

The **NHPAs** are a collaborative initiative endorsed by the Commonwealth which seek to focus the health sector's attention on the diseases or conditions that have a **major impact** on the health of Australians. The NHPAs represent the disease group with the largest burden of disease and potential costs to the Australian community. Their aim is to raise public awareness of major health issues and focus on health policy to address the issues.

Reasons for selection for each NHPA

- high financial cost
- contributes significantly to burden of disease
- significant health gains can be made if targeted
- rapidly increasing incidence
- increases risk of other conditions
- significant costs to community

Key features

- **Cardiovascular health:** all diseases and conditions of the heart and blood vessels, caused mainly by damaged blood supply to the brain, heart and legs (e.g. coronary heart disease, stroke, heart failure, peripheral vascular disease).
- **Cancer control:** group of diseases where some body cells become defective, behave abnormally and may spread out of control and invade and damage body tissues.
- **Diabetes mellitus:** conditions where the body can't maintain normal blood glucose levels due to insulin deficiency or insulin resistance. 3 types: type 1, type 2 and gestational.
- **Asthma:** an incurable chronic condition that narrows small air passages to the lung when exposed to triggers, due to swelling of airway linings, muscle tightening and excess mucus. Causes wheezing, chest tightness and difficulty breathing.
- **Obesity:** excess fat storage, causing excess body weight (BMI over 30 or waist circumference over 88cm in females and 102cm in males).
- **Arthritis and musculoskeletal conditions:** conditions of bones, muscles and their attachments, which cause pain and stiffness. Includes osteoporosis (weakening of bones), osteoarthritis (wearing of joint cartilage), and rheumatoid arthritis.
- **Mental health:** relates to realising one's abilities, contributing to the community, and coping with stress. Disorders include: depression (feelings of sadness and hopelessness and loss of interest in normal activities), anxiety, eating disorders, bipolar.
- **Dementia:** a group of syndromes that involve impairment of brain function (e.g. memory, cognitive skills, language, perception, and motor skills). It's incurable and associated with old age.
- **Injury prevention and control:** aims to reduce physical damage to the body, including intentional self-harm, falls, poisoning, drowning, burns, and transport-related injuries.

Costs

Direct – **individuals** pay fees from these, and **community** taxes pay for these through Medicare:

- medical professionals
- hospital/surgery treatment
- diagnostic tests
- ambulances
- medicines

Indirect – individual:

- income loss
- employing someone to complete household tasks
- travel costs (e.g. taxi) due to care

Indirect – community:

- loss of productivity in the workplace
- social security payments (Centrelink)
- less taxation revenue

Intangible – individual and community

- pain, grief and stress associated with being sick or pain/death of family or friends
- less participation in social events
- loss of quality of life

For each NHPA, you must be able to list risk determinants and describe one related health promotion strategy.

Determinants

Sample risk determinants list (Obesity)

- Biological – genetic predisposition, male, age
- Behavioural – alcohol use, physical inactivity, diet (high fat/sugar)
- Social – low SES
- Physical – rural (less fresh food access)

Programs

Sample program – Pick the Tick (Obesity)

The Heart Foundation's Tick program is a food product labelling system to help people make healthier choices quickly and easily. To earn the Tick, products must meet strict fat, sugar, salt and fibre standards. Through making choices lower in fat and sugar, and higher in fibre, people are more likely to maintain a healthy weight.

Nutrition

Nutrient	Food source	Function
protein	meat, egg, nuts, legumes	body tissue growth and repair
carbohydrate	bread, fruit, milk, honey	preferred energy source
fibre	wholegrains, f&v skins, lentils	removes body wastes; lowers blood cholesterol
polyunsaturated	tuna, salmon, seeds, walnuts	helps blood circulation, pressure and clotting
monounsaturated	avocado, nuts, canola oil	lowers LDL levels
saturated	fatty meat, cream, cheese	raises LDL levels
trans fat	hydrogenated margarines, baked/fried processed goods	raises LDL and lowers HDL levels
water	watermelon, cucumber, soup	transports nutrients, aids movement of waste
calcium	milk, bok choy	ossifies bones
phosphorus	milk, meat, eggs, beans	ossifies bones
sodium	ham, cheese, potato chips	regulates blood pressure
vitamin D	cream, kidney, salmon	helps absorb calcium

You must also explain how these nutrients increase or decrease risk of: cardiovascular disease, type 2 diabetes, osteoporosis, obesity and colorectal cancer.