

New research shows prevention lacking for chronic disease

The Australian Health Policy Collaboration (AHPC) released the *Australia's Health Tracker* on the 5th of July. It shows one in two Australians have a chronic disease yet the Nation only invests 1.5% of its Health spend on prevention of chronic diseases.

This new tool from AHPC which is hosted at Victoria University, shows almost one third of chronic disease could be prevented by removing risk factors such as smoking, alcohol use, physical inactivity and high body mass.

The results are particularly confronting with almost 30% of young Australians either obese or overweight and 91.5% of Australians are not doing enough physical activity. Now more than ever action is needed to implement measures that involve citizen's in their own health and wellbeing to stop the rise in chronic disease.

The new research shows the statistics as they are today and gives a target for Australia to meet in 2025. These statistics are achievable if the government, health organisations (Public, Private and NFP) and the general population work together to invest and act on prevention. The rise of Chronic diseases is putting enormous pressure on the health system and costing the government, Private Health Insurers and individual citizen's more and more to support those requiring higher levels of care in primary care or in an acute hospital.

The Australian Self Care Alliance is one of about 50 organisations that participated in a national forum in Melbourne that coincided with the release of the Health Tracker on the 5th of July. The subject of the discussion was options to combat the rise of chronic disease to achieve a healthy population.

This research is the first of its kind and should be taken as not only a warning but as a call to action by all parties in the Health Sector and it demonstrates the need to actively engage citizen's to keep our current and future generations healthy by investing in prevention as well as cure.

Copies of the Tracker reports are available at <https://www.vu.edu.au/australian-health-policy-collaboration/publications#goto-australias-health-tracker=1>