



THE
AUSTRALIAN
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AUSTRALIA FAILING TO MEET INTERNATIONAL HEALTH TARGETS

The Australian Pain Society (APS) is concerned that Australians are burdening themselves, and their health system, by making unhealthy choices. The contribution of poor lifestyle choice to bad health has been recognised worldwide and targets have been set to by the World Health Organisation (WHO) to turn around the rising tide of avoidable illness. A report, just released by [Australia's Health Tracker](#), shows that Australia is failing in most areas including poor diet and lack of exercise. These factors contribute to a range of conditions including diabetes, stroke, heart attack and musculoskeletal conditions, many of which result in chronic pain.

The APS calls for a greater proportion of health expenditure to be directed to the prevention of chronic conditions through sustained education and encouragement of Australians to make healthier choices. This should be enhanced by:

- Legislative change, such as introducing bans on excessive salt levels in common foods and promotion of low nutrition food during children's television programs.
- Increased funding for key areas, such as mental health services for children and adolescents to minimise progression to lifelong disability.
- Programs for children and young adults to promote lifelong engagement in adequate levels of physical activity.

(Reference [Chronic diseases in Australia: Blueprint for preventive action Sharon Willcox Policy paper No. 2015-01 June 2015 Australian Health Policy Collaboration](#))

The APS is Australia's leading national forum for a wide range of science-based health professionals (including doctors, nurses, occupational therapists, pharmacists, physiotherapists, psychologists, clinical and laboratory researchers) trained in the recognition, research and management of all aspects of pain in Australia. The APS is well positioned and sufficiently resourced to provide support, education and advocacy for patients and clinicians.

For more detailed information please refer to our webpage: <https://www.apsoc.org.au>

For further comment, information or photos, please ring or email:

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