2016

AUSTRALIA’S CHILDREN AND YOUNG PEOPLE

HEALTH TRACKER

A brief report card on preventable chronic diseases, conditions and their risk factors
Tracking progress for a healthier Australia by 2025
This report card looks at the health of Australian children and young people in relation to chronic diseases, conditions and their risk factors.

Australia’s Children and Young People Health Tracker will be issued regularly and will track progress towards the targets for a healthier Australia by 2025.

<table>
<thead>
<tr>
<th>CHILDREN</th>
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<tbody>
<tr>
<td><strong>OVERWEIGHT &amp; OBESITY</strong></td>
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<tr>
<td>The number of overweight children in Australia has doubled in recent years, with more than a quarter of children currently considered overweight or obese.</td>
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<tr>
<td><strong>LATEST DATA</strong> 25.6%</td>
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<tr>
<td><strong>TARGET 2025</strong> 21.6%</td>
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| **JUNK FOOD** |
| On average, over one-third of children's total daily energy consumption comes from 'junk' food. |
| **LATEST DATA** 39.4% |

| **SUGAR** |
| Almost three-quarters of children exceed the recommendations to limit energy from sugar to less than 10% of dietary energy. |
| **LATEST DATA** 70.3% |

| **PHYSICAL INACTIVITY** |
| Australian children are not sufficiently active. Approximately 3 in every 4 do not meet current recommendations. |
| **LATEST DATA** 70.8% |
| **TARGET 2025** 63.7% |

- Poor progress against target.
- Limited progress towards target.
- Good progress. Maintain efforts to reach target.
- Insufficient data to report on progress.
Risk factors encountered during childhood and adolescents may lead to increased risk of chronic diseases later life.

Action by communities and governments, parents and families, can help to prevent chronic diseases in Australian children and young people and improve health across the life-course.

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.

**YOUNG PEOPLE**

**OVERWEIGHT**

More than 1 in 5 young people are overweight.

- **Latest Data**: 22.4%
- **Target 2025**: 19.8%

**Obesity**

Halting the rise in obesity will help prevent chronic diseases later in life.

- **Latest Data**: 7.4%
- **Target 2025**: 7.5%

**Physical Inactivity**

Australian young people are not sufficiently active. Most do not meet current recommendations.

- **Latest Data**: 91.5%
- **Target 2025**: 82.6%

**Alcohol**

More than 6% of young people binge drink. For those aged 15-17, it is more common amongst males than females.

- **Latest Data**: 6.4%
- **Target 2025**: 5.8%

**Smoking**

Whilst rates of smoking have reduced in general, Indigenous young people aged 15-17 years are 4.5 times more likely to smoke daily.

- **Latest Data**: 1.2%
- **Target 2025**: 1.3%

**Inclusion**

Only 78% of young people with a mental illness are employed/in education vs. 91% of other young people.

- **Latest Data**: 78.4%
- **Target 2025**: 84.5%

**Junk Food**

On average, more than 40% of young people’s total daily energy consumption comes from ‘junk’ food.

- **Latest Data**: 40.7%
- **Indicator to be monitored**

**Sugar**

Intake of sugar is highest amongst teenage males, who consume an average of 92 grams per day - that’s 23 teaspoons.

- **Latest Data**: 73.1%
- **Indicator to be monitored**

**Obesity**

Halting the rise in obesity will help prevent chronic diseases later in life.

- **Latest Data**: 7.4%
- **Target 2025**: 7.5%
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.