be saved by accredited exercise physiologist interventions**

OVERALL BENEFITS ESTIMATED TO BE $6,562

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AEPs are well positioned to champion the cause of chronic disease prevention, management and treatment by promoting physical activity. (British Journal of Sports Medicine, 2011)