

Summary factsheet

From strategy to action on chronic disease prevention and management

Chronic diseases are Australia's greatest health challenge



15.4 million
Australians are living with at least one chronic condition¹



60%
of general practitioner visits^{2,3}



91%
of preventable deaths²



36%
of all health expenditure^{4,5}

Obesity is a gateway to many other chronic diseases



55%
of type 2 diabetes cases⁶



51%
of cardiovascular diseases^{*6}



42%
of chronic kidney disease⁶

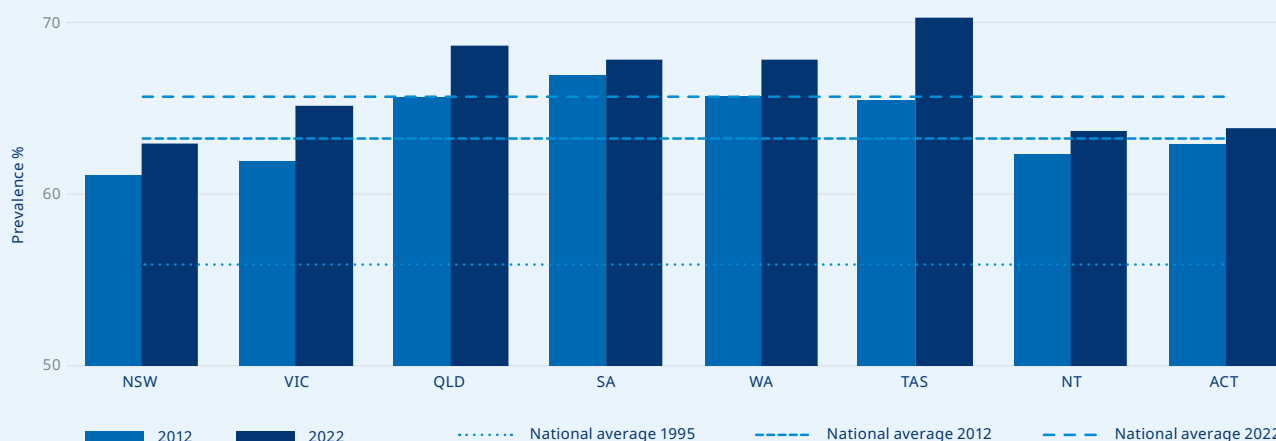


7%
of cancers⁷

^{*}Specifically, hypertensive heart disease.

Prevalence of overweight and obesity in Australia[†]

(Adults aged 18 and over; BMI ≥ 25)



[†]Based on data from the Australian Institute of Health and Welfare⁶ and the Australian Bureau of Statistics^{8,9}

“Up to five years could be lost from the life expectancy for a Queensland child born in 2023 if obesity rates are not turned around.”¹⁴

Health and Wellbeing Queensland, 2022

Novo Nordisk recommendations for action

Building on established national frameworks, Australia must now move beyond planning to decisive action. The evidence for effective interventions exists – what is needed now is the political will and resources to implement them at scale. While significant upfront investment is needed, **the cost of inaction far exceeds the cost of intervention.¹³ Now is the time to take action.**

Evidence-based implementation priorities are:



Strengthen investment in population-level health promotion and primary prevention:

Implement comprehensive societal responses across multiple sectors, including agriculture, urban planning, education and commerce.



Shift health systems towards more integrated disease prevention and care:

Transform healthcare delivery through integrated care models that ensure seamless coordination, with strengthened primary care services as the cornerstone.



Expand access to pharmacotherapy for effective disease management and secondary prevention: Prioritise access to evidence-based treatments for high-risk populations, including expanding Pharmaceutical Benefits Scheme (PBS) access to effective pharmacotherapies, such as GLP-1 receptor agonists for chronic weight management.

Obesity inflicts a significant economic toll



\$40bn
in 2019 projected to raise
to \$235bn by 2060¹⁰



Up to \$14.9bn
in productivity
losses annually¹¹



Up to \$3.8bn
forgone tax
revenue¹¹



20–40%
higher healthcare costs
for patients with obesity¹²



Access the full submission document here →

About Novo Nordisk

Novo Nordisk has been operating in Australia since 1976 and employs more than 300 people. To date, we have delivered our medicines to over 1.4 million patients in Australia for the treatment of diabetes, obesity, rare diseases and other serious chronic diseases.

Learn more: novonordisk.com.au →

References

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