

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

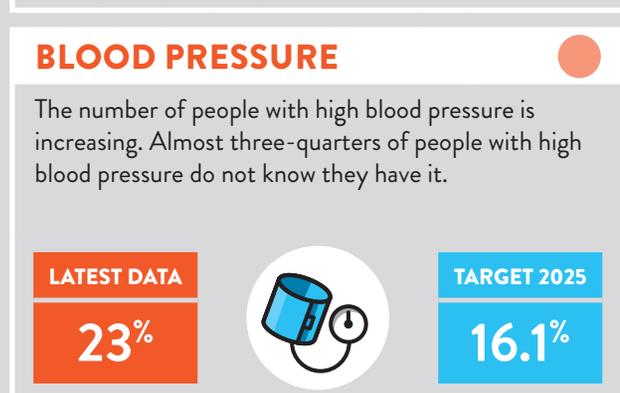
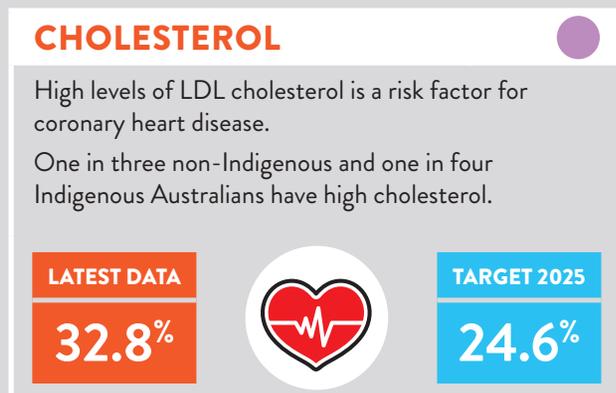
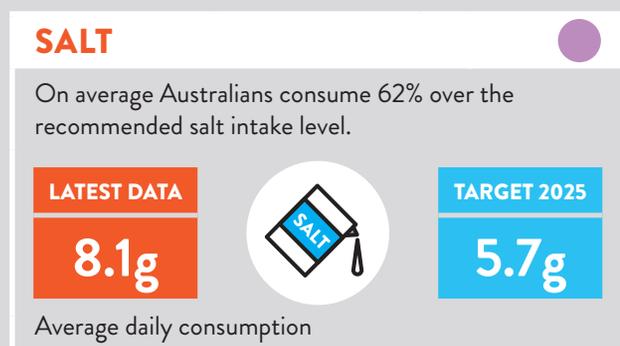
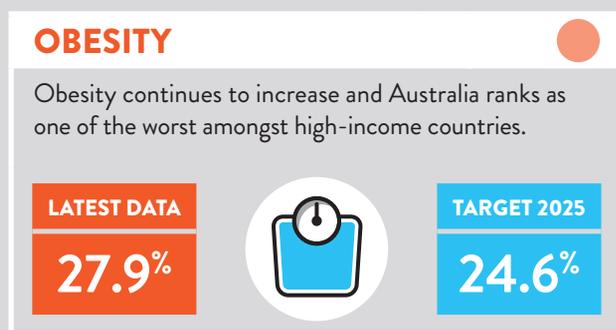
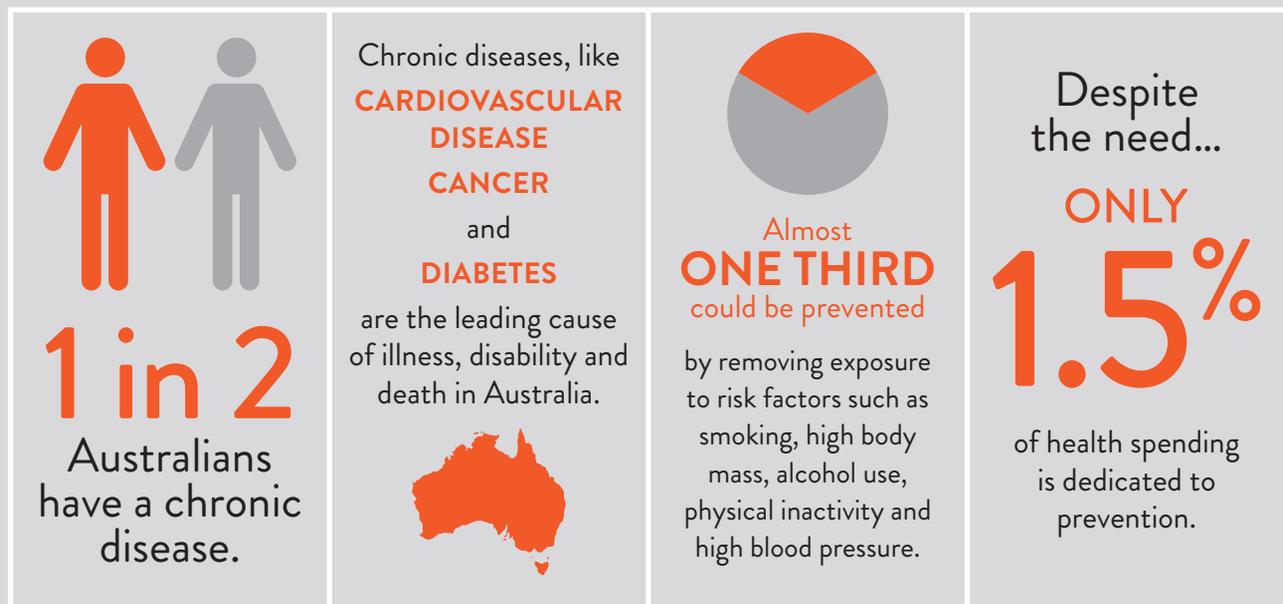


AUSTRALIAN  
HEALTH POLICY  
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## AUSTRALIA'S ADULT HEALTH TRACKER – NOV 2016

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.