

AUSTRALIAN CHRONIC DISEASE PREVENTION ALLIANCE



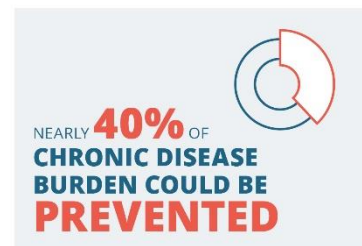
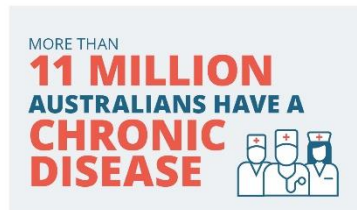
FEDERAL ELECTION 2022

Prevent Chronic Disease. Fund National Strategies. Invest in Prevention.

Action required

1. Fund and implement national strategies to prevent chronic disease and improve the long-term health of Australians.
2. Increase investment in prevention to 5% of national health spending.

CHRONIC DISEASES are the leading cause of death and disability



COVID-19 HAS CHANGED THE CHRONIC DISEASE LANDSCAPE

Chronic conditions, such as hypertension, diabetes, cancer and chronic kidney disease, have been associated with increased COVID-19 mortality.¹ Many people are balancing access to ongoing care with increased risk of COVID-related complications.

Lockdowns and health system pressures are contributing to delayed preventive health checks, screening and surgeries, which is likely to lead to later diagnoses and disease progression that is harder to treat.

The pandemic environment is also influencing changes in unhealthy behaviours like alcohol use, unhealthy eating, physical inactivity, and smoking – all key risk factors for chronic disease. The uncertain environment is exacerbating risk of mental ill health, which is closely linked to chronic conditions.

And there is growing evidence of the effects of long-COVID on vital organs, like heart and kidneys, which will require ongoing monitoring and management to prevent disease progression and serious damage.²

Before COVID-19, chronic conditions were already responsible for 1 in 2 hospitalisations³ and more than \$2 billion in preventable hospitalisations every year.⁴

There is an urgent need for government funding to prevent and manage long-term chronic conditions during and beyond the pandemic.

COVID-19 and chronic disease

- Around 27,000 Heart Health Checks have been missed during the pandemic, which could have prevented 350 heart attacks, strokes or cardiovascular-disease deaths in the next 5 years.⁵
- The number of new cancer diagnoses decreased in Victoria, which is largely attributed to the decrease in cancer screening and assessments during the pandemic.⁶
- The number of people completing Annual Cycle of Care diabetes health checks has fallen by 45% from pre-pandemic levels.⁷ There is an increased risk of diabetes following COVID-19.⁸
- There are reports of people delaying calling an ambulance when they have experienced a stroke, due to concerns of catching COVID-19 in hospital.
- COVID-19 infection is associated with greater risk of acute kidney injury, decline in kidney function, kidney failure, and major adverse kidney events.⁹

COVID-19 DEMONSTRATES THE VALUE OF PREVENTION

Public health and prevention have been widely recognised during the COVID-19 pandemic.

Importantly, governments have invested in a combination of preventive interventions, including vaccination, testing, contact tracing, public education campaigns, and regulations to change behaviours such as mask-wearing and physical distancing.

Chronic conditions require a similar investment in a combination of interventions to change environments and support behaviour changes to reduce risk factors.

CHRONIC DISEASE STRATEGIES PROVIDE A ROADMAP TO RECOVERY

In the past 5 years, numerous national strategies and actions plans have been developed to address chronic diseases and their risk factors. Thousands of community members, health professionals, and experts have shared their personal stories and research in the hope of a better future.

The national strategies provide evidence-based solutions to prevent and control chronic disease. But many are underfunded or delayed, limiting their impact.

“We want to be active partners in our own care, advocates for better kidney health, and finally we want to know that our efforts and the work of clinical carers and researchers will lead to better outcomes for future patients.”

Quote in the National Strategic Action Plan for Kidney Disease from Phil Carswell OAM, Patient Partner

INVEST IN PREVENTION FOR HEALTH AND ECONOMIC GAINS

The National Preventive Health Strategy contains a crucial target to increase investment in prevention to 5% of the national health budget by 2030 – up from less than 2%.¹⁰

Every \$1 spent on prevention is expected to lead to a \$14 return on investment,¹¹ and there are many cost-effective interventions to prevent disease from international reviews and national modelling.¹²

Sustained funding for prevention initiatives would be cost-effective and reduce the burden of chronic disease.

Relevant strategies	Status
National Preventive Health Strategy 2021-2030	Released Dec 2021. Includes aim to increase investment in prevention to 5% of health expenditure. Work underway on Blueprint for Action and Prioritisation Framework.
National Obesity Strategy	Released March 2022. Urgent need to fund and implement the strategy, as overweight and obesity is a leading risk factor for chronic disease.

Relevant strategies	Status
Primary Health Care 10-Year Plan	Released March 2022. Funding reform is recommended to prioritise person-centred care & prevention in the primary care system.
National Tobacco Strategy	Final stages of development. Previous strategy expired in 2018. Urgent need to fund and implement the strategy, as smoking remains the leading risk factor for chronic disease.
National Diabetes Strategy 2021-2030	Released Nov 2021. Includes goals for prevention of type 2 diabetes and early detection of diabetes. Many areas for action require funding to achieve these goals.
National Strategic Action Plan for Heart Disease & Stroke	Released Sep 2021. Includes objective for prevention and early detection of heart disease and stroke. Many actions require funding to achieve this objective.
National Strategic Action Plan for Kidney Disease	Released 2020. Includes priority for prevention, detection and education about kidney disease. Many actions are outstanding and require funding.
National Alcohol Strategy 2019-2028	Released 2019. Includes goal of a 10% reduction in harmful alcohol consumption and priority areas to prevent and reduce alcohol-related harm. Many policy options, including taxation reforms, have not been implemented.
National Women's Health Strategy 2020-2030	Released 2019. Highlights chronic conditions and preventive health as a priority area. Many actions around chronic disease are outstanding and require funding.
National Men's Health Strategy 2020-2030	Released 2019. Highlights prevention and early detection as a key action area.
National Action Plan for the Health of Children and Young People	Released 2019. Highlights chronic conditions and preventive health as a priority area.
National Sport Plan 2030	Released 2018. Includes commitment to reduce inactivity amongst Australians by 15% by 2030. Progress towards target unclear.
National Strategic Framework for Chronic Conditions	Released 2017. Includes objective to focus on prevention. Awaiting review, reporting mechanism, and reporting against objectives. <i>The Framework will be reviewed every three years, and informed by achievements against the Objectives. (p.52)</i>

The Australian Chronic Disease Prevention Alliance (ACDPA) brings together Cancer Council Australia, Heart Foundation, Diabetes Australia, Stroke Foundation, and Kidney Health Australia to collectively promote chronic disease prevention, risk assessment, and early detection.

Together, we represent the millions of Australians affected by chronic disease.

¹ Ng WH et al. [Comorbidities in SARS-CoV-2 Patients: a Systematic Review and Meta-Analysis](#). ASM Journals. mBio. 2021;12(1).

² Xie Y et al. [Long-term cardiovascular outcomes of COVID-19](#). Nature Medicine. 2022;28:583–590.

³ AIHW 2021. [Chronic disease overview](#), Canberra.

⁴ Productivity Commission 2021. [Innovations in care for chronic health conditions](#), Canberra.

⁵ Heart Foundation. 2021. [Fears 27,000 heart checks missed in pandemic could lead to wave of heart disease: new data](#)

⁶ te Marvelde et al. [Decline in cancer pathology notifications during the 2020 COVID-19-related restrictions in Victoria](#). Med. J. Aust., 2021;214: 281-283.

⁷ Diabetes Australia. Analysis of Annual Cycle of Care data.

⁸ Rathmann W et al. [Incidence of newly diagnosed diabetes after Covid-19](#). Diabetologia. 2022.

Xie Y & Al-Aly Z. [Risks and burdens of incident diabetes in long COVID: a cohort study](#). The Lancet. 2022.

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- ⁹ Ng JH, et al. [Outcomes Among Patients Hospitalized With COVID-19 and Acute Kidney Injury](#). Am J Kidney Dis. 2021;77(2):204-215 e201.
- ¹⁰ Shiell, A. & Jackson, H. [How much does Australia spend on prevention and how would we know whether it is enough?](#) Health Promot J Austr. 2018;29(1).
- ¹¹ Queensland Health. 2020. [The Health of Queenslanders 2020. Report of the Chief Health Officer Queensland](#). Brisbane.
- ¹² WHO 2018. [Saving lives, spending less: a strategic response to noncommunicable diseases](#), Geneva.
- Vos et al, 2010. [Assessing Cost-Effectiveness in Prevention. ACE-Prevention](#), University of Queensland & Deakin University.