

CONFERENCE 'CREATING A HEALTHY SOCIETY IN THE FAR EAST AND THE ARCTIC'

September 5, 2022, Vladivostok

Programme accurate as at August 29, 2022

September 5, 2022

11:15–12:45

Building A, level 3
conference hall 2

Conference 'Creating a Healthy Society in the Far East and the Arctic'

Panel session

Improving Family Health – A Strategic Factor in Demographic Growth: Best Practices of the Macro-region

Russia's national goal 'Preservation of the Population and People's Health, and Well-being' aims to ensure sustainable population growth in 2030. The strategies for this task prioritize altering the existing demographic trends by increasing the birth rate, decreasing the mortality rate among working age people, changing the healthcare system from a curative to a preventive model, preventing risk factors, and detecting diseases early. Men account for 70% of deaths among working age individuals aged 40 to 60 in Russia. This indicator directly depends on lifestyle, and the destructive model of people's behaviour needs to be changed as early as possible, no later than after 15–25 years. It is crucial to improve young people's health, pivot towards an approach that aims to preserve health and prevent diseases, promote a healthy lifestyle, and alter people's reproductive behaviour in order to instil a positive attitude in society about the institution of marriage and the desire to have children. These are the pillars for growth in the strategy to increase the birth rate. How can preventive and public healthcare affect the demographic situation in the country? What measures will help reduce the risk of infertility and the birth of an unhealthy generation? How does the modern system of medical care correlate with the challenges of preserving children's health and family health, including in the Far Eastern District? What are the goals of the Reproductive Health national project set by the pilot regions in the Far Eastern Federal District? What needs to be done to motivate society and, in particular, the younger generation and men of working age, to lead a healthy lifestyle? What are the best practices and projects in the macro-region that are consistent with the goal of preserving the health of families and children?

15:00–16:30

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Women's agenda for a Healthy Society: New Opportunities in Remote Areas

Women are actively involved in the social agenda: at work, in social entrepreneurship, and social and political life, as they implement and develop their own public projects. However, women often face restrictions, both due to existing gender stereotypes and also in terms of opportunities and support for their activities from the government and public institutions. Women living in remote areas are particularly in need of support, as a lack of geographical unity, the necessary infrastructure, and development institutions, as well as an information and educational vacuum and the inability to improve their managerial skills prevent them from fully developing their initiatives and promoting the agenda of a healthy lifestyle. New formats of assistance and an effective system of political measures are required that would enable women (and especially mothers) to strengthen the social and health protection agenda, unite people, and actively participate in the social policy of a macro-region and the country as a whole. What are the main priorities of Russia's social policy? What role do women play in achieving key social policy priorities? What new development opportunities and support measures do socially active women need? What technologies could contribute to the unification of proactive women living in remote areas? How can we promote the new trend of women combining different social roles in society? What corporate and regional programmes to support working socially active women have proven their effectiveness and could be further scaled up?

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Quality, Accessibility, and Safety of Medical Care: The Cornerstone of People's Well-being

Introducing a national system of requirements for the quality and safety of medical activities is a priority today as a response to the growing complexity of providing healthcare services. Adverse events caused by unsafe healthcare are among the top 10 causes of death and disability worldwide. The effective quality control of medical care helps to prevent up to 50% of unwanted events (and up to 80% in outpatient care). The most significant harm occurs due to errors during diagnosis, as well as in the prescription and use of drugs. Today, the most important parameter in healthcare is satisfaction with medical care, which, as the Russian president noted at a meeting of the Council for National Projects, reflects the work of the healthcare system and medical organizations in the country. How is the new methodology being formed to assess the public's satisfaction with medical care? How can we assess the current state of healthcare quality and safety? What new tools are currently being implemented to improve the organization of medical care and monitor the quality and safety of medical activities both in the Far Eastern Federal District and the country as a whole? What methodological approaches need to be created to assess risks in medical activities and what is the best model for managing adverse events in the provision of medical care? What is the best way to ensure drug safety for patients and improve patient compliance?

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Demographic Challenges of the Far East and the Arctic

The Far Eastern Federal District is a unique region that is advantageously located in the natural transport corridor between Asia and Europe and in close proximity to the rapidly growing market of the Asia-Pacific region. It has great potential for the development of innovative infrastructure considering that it is home to the world's largest reserves of natural resources. To this end, strengthening the human resource potential of the Far East is a strategically important task for ensuring its socioeconomic development. Meanwhile, the current demographic situation requires constructive and systematic solutions to increase people's life expectancy and reduce the outflow of the population to other regions of Russia. Key indicators that shape the quality of life in the Far East are still far behind the Russian average. To overcome the gap in people's living standards in the Far Eastern Federal District, the healthcare sector needs to be fundamentally developed. It is particularly important to develop a system for the treatment and prevention of non-communicable diseases, such as cardiovascular, oncological, and chronic respiratory diseases, as well as diabetes, which significantly contribute to mortality in Russia and around the world. What are the main goals that the healthcare system needs to achieve to increase life expectancy and the birth rate, taking into account the unique features of the region? What steps need to be taken to systematically develop primary health care in the Far East? What role do digital technologies play in increasing access to healthcare? What measures are planned to overcome the lack of medical infrastructure in remote and rural areas?

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Investing in Traditional Values: Russia's National Idea of A Prosperous Large Family

Strengthening the role of the family, improving the quality of life of families with children, and promoting family values are among the primary tasks not only of the government's demographic policy, but also the shaping of a national identity. To this end, it is crucial to develop a policy to support families with children. However, practice shows that financial social support measures have a limited effect if policy measures are not based on the basic values of the family institution. Having lots of children is a traditional value shared by the Russian people that helps to preserve the nation's identity during this period of global transformations. Breakthrough solutions are needed in the state demographic policy to revive the image of a strong, prosperous, and large family as a national idea of Russia. Favourable content should be created to form the right spiritual and family principles for the younger generation, parents need to be taught how to build effective interpersonal relationships, and tools must be developed to convey traditional family values to society. How should Russia's demographic policy be developed in the interests of the institution of the family and traditional values? What approaches is the Far East taking to improve the quality of life of families with children and what strategies is it employing to support the institution of the family and family values? What best practices of the Far Eastern Federal District's regions to support motherhood and large families could become a precedent for exchanging experience and replication? What effective programmes exist in the macro-region to create information and educational content for young people that aims to strengthen family values? What unique advantages of the nation's cultural code could become a core for building a new family policy in Russia?