

HEALTHY AGEING FORUM

– GETTING OLD IS NOT A DISEASE!

THE PREVENTION AND MANAGEMENT OF CHRONIC DISEASES



20 FEBRUARY 2021

Chronic diseases are the leading cause of ill-health and death in Australia – with nine out of 10 deaths attributed to chronic diseases.

Some of the most common chronic diseases are heart and kidney disease, dementia, stroke, cancer, chronic lung disease, diabetes, asthma, mental and behavioural conditions.

No matter what your age however, we all have the power to PREVENT them in the first place and effectively manage any existing ones.

There is no magic pill – changes in lifestyle will help prevent and manage most chronic diseases.

Some of the latest research for best lifestyle recommendations will be showcased at this forum by experts from:

- University of the Sunshine Coast (USC)
- Sunshine Coast University Hospital
- Australasian Society of Lifestyle Medicine.

Learn about heart and liver health, exercises for your body and brain, healthy eating, reducing stress and much more.

Chat with the stallholders from the Sunshine Coast Hospital and Health Service, USC Thompson Institute, Health and Wellbeing Queensland, My Health for Life Stroke Foundation Queensland, parkrun and Heart Foundation Walking, to name a few.

The power to improve your health is in your hands – you can buck the trend of the projected ever-increasing number of Australians predicted to have chronic diseases in the future.

You have the power to improve your health!

Date: Saturday 20 February 2021

Time: 8.30am – 3.30pm

REGISTER NOW – FREE EVENT

See overleaf for further details.

HEALTHY AGEING FORUM – GETTING OLD IS NOT A DISEASE! THE PREVENTION AND MANAGEMENT OF CHRONIC DISEASES

Date: SATURDAY 20 FEBRUARY 2021

Time: 8.30am – 3.30pm

Cost: FREE

Venue: Innovation Centre, USC
90 Sippy Downs Drive, Sippy Downs



REGISTER NOW – BOOKINGS ESSENTIAL

For more information and bookings go to sunshinecoast.qld.gov.au
or email helen.szabo@sunshinecoast.qld.gov.au

Some interesting facts around chronic diseases in Australia

The most common chronic diseases are:

- Heart disease
- Dementia
- Stroke
- Cancer
- Chronic lung disease
- Diabetes
- Respiratory diseases, including asthma
- Kidney disease
- Mental and behavioural conditions.

80 per cent of Australians aged over 65 are estimated to have one or more chronic diseases.

Many chronic conditions share common risk factors that are largely preventable or treatable, for example: tobacco smoking, physical inactivity, poor diet, overweight and obesity, chronic stress, lack of sleep, social isolation, and other biomedical risk factors, such as high blood pressure.

Coronary heart disease is the single leading cause of death in Australia (killing one person every 12 minutes), followed by dementia. Dementia is actually the leading cause of death for women.

In 2020 there is an estimated 459,000 Australians living with dementia. This number is expected to increase to 590,000 by 2028, and 1,076,000 by 2058.

Diabetes is the fastest growing chronic condition in Australia, increasing at a faster rate than other chronic diseases such as heart disease and cancer.

75 per cent of Australians aged over 65 do not meet the physical activity guidelines for older Australians – that is at least 30 minutes of moderate intensity physical activity on most, preferably all, days.

95 per cent of Australian adults do not meet the recommended Australian Dietary Guidelines for serves of fruit and vegetables per day – that is two serves of fruit and five serves of vegetables.

“Lifestyle as medicine has the potential to prevent up to 80 per cent of chronic disease. No other medicine can match that.”

Dr David Katz, Former Director at Yale University and former President of the American College of Lifestyle.