

2019

# AUSTRALIA'S ADULT HEALTH TRACKER

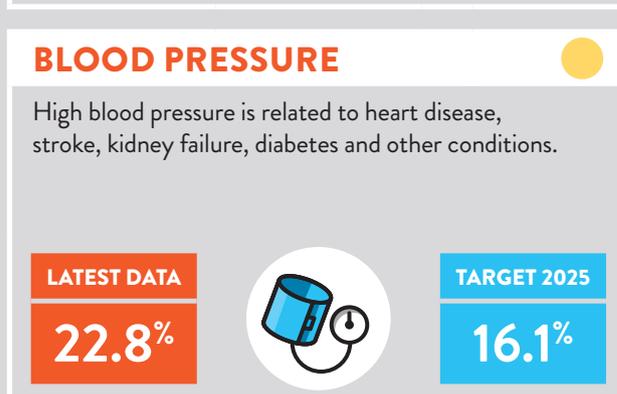
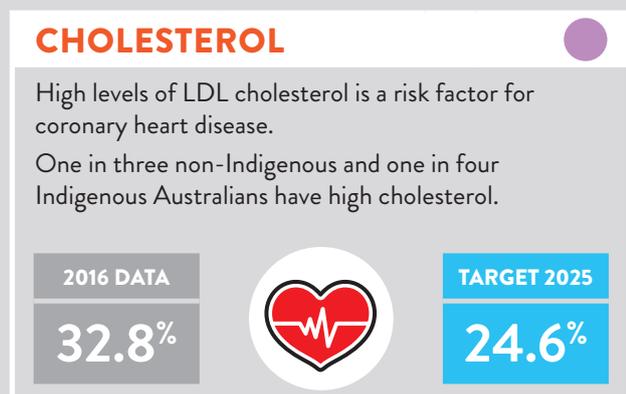
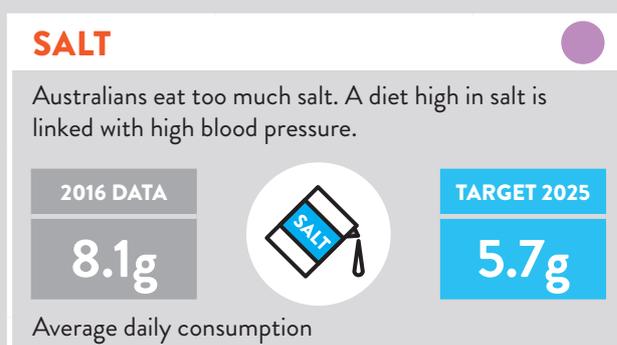
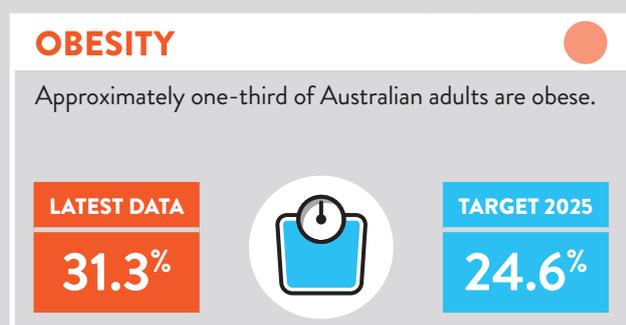
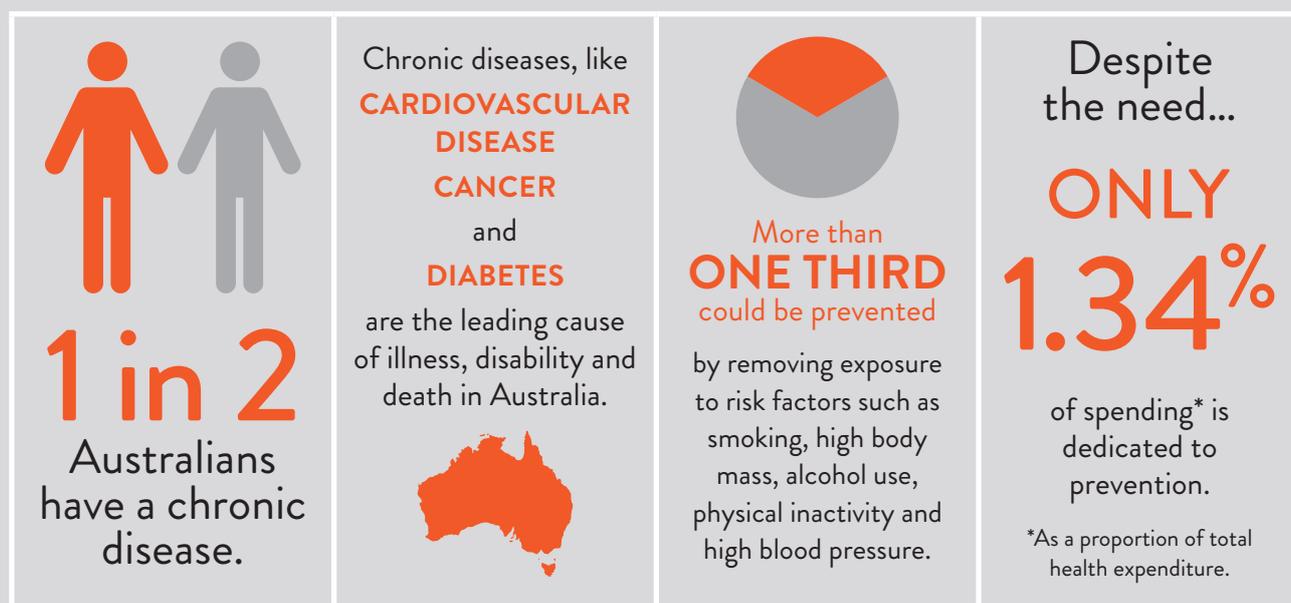
A brief report card on preventable chronic diseases,  
conditions and their risk factors  
Tracking progress for a healthier Australia by 2025



## AUSTRALIA'S ADULT HEALTH TRACKER – 2019

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 23% – 5.3 million people – 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, neighbourhoods and workplaces.

This work drew on the agenda set by the World Health Organization to tackle chronic diseases

across the globe. It provides a clear assessment of the health risks in Australia’s population. 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 Card.

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

### SMOKING

Smoking rates continue to fall for the general population, but rates among disadvantaged populations are still high.

|             |   |             |
|-------------|---|-------------|
| LATEST DATA |  | TARGET 2025 |
| 12.2%       |   | 5%          |

### ALCOHOL

Drinking at high levels place individuals at-risk of short and long-term harm. Regular consumption of alcohol at high levels can lead to chronic diseases such as liver disease, oral health problems and cardiovascular disease.

|             |   |             |
|-------------|---|-------------|
| LATEST DATA |  | TARGET 2025 |
| 17.1%       |   | 16.1%       |

### PHYSICAL INACTIVITY

More than half of Australian adults are not meeting physical activity guidelines. Physical inactivity increases risks for poor heart health, type 2 diabetes and stroke.

|             |   |             |
|-------------|---|-------------|
| LATEST DATA |  | TARGET 2025 |
| 47.3%       |   | 40%         |

### BOWEL CANCER SCREENING

Screening can help with early detection and prevention.

|             |   |             |
|-------------|---|-------------|
| LATEST DATA |  | TARGET 2022 |
| 41%         |   | 56.6%       |

### DIABETES

There is a growing number of Australians living with diabetes. Diabetes increases the risk for many chronic diseases.

|             |   |             |
|-------------|---|-------------|
| LATEST DATA |  | TARGET 2025 |
| 4.2%        |   | 4.1%        |

### BREAST CANCER SCREENING

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

|             |   |                |
|-------------|---|----------------|
| LATEST DATA |  | TARGET 2022    |
| 55%         |  | HIT THE TARGET |

### EARLY DEATHS FROM MAJOR CHRONIC DISEASES

Chronic diseases are a leading cause of premature death in Australia.

|                   |                 |
|-------------------|-----------------|
| LATEST DATA       | TARGET 2025     |
| 208.2 PER 100,000 | 166 PER 100,000 |

### SUICIDE

More than eight people die by suicide each day in Australia. The suicide rate among Aboriginal and Torres Strait Islander peoples is more than double the national rate.

|                  |   |                 |
|------------------|---|-----------------|
| LATEST DATA      |  | TARGET 2020     |
| 12.6 PER 100,000 |   | 9.8 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 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](http://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