Travel Medicine: An Overview

Dr Jenny Visser
Wellington School of Medicine and Health Sciences.
Why Travel Medicine?

• Because
  – People travel
    • Very young, elderly, pregnant, with chronic illness & disability
  – Risk gradients between home and destination
    • Personal safety
    • Infectious diseases
    • Diseases of poor sanitation
    • Access to high quality medical care
  – Travellers get sick
  – Modern travel is rapid and the chance for acclimatisation is limited
  – We can offer some protection from travel related risks
  – It’s fun!
People Travel: International Tourist Arrivals

2012: >1 billion for the first time
People Travel: International Tourist Arrivals 2014

World: Inbound Tourism
International Tourist Arrivals (million)

2014: Worldwide 1,135 Million Tourist Arrivals
4.4% increase on previous year

Source: World Tourism Organization (UNWTO) ©
2013: Actual growth 5%
2014: 4.5% growth
International tourist arrivals to reach 1.8 billion by 2030

International tourism, World

source: World Tourism Organization (UNWTO) ©
Asia and the Pacific: Inbound Tourism
International Tourist Arrivals & Tourism Receipts

Receipts (US$ billion)
Arrivals (million)

Source: World Tourism Organization (UNWTO) ©
INTERNATIONAL TOURISM 2014

International tourist arrivals (ITA): 1,133 million
International tourism receipts (ITR): US$ 1,245 billion

AMERICAS
ITA: 181 million (16%)
ITR: 274 US$ bn (22%)

EUROPE
ITA: 582 million (51%)
ITR: 509 US$ bn (41%)

ASIA PACIFIC
ITA: 263 million (23%)
ITR: 377 US$ bn (30%)

AFRICA
ITA: 56 million (5%)
ITR: 36 US$ bn (3%)

MIDDLE EAST
ITA: 51 million (5%)
ITR: 48 US$ bn (4%)

UNWTO Tourism Highlights, 2015 Edition
“Our shrinking world” CISTM May 2015 Dr Kamran Khan

• Human beings are outbreak vectors
  – SARs, H1N1, MERS-CoV, Chikungunya, Ebola, Zika, Yellow Fever

• Using world wide departure card data his group has been able to calculate the total distance travelled by air in 2014 as
  – 5.56 trillion miles
  – 18000 round trips from earth to sun

• From 2005-2013 worldwide
  – 43% increase in domestic travel
  – 54% increase in international travel
“Our shrinking world”

- Biggest travellers? By place of origin of trip
  - 1 USA  15%
  - 2 UK   6.5%
  - 3 China 4.5%
  - 4 Germany 4.3%
  - 5 France 4.3%
  - 6 Japan  3.9%
  - 7 Spain  3.5%
  - 8 Australia 3.5%
  - 9 Canada 3.0%
  - 10 India 3.0%

- Increasingly countries that are contributing travellers are also those with some of the lowest per capita health spend
  - Poor surveillance
    - Less capability to detect and control imported disease
Growth driven by emerging destinations

International tourist arrivals by country of destination

- advanced economies
- emerging economies

Source: World Tourism Organization

*Note: Estimated data for 2010.
Top Emerging Markets (Tourism Intelligence International)

- China
- India
- South East Asia (Thailand, Malaysia, Indonesia)
- Eastern Europe
- Latin America
- Africa
Regional Travel

- “..80% of travel takes place within travellers own region…”
- Ref: UNWTO 2015
PURPOSE OF TRAVEL Worldwide

Inbound tourism by purpose of visit, 2014*

- Leisure, recreation and holidays: 53%
- VFR, health, religion, other: 27%
- Business and professional: 14%
- Not specified: 6%

Source: World Tourism Organization (UNWTO) ©
UNWTO: 2014 Top Ten Destinations

1. France
2. United States
3. Spain
4. China
5. Italy
6. Turkey
7. Germany
8. United Kingdom
9. Russian Federation
10. Mexico
How many NZers travel/year?
Total NZ Residents short-term departures*

• 2015: 2.39 million
• 2014: 2.26 million
• 2013: 2.18 million
• 2012: 2.16 million
• 2011: 2.08 million
• 2010: 2.03 million
• 2009: 1.92 million
• 2000: 1.28 million

Growth Rate: ≈ 4% per annum
New Zealand Resident Short term Departures to All Countries

Number

Year ended December

0 1 1983 1985 1987 1989 1991 1993 1995 1997 1999 2001 2003 2005 2007
NZ Resident short-term departures: Top 10 “main” destination 2014/%*

- #1 Australia (48.0%)
- #2 USA (7.2%)
- #3 Fiji (5.7%)
- #4 UK (4.4%)
- #5 China (3.3%)
- #6 Cook Islands (3.3%)
- #7 Samoa (2.2%)
- #8 India (1.8%)
- #9 Thailand (1.6%)
- #10 Indonesia (1.5%)

Visitors and Residents are required to observe the restrictions depicted below. Co-operation will prevent the need for prosecution.

**Advisory Signs**

- Caution: Nov-May
- Nov-May
- Stinger resistant enclosure

Chief Executive Officer
Fiji

Main Reason For Visit by Current Year End

Database - International Visitor Arrivals & Departures, Statistics NZ/Ministry of Tourism

[Bar chart showing main reason for visits to Fiji by current year end from YE00-01 to YE07-09, with categories for Holiday, Business, Education/Medical, Visit Friends and Relatives, Conference, and Other/Not Specified.]
China
India
Travellers get sick

- Between 20-70% of international travellers suffer some illness
- About 5% need to seek medical care
- About 1% hospitalised
Travel Medicine

• Draws on expertise from many medical disciplines
  – primary health care
  – infectious diseases
  – general medicine
  – public health.

• Increasingly recognised as a specialty in its own right with specialised societies, conferences and qualifications.
Conclusion: Travel Medicine Drivers & Challenges

• Many
  – NZers travel
  – travel to developing and/or tropical countries
  – are VFRs
  – travel with pre-existing medical conditions
  – Partake in “niche” tourism
    • booming (Adventure, Volunteer, Eco...)
Conclusion: Travel Medicine Drivers & Challenges

• All travellers have unique travel-related health needs
• Every pre-travel consultation is an individualised risk assessment