

Chronic disease

is a growing health challenge

Chronic diseases are the leading cause of death and disability in Australia.

Chronic diseases account for 9 in 10 deaths, 1 in 2 hospitalisations, and around one-third of health spending.

Yet they are largely preventable. Many conditions share risk factors and interact to increase risk.

A shared vision for chronic disease

The Australian Chronic Disease Prevention Alliance (ACDPA)

brings together Cancer Council Australia, Heart Foundation, Diabetes Australia, Stroke Foundation and Kidney Health Australia to promote prevention, risk assessment and early detection of chronic disease.

Our vision

A future without preventable chronic disease.

Our mission

To improve the long-term health and wellbeing of Australians by:

- reorienting the health system towards prevention
- creating healthier food and physical environments
- supporting people to understand and manage their risk of disease.


A strong voice for action

At the heart of our work are the people affected by chronic disease.

More than 5.6 million Australians are living with cardiovascular disease, diabetes and/or chronic kidney disease. Around 1.1 million Australians are living with cancer.


Together, we represent the millions of Australians affected by chronic disease. Their stories inform our purpose and boost our drive to prevent disease and improve outcomes.


MORE THAN
11 MILLION
AUSTRALIANS HAVE A
CHRONIC DISEASE



 **1 IN 5** ADULTS HAVE
MULTIPLE CONDITIONS


 **2 MILLION**
AUSTRALIANS HAVE
PREDIABETES

8 OF 10

STROKES
CAN BE PREVENTED

1.7 MILLION
AUSTRALIANS
HAVE SIGNS OF
 **KIDNEY DISEASE**

1 IN 3

CANCERS
CAN BE PREVENTED


4 MILLION
AUSTRALIANS AFFECTED BY
CARDIOVASCULAR DISEASE

Priorities

to improve long-term health and wellbeing



Together

our members support the chronic disease community

Reorient the health system towards prevention

Goal – Increase investment in prevention to 5 percent of the national health budget by 2030.

More than one-third of chronic disease burden could be prevented, however prevention accounts for less than two percent of the national health budget. Investment in prevention saves lives and creates economic and health returns.

In Australia, there would be a \$14 return on investment for every dollar spent on public health interventions.

Create supportive food and physical environments

Goals – Make the Health Star Rating system mandatory. Invest in sustained physical activity campaigns.

We live in an environment that contributes to overweight and obesity and increases risk of chronic disease. Unhealthy food is readily available, affordable, and heavily advertised. Modern conveniences and urban planning have reduced incidental movement.

Changes to our food and physical environments are crucial to reduce risk factors and prevent disease.

Increase risk assessment, management of risk and early detection

Goal – Prioritise chronic disease risk assessment and early detection in health system reform.

Too many Australians die early from chronic diseases or experience long-term disability. Around 2.5 million Australians are at high risk of cardiovascular disease and many people are living with undiagnosed diabetes or chronic kidney disease.

Risk assessment, management of risk and early detection can slow or prevent disease progression, improve treatment outcomes, and reduce complications and avoidable hospitalisations.



OVER

300,000

CALLS AND EMAILS TO MEMBER HELPLINES ANSWERED EACH YEAR



AROUND

900,000

CONSUMER RESOURCES SENT EACH YEAR



MORE THAN

1.8 MILLION

ONLINE RISK TESTS TAKEN



MORE THAN

600,000

PAGE VIEWS, DOWNLOADS AND CLINICAL RESOURCES FOR HEALTH PROFESSIONALS EACH YEAR



MORE THAN

550,000

SOCIAL MEDIA FOLLOWERS

Chronic disease after COVID-19

COVID-19 has had an enormous impact on people living with chronic disease. Throughout the pandemic, ACDPA members have provided a trusted voice on COVID-19, chronic disease and the vaccine rollout. We urgently need to prioritise chronic disease beyond COVID-19 to prevent a second wave of ill-health due to the long-term effects of COVID-19, delayed diagnoses, and changes in risk factors during the pandemic.