

2019

AUSTRALIA'S
CHILDREN AND YOUNG PEOPLE
HEALTH TRACKER

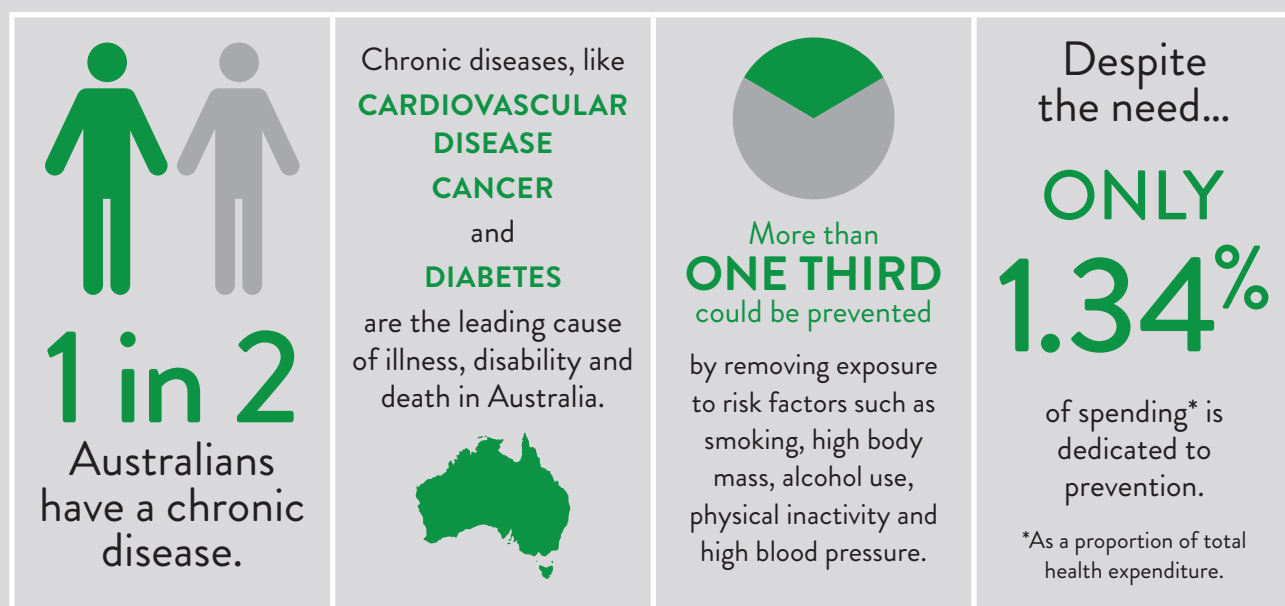
A brief report card on preventable chronic diseases,
conditions and their risk factors
Tracking progress for a healthier Australia by 2025



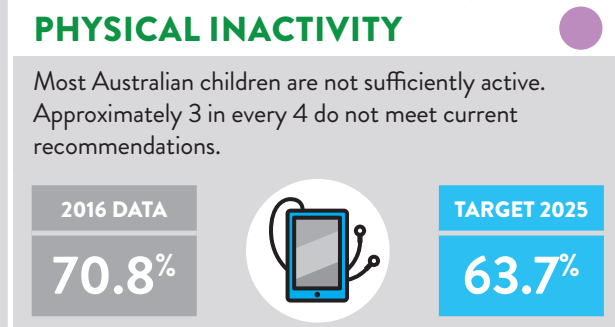
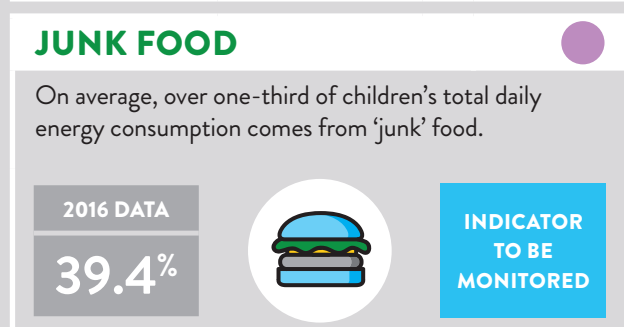
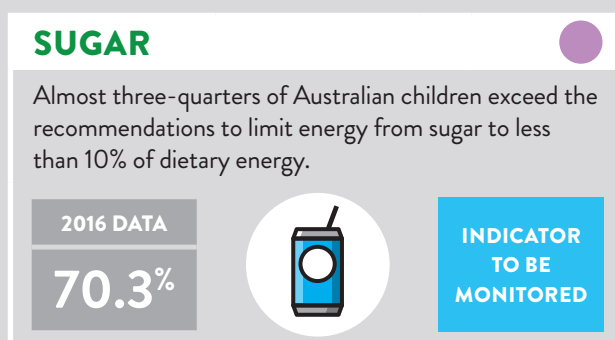
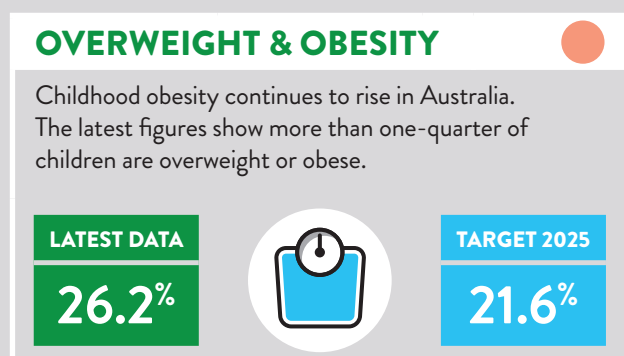
AUSTRALIA'S CHILDREN AND YOUNG PEOPLE HEALTH TRACKER – 2019

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.



CHILDREN



● 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 adolescence may lead to increased risk of chronic diseases later in 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. This report card provides a clear assessment of health risks among Australia's children and young people.

This work drew on the agenda set by the World Health Organization to tackle chronic diseases across the globe. We must stop the rise in chronic diseases to reduce their impact on our nation.

This is the second edition of the Australia's Health Tracker Report Cards.

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

YOUNG PEOPLE

PHYSICAL INACTIVITY

Most Australian young people are not sufficiently active. 9 in 10 do not meet current recommendations.

2016 DATA

91.5%



TARGET 2025

82.6%

SUGAR

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

2016 DATA

73.1%



INDICATOR TO BE MONITORED

OVERWEIGHT

One in six young people (aged 12-17) are overweight.

LATEST DATA

15.8%



TARGET 2025

19.8%

ALCOHOL

Binge drinking in young people has fallen over the last few years. Policies and strategies must be maintained to continue this trend.

LATEST DATA

5%



TARGET 2025

5.1%

OBESITY

Obesity rates in young people continue to rise. Obesity is a significant risk for preventable chronic disease in adulthood.

LATEST DATA

7.9%



TARGET 2025

7.5%

JUNK FOOD

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

2016 DATA

40.7%



INDICATOR TO BE MONITORED

INCLUSION

81.5% of young people with a mental illness are employed/in education vs. 91% of other young people.

LATEST DATA

81.5%



TARGET 2025

84.5%

Chronic diseases prevention for Australia: Statement of commitment 2015

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—focusing 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.

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 in the right column.

For further details, please see the accompanying report cards and Technical Appendix available on the Mitchell Institute website.



mitchellinstitute.org.au #AusHealthTracker

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Signatories and supporters for chronic diseases prevention for Australia

Alliance for Research in Exercise, Nutrition and Activity (ARENA)
 Australia and New Zealand Obesity Society
 Australian Centre for Health Research (ACHR)
 Australian Dental Association
 Australian Disease Management Association
 Australian Federation of AIDS Organisations
 Australian Health Care Reform Alliance (AHCRA)
 Australian Indigenous HealthInfoNet
 Australian Institute for Musculoskeletal Science
 Australian Health Promotion Association
 Australian Healthcare & Hospitals Association
 Australian Physiotherapy 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
 Caring & Living As Neighbours
 CoHealth
 Confederation of Australian Sport
 CRANaplus
 Deakin University
 Diabetes Australia
 Foundation for Alcohol Research and Education
 George Institute for Global Health
 HealthWest 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 Heart Foundation
 National Rural Health Alliance
 National Stroke Foundation
 NCDFREE
 Network of Alcohol and other Drugs Agencies
 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 & Medical Research Institute
 Suicide Prevention Australia
 The Telethon Institute for Kids
 Victorian Health Promotion Foundation
 Victoria University
 YMCA