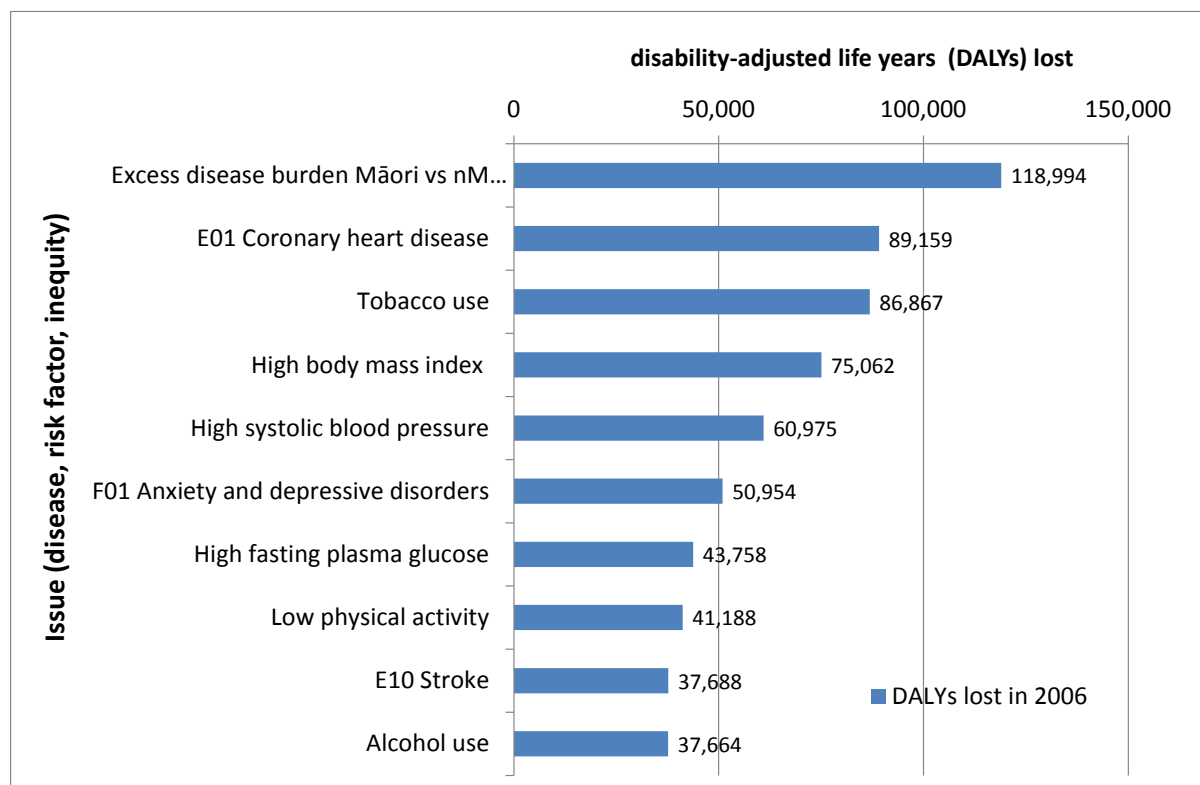


Public Health: a strong focus on prevention

Preventable diseases remain leading cause of health loss in NZ (see figure 1).

Figure 1: Leading causes of health loss in NZ, 2006

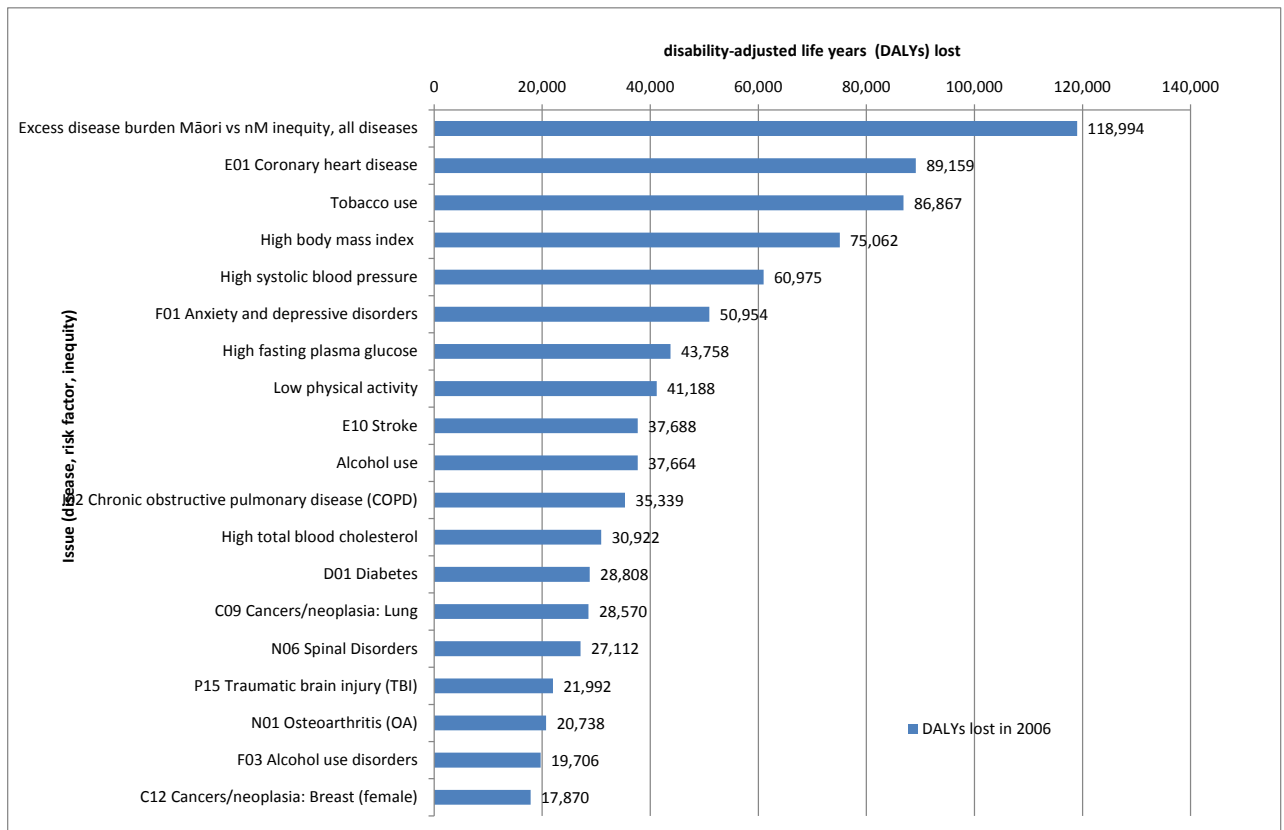


Actions need to be taken at a population level to protect and improve the health of the population. Public Health is about promoting health and preventing disease through organised efforts of society. There are opportunities to control a large number of factors that influence the health of New Zealanders, including interventions such as water fluoridation, tobacco and alcohol control, and measures to curb the environmental drivers of the obesity epidemic.

New Zealand has historically had great success by increasing life-expectancy and reducing health inequalities through improvements in nutrition, hygiene/sanitation, housing, controls on tobacco and immunisation. But there is much scope for health gain from expanded tobacco control, food environment improvements, expanded alcohol control, and pricing instruments around carbon.

Public Health policy should be a coherent and clear national priority, with preventive actions that generate health gain for New Zealanders and potentially save limited health dollars.

Figure 2: Detailed leading causes of DALY (health) loss in NZ, 2006



* combined categories integrating burden by disease, risk factors and crude inequity (Māori vs non Māori), including double counting (totalling 1.5 million DALYs lost, where true disease burden across disease and injury alone was 955,230 DALYL, of which risk factors contributed to 417,753 DALYL).

M:nM inequities understate true inequity by not counting e.g. Pacific peoples, and other residual inequities by socioeconomic status after controlling for ethnicity, etc. The NZBDIS did not prospectively categorise and measure issues of child poverty, climate change and housing.

Source data: Ministry of Health. Health Loss in New Zealand: A report from the New Zealand Burden of Diseases, Injuries and Risk Factors Study, 2006-2016. Wellington: Ministry of Health, 2013. <http://www.health.govt.nz/publication/health-loss-new-zealand-report-new-zealand-burden-diseases-injuries-and-risk-factors-study-2006-2016> New Zealand Burden of Diseases Statistical Annex <http://www.health.govt.nz/publication/new-zealand-burden-diseases-statistical-annexe>

The leading 40 issues causing DALY loss in New Zealand in 2006 (which accounted for 75% of all DALY losses) are in the following table:

Issue (disease, risk factor, inequity)	DALY loss
Sum	
Issue	Total
Excess disease burden Māori vs nM inequity, all diseases	118,994
E01 Coronary heart disease	89,159
Tobacco use	86,867
High body mass index	75,062
High systolic blood pressure	60,975
F01 Anxiety and depressive disorders	50,954
High fasting plasma glucose	43,758
Low physical activity	41,188
E10 Stroke	37,688
Alcohol use	37,664
I02 Chronic obstructive pulmonary disease (COPD)	35,339
High total blood cholesterol	30,922
D01 Diabetes	28,808
C09 Cancers/neoplasia: Lung	28,570
N06 Spinal Disorders	27,112
P15 Traumatic brain injury (TBI)	21,992
N01 Osteoarthritis (OA)	20,738
F03 Alcohol use disorders	19,706
C12 Cancers/neoplasia: Breast (female)	17,870
G02 Dementia	16,949
P30 Other injury#	16,578
High sodium intake	16,261
C04 Cancers/neoplasia: Colon	15,907
I01 Asthma	15,084
G07 Migraine	13,094
G09 Sleep disorders	12,772
F05 Schizophrenia and related psychotic disorders	12,328
N07 Chronic MSK pain syndromes	12,202
B01 Preterm Birth	11,640
P18 Internal injury	11,601
High saturated fat intake	11,434
N05 Other rheumatological conditions	10,655
N03 Rheumatoid arthritis (RA)	10,320
P25 Poisoning	10,226
C16 Cancers/neoplasia: Prostate	9,786
M01 Eczema and dermatitis	9,479
Low fruit and vegetable intake	9,444
L13 Menstrual Cycle Disorders	9,362
C05 Cancers/neoplasia: Rectum	8,105
J01 Upper GI disorder	8,053