

2018

AUSTRALIA'S
MENTAL AND
PHYSICAL HEALTH
TRACKER

A brief report card on Australia's performance in tackling the higher risk factors and incidence of preventable chronic physical disease amongst Australians with mental health conditions



AUSTRALIAN
HEALTH POLICY
COLLABORATION



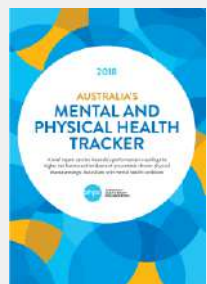
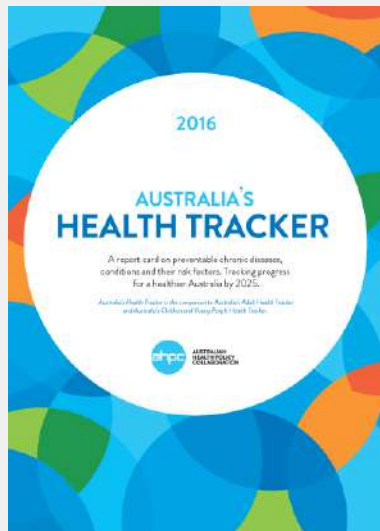
@AHPC_VU

Harris, B, Duggan, M, Batterham, P, Bartlem, K,
Clinton-McHarg, T, Dunbar, J, Fehily, C,
Lawrence, D, Morgan, M & Rosenbaum, S

Ben Harris

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(presenting)

ahpc.org.au





Just released:

- Too complex to navigate: a review of the reviews of Australia's health system

Upcoming:

- Brain and body
- Sport and health



4

MILLION

Australians
have a
mental health
condition



1 in 2

Australians
have a chronic
disease

MENTAL
HEALTH
CONDITIONS

are a leading
cause of illness
and disability in
Australia



More than
2.4
MILLION
Australians

have both
a mental
and physical
health
condition

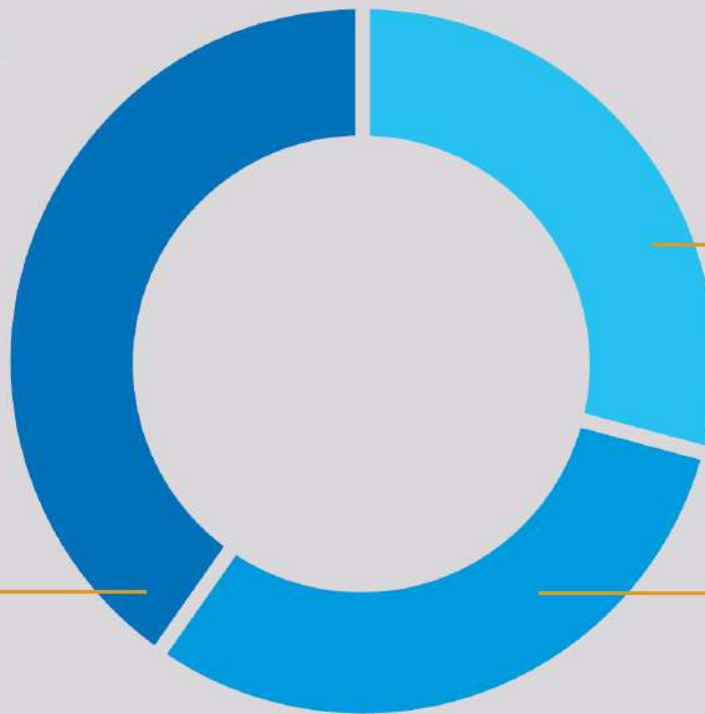




Australians with a mental health condition are likely to have another chronic condition

A mental health condition and no other chronic condition

40.2%



A mental health condition and one other chronic condition

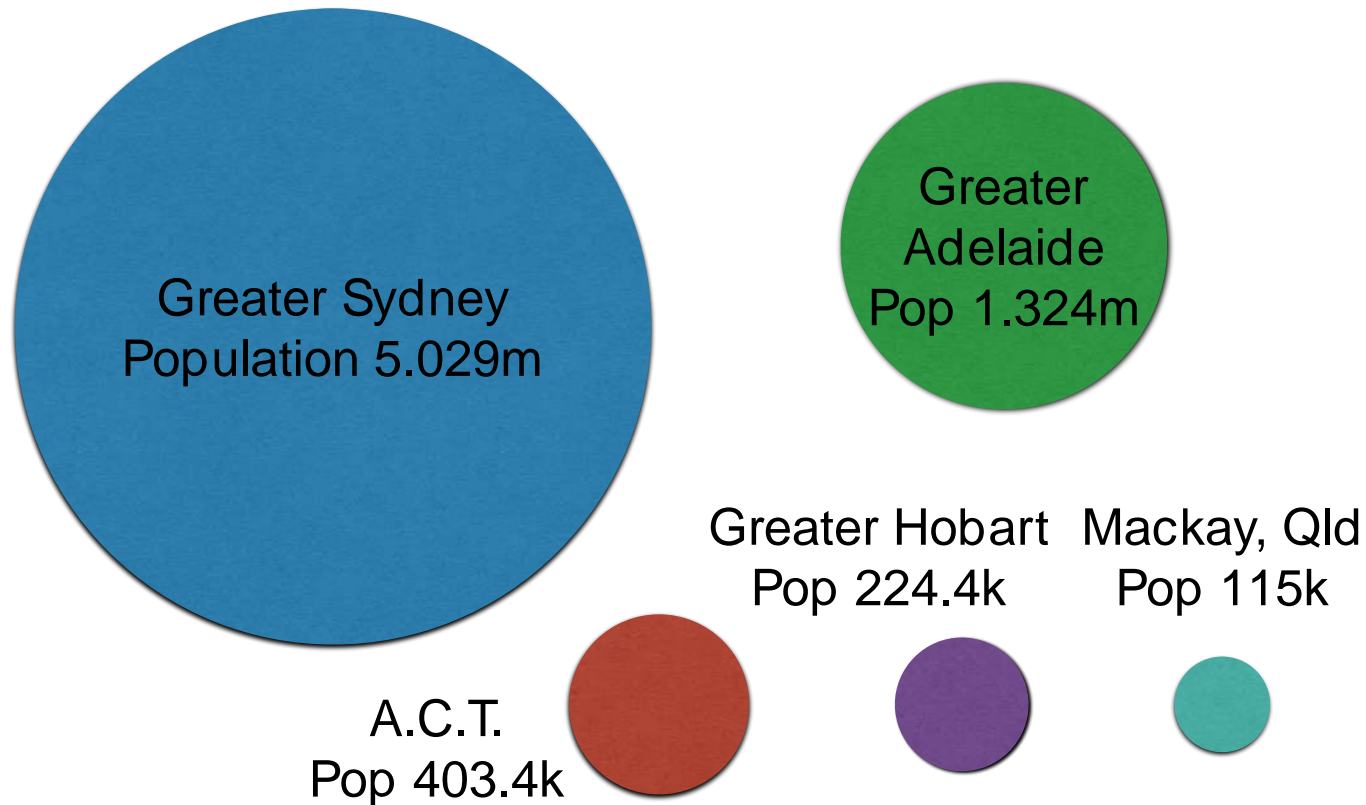
29.3%

A mental health condition and two or more other chronic conditions

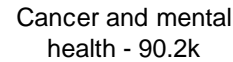
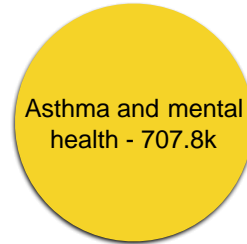
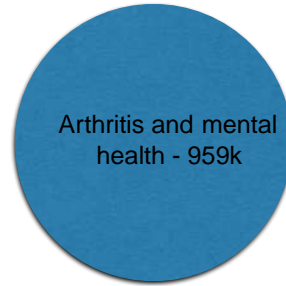
30.5%



Population of Australian cities

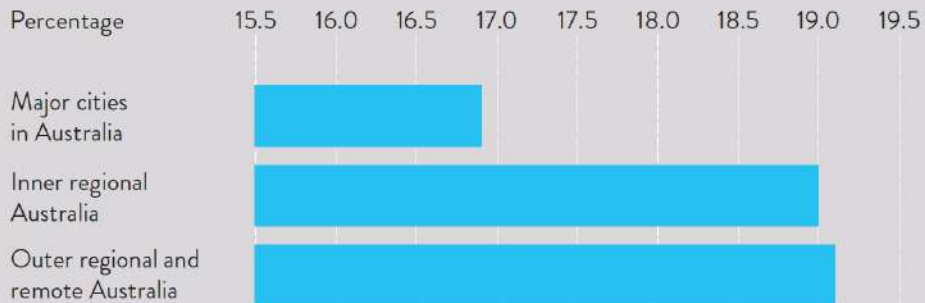


Co-morbidities - people affected





MENTAL HEALTH CONDITIONS BY LOCATION



Where you live
can influence your risks
for poor mental health.



CIRCULATORY SYSTEM DISEASE



All Australian males

17.9%

Males with a mental health condition

27.3%

All Australian females

18.6%

Females with a mental health condition

26.3%



DIABETES



All Australian
males

5.7%

Males with a mental
health condition

9.9%

All Australian
females

4.6%

Females with a mental
health condition

6.7%



ARTHRITIS



All Australian
males



Males with a mental
health condition

20.5%

All Australian
females

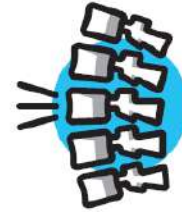
18.3%

Females with a mental
health condition

26.7%



BACK PROBLEMS



All Australian
males

16.2%

Males with a mental
health condition

28.2%

All Australian
females

16.2%

Females with a mental
health condition

27.2%



ASTHMA



All Australian males
Males with a mental health condition
All Australian females
Females with a mental health condition

9.8%

14.6%

11.8%

20.1%



COPD



All Australian
males

2.6%

Males with a mental
health condition

6.7%

All Australian
females

2.6%

Females with a mental
health condition

5.1%



CANCER



All Australian
males

1.7%

Males with a mental
health condition

3.1%

All Australian
females

1.5%

Females with a mental
health condition

1.8%



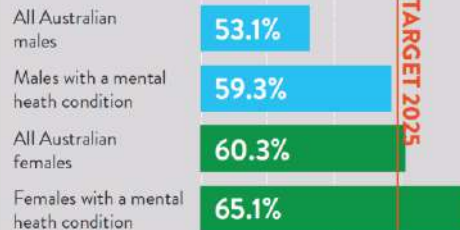
SMOKING



ALCOHOL

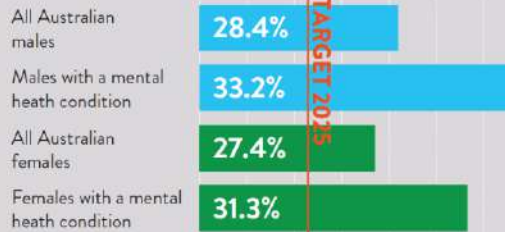


PHYSICAL INACTIVITY

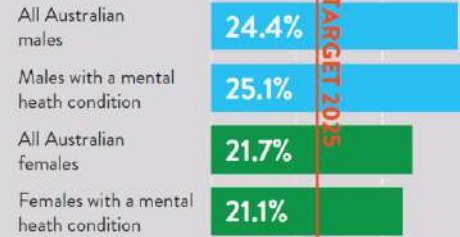




OBESITY

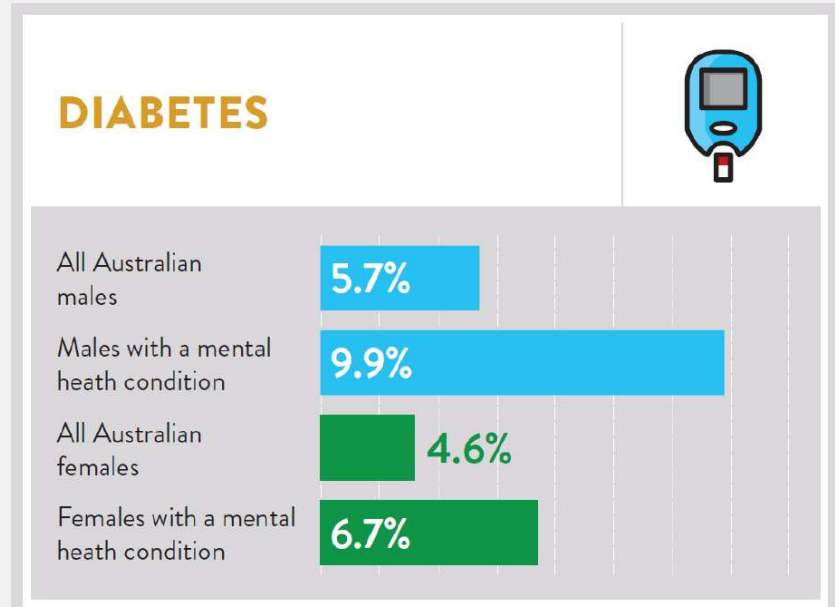
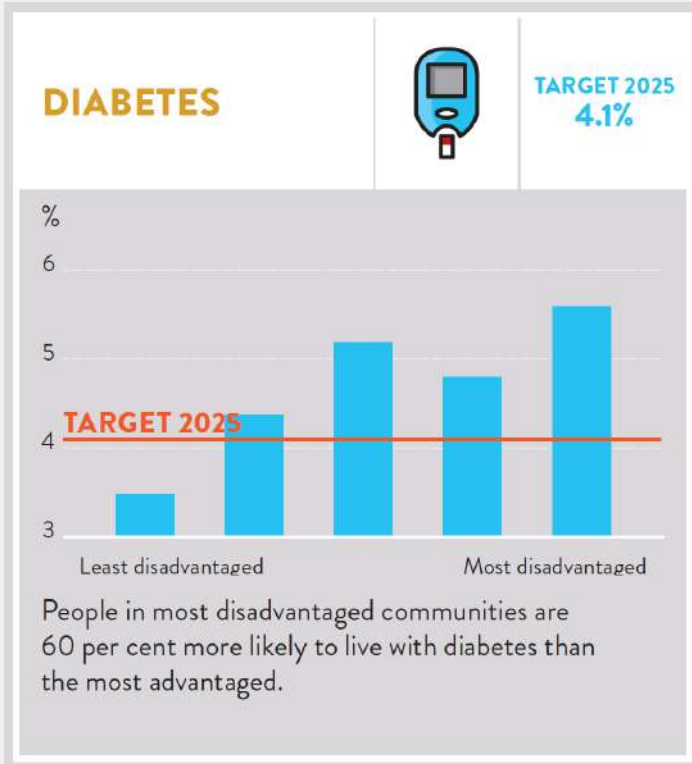


HIGH BLOOD PRESSURE



HIGH CHOLESTEROL

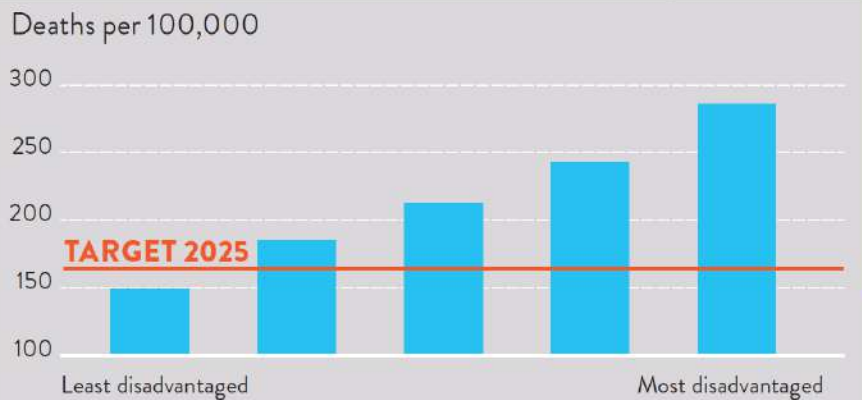






EARLY DEATHS FROM MAJOR CHRONIC DISEASES

TARGET 2025
166 PER
100,000



49,227 more people have died before the age of 75 in lower socio-economic groups over the last four years.



Not just higher risk factors
Not just more chronic disease
More likely to die from disease

Mental health risk indicator tool: females living with a physical chronic condition

	Proportion of females with a mental health condition		
Primary condition	Age 0-44	Age 45-64	Age 65+
Arthritis	45.5%	30.4%	22.3%
Asthma	29.5%	42.3%	23.6%
Back problems	34.0%	33.9%	26.0%
Cancer	Low*	Average*	Average*
COPD	High*	High*	26.3%
Diabetes	Average*	38.9%	20.3%
Circulatory diseases	35.7%	31.4%	19.2%
All people	17.7%	23%	18.6%

*The number is not reported due to low numbers and a high standard deviation. Results should be treated with caution.
Data derived from Australian Bureau of Statistics 2015, *National Health Survey 2014-15*.

Mental health risk indicator tool: males living with a physical chronic condition

Primary condition	Proportion of males with a mental health condition		
	Age 0-44	Age 45-64	Age 65+
Arthritis	High*	28.4%	22.1%
Asthma	20.9%	30.6%	High*
Back problems	27.5%	29.2%	23.1%
Cancer	n/a	High*	High*
COPD	High*	High*	High*
Diabetes	High*	29.1%	23.3%
Circulatory diseases	30.2%	27.5%	20.4%
All people	17.7%	23%	18.6%

*The number is not reported due to low numbers and a high standard deviation. Results should be treated with caution.
Data derived from Australian Bureau of Statistics 2015, *National Health Survey 2014-15*.



Key policy issues to consider

- Use information
- Cross sectoral
- Treatment risks
- Individual risk factors
- Stigma and discrimination
- Oral health
- Inequities
- Evidence
- System reform



Use the data and evidence
Track results
Enforce accountability
Change practice
Change systems



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AUSTRALIAN HEALTH POLICY COLLABORATION

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