

2016

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

November Second Edition

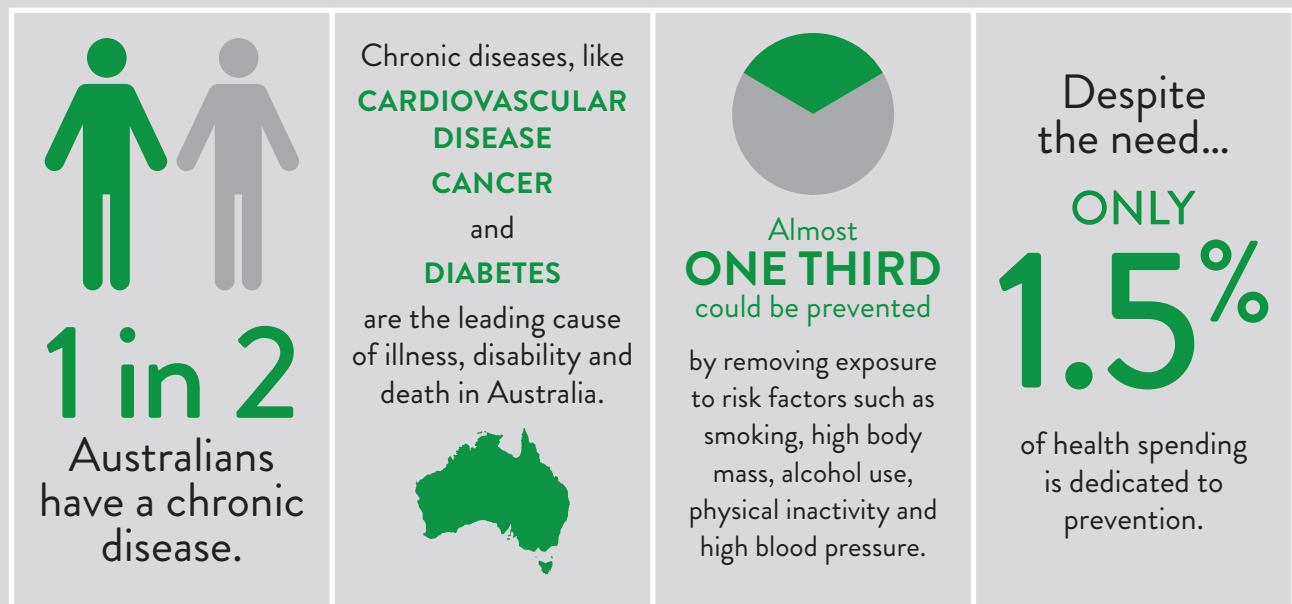


AUSTRALIAN
HEALTH POLICY
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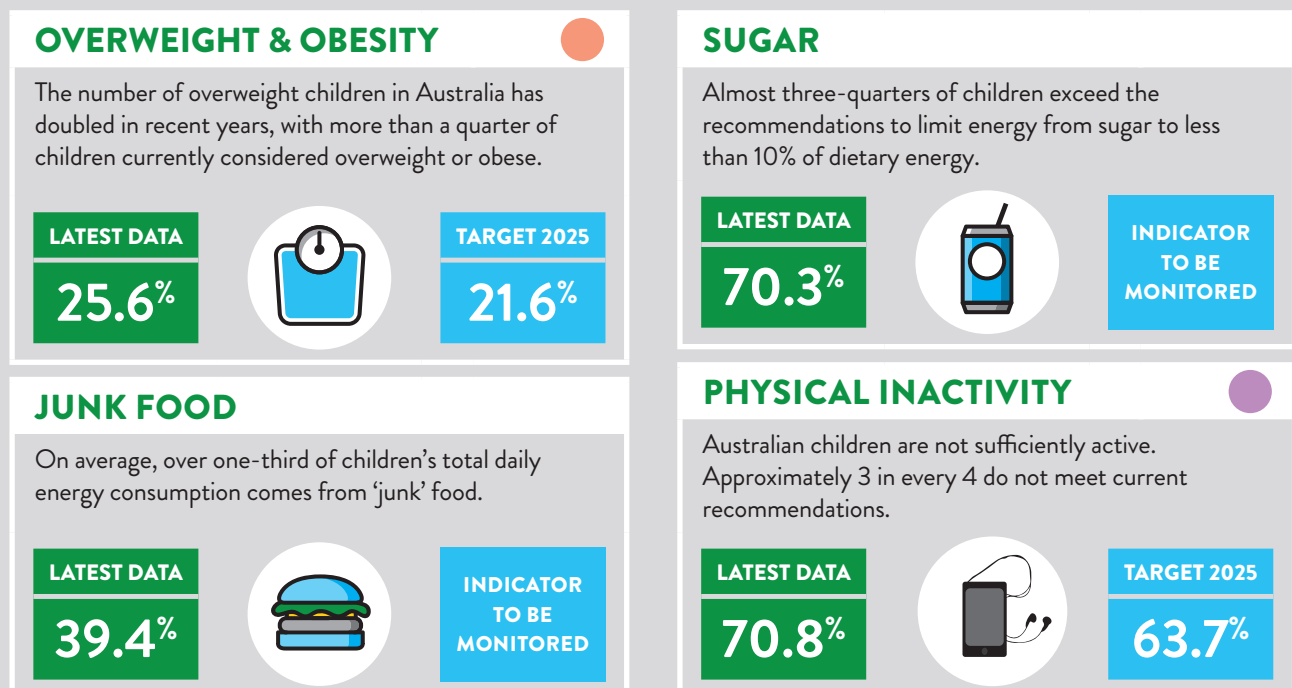
AUSTRALIA'S CHILDREN AND YOUNG PEOPLE HEALTH TRACKER – NOV 2016

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.

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.

YOUNG PEOPLE

PHYSICAL INACTIVITY

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

LATEST 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.

LATEST DATA

73.1%



INDICATOR TO BE MONITORED

OVERWEIGHT

More than 1 in 5 young people are overweight.

LATEST DATA

22.4%



TARGET 2025

19.8%

ALCOHOL

More than 6% of young people binge drink. For those aged 15-17, it is more common amongst males than females.

LATEST DATA

6.4%



TARGET 2025

5.1%

OBESITY

Halting the rise in obesity will help prevent chronic diseases later in life.

LATEST DATA

7.4%



TARGET 2025

7.5%

JUNK FOOD

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

LATEST DATA

40.7%



INDICATOR TO BE MONITORED

INCLUSION

Only 78% of young people with a mental illness are employed/in education vs. 91% of other young people.

LATEST DATA

78.4%



TARGET 2025

84.5%

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.



**AUSTRALIAN
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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.