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# Chronic Care Australia wins global award

By [Business News](#)



Katie Stewart is the managing director and co-founder of Chronic Care Australia. *Photo: Chronic Care Australia*

**P**erth-based Chronic Care Australia has received global recognition for its exercise-as-medicine treatment plan, honoured at the recent Value Based Health Care Awards.

Chronic Care Australia has developed and validated an exercise medicine prescription and delivery program that supports the treatment, management and prevention of mental and physical illnesses.

The group received the Primary Care Award for its integrated exercise as medicine treatment plan for mental and physical chronic conditions.

Held in the Netherlands, the Value Based Health Care Awards celebrates initiatives that adopt a new line of thinking in patient care, including outcomes and real costs and is now in its seventh year.

Chronic Care Australia managing director and co-founder Katie Stewart said the team had worked extremely hard to ensure its exercise medicine intervention delivered high healthcare value outcomes.

“We’re delighted to have these outcomes recognised and celebrated. We use a patient-centred treatment approach that supports effective community based concurrent mental and physical chronic disease triage and treatment service delivery,” Ms Stewart said.

“If you consider the current demand on our state and federal healthcare systems to deliver effective mental health treatment solutions and the growing pressure and cost of chronic disease related presentations to GPs and emergency departments. You start to realise the efficiencies and potential impact this effective service model could have.”

Ms Stewart is an exercise physiologist with more than 20 years’ experience and said thanks to advances in the field of exercise and epidemiology, exercise was being accepted as an effective means of treating symptoms of Australia’s most common chronic conditions.



That included cancer, coronary heart disease, depression, anxiety, PTSD, arthritis, lung disease, chronic musculoskeletal lower back pain, type 2 diabetes and obesity.

About 47 per cent of the Australian population has one or more chronic conditions, with that number up from 42 per cent over the past decade.

And it’s estimated 4.8 million Australians have a mental or behavioural condition.

“Being able to support and treat both conditions in one place makes clinical, social and financial sense,” Ms Stewart said.

Ms Stewart said the award would help the business realise its objective of reducing the financial and social burden of chronic disease, with a focus on establishing virtual and physical clinics.

“We also have some very innovative and exciting projects we are working on with key partners to deliver a completely new application of our 12 week program that will ensure many more people can get access to our effective programs,” Ms Stewart said.

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