2016

AUSTRALIA'S ADULT HEALTH TRACKER

A brief report card on preventable chronic diseases, conditions and their risk factors Tracking progress for a healthier Australia by 2025



AUSTRALIA'S ADULT HEALTH TRACKER - 2016

This report card looks at the health of Australians in relation to chronic diseases and their risk factors.

Australia's Adult Health Tracker will be issued regularly and will track progress towards the targets for a healthier Australia by 2025.



Chronic diseases, like
CARDIOVASCULAR
DISEASE
CANCER

and

DIABETES

are the leading cause of illness, disability and death in Australia.





Almost ONE THIRD could be prevented

by removing exposure to risk factors such as smoking, high body mass, alcohol use, physical inactivity and high blood pressure. Despite the need...

1.5[%]

of spending* is dedicated to prevention.

*As a proportion of total health expenditure.

OBESITY

Obesity continues to increase and Australia ranks as one of the worst amongst high-income countries.

27.9[%]



TARGET 2025

SALT

On average Australians consume 62% over the recommended salt intake level.

A 1 a



TARGET 2025

Average daily consumption

CHOLESTEROL

High levels of LDL cholesterol is a risk factor for coronary heart disease.

One in three non-Indigenous and one in four Indigenous Australians have high cholesterol.

22 8%



TARGET 2025 24.6%

BLOOD PRESSURE

The number of people with high blood pressure is increasing. Almost three-quarters of people with high blood pressure do not know they have it.

LATEST DATA



16.1%

- Poor progress against target.
 Limited progress towards target.
 Good progress. Maintain efforts to reach target.
- Insufficient data to report on progress.

Approximately half of all Australians have a chronic disease and around 20% have at least two. Much of this disease burden is preventable through changes to policy, health funding and services. Importantly we all need healthier places to live our lives - schools, workplaces and transport.

The 2025 targets have been developed through the collective effort and guidance of Australia's leading public health experts. This work drew on the agenda set by the World Health Organization to tackle chronic diseases across the globe.

We have joined together to hold governments and others to account. We must stop the rise in chronic diseases to reduce their impact on our nation.

See over the page for signatories who support chronic diseases prevention in Australia.

SMOKING

Smoking rates are reducing but it remains a key cause of preventable death in Australia.

LATEST DATA

12.8%



TARGET 2025

10.6%

PHYSICAL INACTIVITY

Physical inactivity increases risks for ischaemic heart disease, type 2 diabetes and stroke.

LATEST DATA

44.5%



TARGET 2025

40%

BOWEL CANCER

Screening can help with early detection and prevention. More than one in three participate.

LATEST DATA

36%



TARGET 2020

41%

SUICIDE

Suicide is the leading cause of death for 15-44 year olds and is more common among men, Indigenous people and people living outside of cities.

LATEST DATA

12 PER 100,000



TARGET 2020

9.8 PER 100,000

ALCOHOL

Overall, the progress towards the target is promising. Males are twice as likely as females to drink in a long-term risky manner.

LATEST DATA

18.2%



TARGET 2025

18%

DIABETES

1.2 million Australians are living with diabetes and the number is growing.

LATEST DATA

4.7%



TARGET 2025

4.1%

BREAST CANCER

Screening can help with early detection and prevention. Almost 1.5 million women participated in 2013/14.

LATEST DATA

53.7%



TARGET 2020

54%

EARLY DEATHS FROM MAJOR CHRONIC DISEASES

The death rate from cardiovascular diseases, common cancers, chronic respiratory diseases and diabetes for people aged 30-70 has significantly decreased.

LATEST DATA

207 PER 100,000

TARGET 2025

166 PER 100,000

Chronic diseases prevention for Australia: Statement of commitment

We call for, and are active contributors towards, a systemic and sustained approach to the prevention and management of chronic diseases in Australia.

Core principles

Action is required urgently to reduce the incidence and impact of chronic diseases, and must address the underlying risk factors and determinants. There is a critical need for a national prevention agenda.

We support a set of core principles that provide a common platform for interventions to prevent chronic diseases:

- A systemic approach—focussing on common risk factors and determinants.
- Evidence-based action—acting now, using best available evidence, and continuing to build evidence.
- 3. Tackling health inequity and health disparity—working to improve and redress inequities and disparities in access to programs, services and inequities in outcomes.
- **4.** A national agenda with local action—building commitment and innovation with local and community-level actions.
- A life course approach—intervening early and exploiting prevention opportunities at all ages and across generations.
- **6.** Shared responsibility—encouraging complementary actions by all groups.
- **7.** Responsible partnerships—avoiding ceding policy influence to vested interests.

The benefits of reducing the incidence and impact of chronic diseases are nationally significant. They extend beyond the impact on the health of individuals to our children's future, the wellbeing of the communities in which we live, and the economic prosperity of our society.

Australians deserve a healthier future. We can, and we must, do better.

For further details, please see the accompanying report cards and technical document available on the AHPC website.



vu.edu.au/ahpc

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Signatories and supporters for chronic diseases prevention for Australia

Arthritis and Osteoporosis Victoria

Australia and New Zealand Obesity Society

Australian Centre for Health Research

Australian Dental Association

Australian Disease Management Association

Australian Federation of AIDS Organisations

Australian Health Care Reform Alliance

Australian Health Promotion Association

Australian Healthcare and Hospitals Association

Australian Psychological Society

Australian Women's Health Network

Baker IDI Heart and Diabetes Institute

Better Health Plan for the West

Brimbank City Council

Cabrini Institute

Cancer Council Australia

Catholic Health Australia

Charles Perkins Centre, University of Sydney

Chronic Illness Alliance

CLAN

Cohealth

CRANAplus

Deakin University

Diabetes Australia

Foundation for Alcohol Research and Education

George Institute for Global Health

Health West Partnership

Inner North West Primary Care Partnership

Kidney Health Australia

Lowitja Institute

Mental Health Australia

National Alliance for Action on Alcohol

National Heart Foundation

National Rural Health Alliance

National Stroke Foundation

NCD FREE

Network of Alcohol and other Drugs Agencies

Networking Health Victoria

Obesity Australia

Overcoming Multiple Sclerosis

People's Health Movement OZ

Public Health Association of Australia

Royal Flying Doctor Service

School of Medicine, University of Notre Dame

School of Psychology and Public Health, La Trobe

University

Services for Australian Rural and Remote Allied Health

Social Determinants of Health Alliance

South Australian Health and Medical Research Institute

The Telethon Kids Institute

Victoria University

Victorian Health Promotion Foundation

YMCA

If you are concerned about your risks for chronic disease, talk to your General Practitioner. If you'd like to help prevent chronic diseases for all Australians, contact any of the organisations above.