

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

November Second Edition

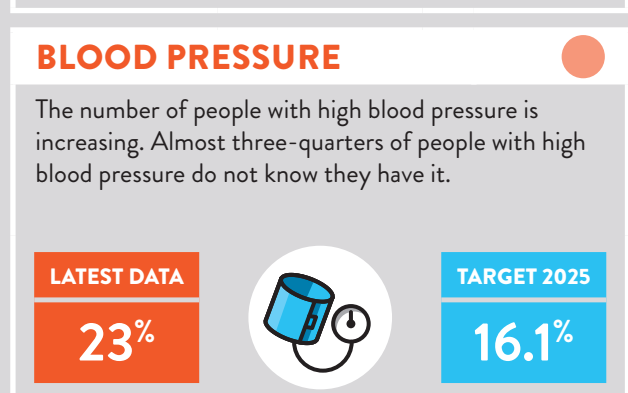
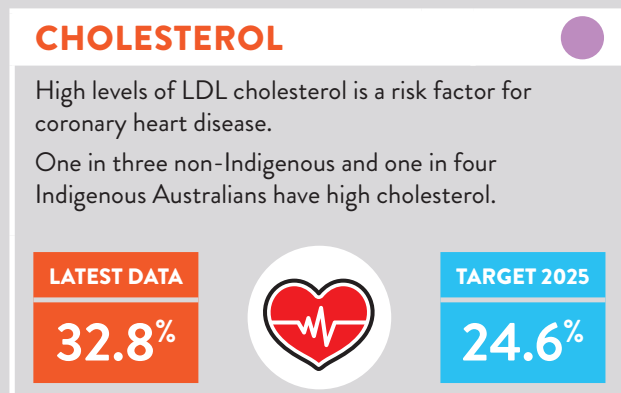
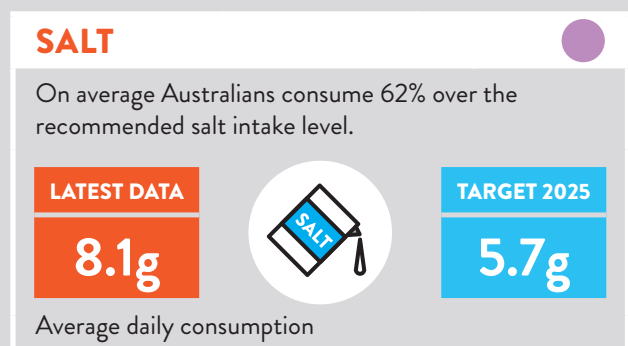
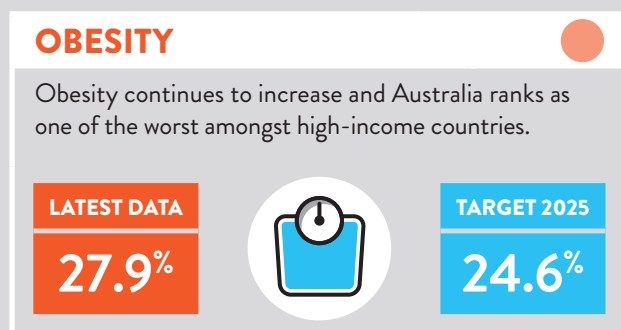
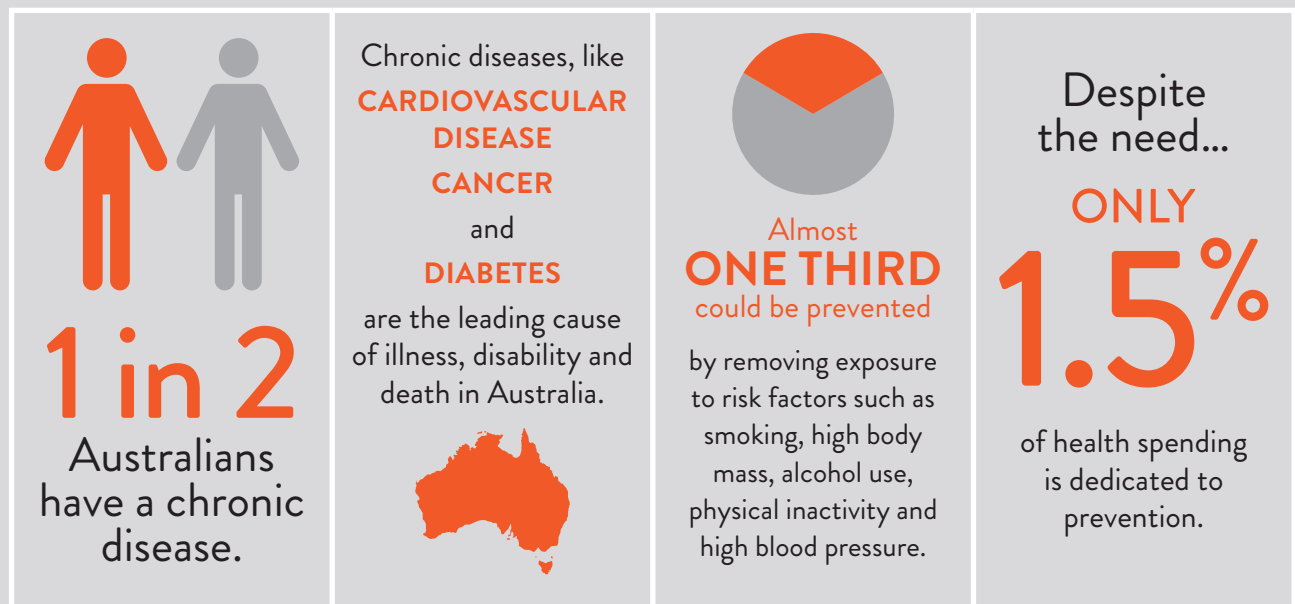


AUSTRALIAN
HEALTH POLICY
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AUSTRALIA'S ADULT HEALTH TRACKER – NOV 2016

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.



- 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 |  | TARGET 2025 |
| 12.8% | | 5% |


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 |  | TARGET 2025 |
| 18.2% | | 16.1% |


PHYSICAL INACTIVITY

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

| | | |
|-------------|---|-------------|
| LATEST DATA |  | TARGET 2025 |
| 44.5% | | 40% |


DIABETES

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

| | | |
|-------------|---|-------------|
| LATEST DATA |  | TARGET 2025 |
| 4.7% | | 4.1% |


BOWEL CANCER

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

| | | |
|-------------|---|-------------|
| LATEST DATA |  | TARGET 2020 |
| 36% | | 41% |

BREAST CANCER

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

| | | |
|-------------|---|-------------|
| LATEST DATA |  | TARGET 2020 |
| 53.7% | | 54% |

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 |  | TARGET 2020 |
| 12 PER 100,000 | | 9.8 PER 100,000 |

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 | TARGET 2025 |
| 207 PER 100,000 | 166 PER 100,000 |

Note - 2020 targets were sometimes chosen in order to align with complementary Australian targets.

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:

1. A systemic approach—focussing on common risk factors and determinants.
2. 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.
5. 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.



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Signatories and supporters for chronic diseases prevention for Australia

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
 Caring & Living As Neighbours
 Charles Perkins Centre, University of Sydney
 Chronic Illness Alliance
 Cohealth
 Confederation of Australian Sport
 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
 Jean Hailes for Women's Health
 Kidney Health Australia
 Lowitja Institute
 Mental Health Australia
 MOVE muscle, bone & joint health
 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
 Suicide Prevention Australia
 The Telethon Kids Institute
 Victoria University
 Victorian Health Promotion Foundation
 YMCA

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