CVD

Healthy Priority Issue	Nature of the Problem	Extent of the Problem	Risk Factors & Protective Factors	Social Determinants	Groups at Risk
CVD (cardiovascular disease)	- General term covering all diseases of heart and circulatory system - Affects the heart and blood vessels, which includes stroke and heart attack	- 34% of death in Australia - Leading cause of death in Australia - Kills 1 Australian every 10minutes - 18% of Australia's burden of disease - Mortality rates are decreasing - CVD rates are double in ATSIs	**Risks Factors;** - Gender - Advancing age - Family history - Poor diet - Smoking - Lack of exercise - High blood pressure - High cholesterol - Obese or overweight **Protective Factors;** - Know your family history - Get regular health checks - Eat healthy diet, low in salts and fats - Not smoking - Exercising regularly	- Having a disability or injury - Low education/SES - Lack of access to facilities and technology - Males and their social expectations (don't seek medical advice due to macho attitude) - Media (provides health promotion)	- ATSIs - Smokers - High blood pressure - Low SES - Rural/Remote areas - Over 65+ age (the elderly) - Males - "Blue-collar workers"

Cancer (Skin, Breast, Lung)

Health Priority Issue	Nature of the Problem	Extent of the Problem	Risk Factors & Protective Factors	Social Determinants	Groups at Risk
Cancer (Skin, Breast, Lung)	- Any type of malignant growth or tumour - Group of diseases that results from the uncontrolled/abnormal growth of abnormal body cells - Lung, skin, breast, prostate and cervical cancer are the most prevalent	- **2nd Leading cause of death (28%)** - **Incidence has increased** - **Mortality has decreased** - **Morbidity has increased** **Most common in males;** - Prostate - Bowel - Melanoma - Lung **Causing most deaths in males;** - Lung - Prostate - Bowel **Most common in females;** - Breast - Bowel - Melanoma - Lung **Causing most deaths in females;** - Lung - Breast - Bowel	**Risk Factors;** **Lung Cancer;** - Exposure to radiation and carcinogens - Age - Gender - Family History - Smoking **Skin Cancer;** - Exposure to sun (11am-3pm) - Fair skin - Moles (type and number) **Breast Cancer;** - Family history - Early menstruation - Obesity - Gender - Having children either too late or not at all **Protective Factors;** **Lung Cancer;** - Avoid exposure to smoke and don't smoke - Know family history and get regular checks - Avoid exposure to hazardous materials **Skin Cancer;** - Avoid sunlight - Reduce exposure to sunlight (protection) - Examine moles **Breast Cancer;** - Consume health diet (low in fats) - Practise-Self-Examination and know family history - Regular mammograms if over 50 years old	**Lung Cancer;** - Occupational exposure to radiation and toxic materials (e.g. asbestos) - Increased education and health promotion - Societies view on smoking has changed - Increased laws with smoking **Skin Cancer;** - Outdoor jobs - Media – having a tan is cool - Increased education and awareness **Breast Cancer;** - More pressure on women to be working, which prolongs the age of them having children - Family history - Lack of access to health care facilities	- Women - Smokers - Sun Bakers - High fat diets - Earlier sex life - Women never giving birth - "Macho" attitude - Life guards - Rural/Remote areas - ATSIs

Diabetes (Type 1, 2 & Gestational Diabetes)

Health Priority Issue	Nature of the Problem	Extent of the Problem	Risk Factors & Protective Factors	Social Determinants	Groups at Risk
Diabetes	- Diabetes is a condition affecting the body's ability to take glucose from the bloodstream to use it for energy - **3 types of diabetes;** 1. **Type 1;** occurs when the pancreas no longer produces the insulin needed 2. **Type 2;** occurs when the pancreas is not producing enough insulin and the insulin that is being produced is not working effectively 3. **Gestational Diabetes;** occurs only in pregnancy and usually disappears after birth, however may reoccur in next pregnancy	- Fastest growing chronic disease - 1 person is diagnosed every 7mins - Prevalence increases with age - Incidence is similar between males and females - ATSI have the highest prevalence in the world - 6th highest cause of death in Australia	**Risk Factors;** - Race (ATSIs) - Hypertension - Stress - Elderly - Inactivity - Pregnancy - Obesity - Family History **Protective Factors;** - Eat wide variety of nutritious foods - Limit alcohol intake - Mandatory physical activity/education at school - Low salt/fat intake - Encourage and support breastfeeding - Maintaining a healthy body weight - Food labels	- Lack of education - Limited access to health services - People with family history of diabetes - People with low SES/low income - Having an allergy or disability - People living in city are more likely to have fast food since its convenient	- ATSIs - Women who had diabetes during pregnancy - Elderly - Family history of diabetes - Overweight people - People who consume a diet high in sugar