

Healthy ageing in NSW

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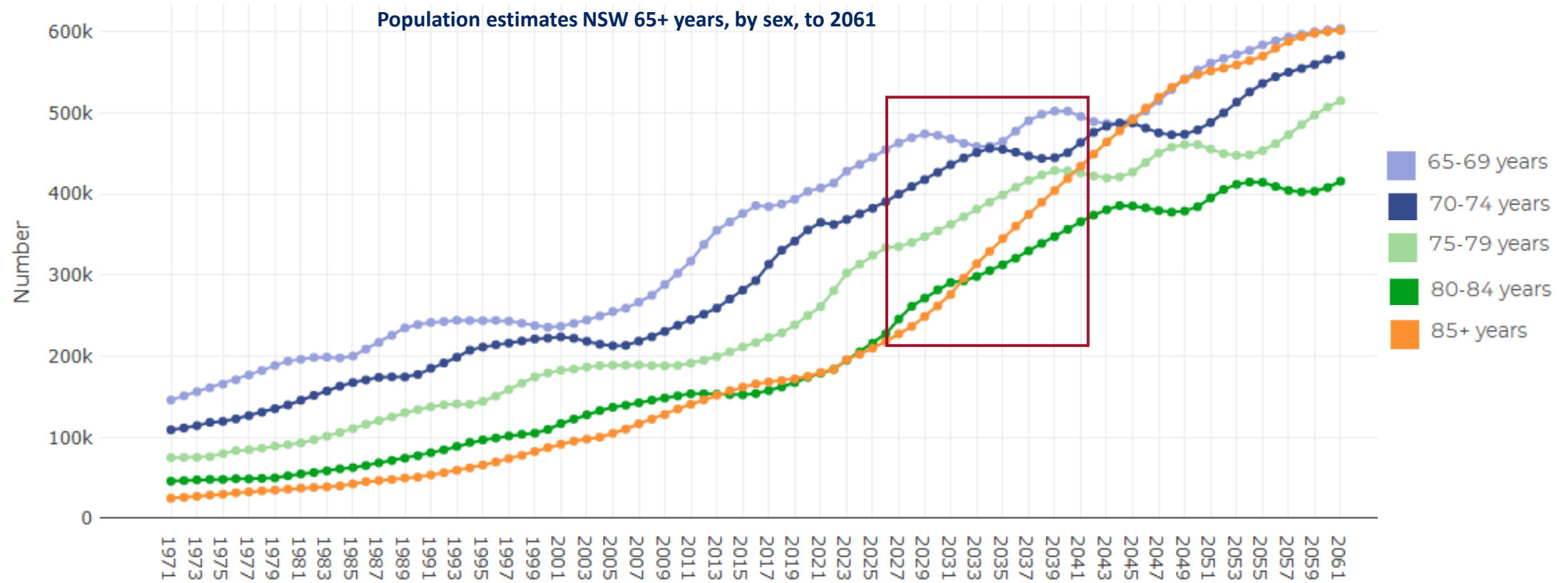
Acknowledgement of Country

We acknowledge the traditional custodians of the land on which we meet today. We honour the ancestors of yesterday, the custodians of today, and those of tomorrow. We recognise the continuing connection to land and waters and how culture is held, nurtured and shared. We pay our respects



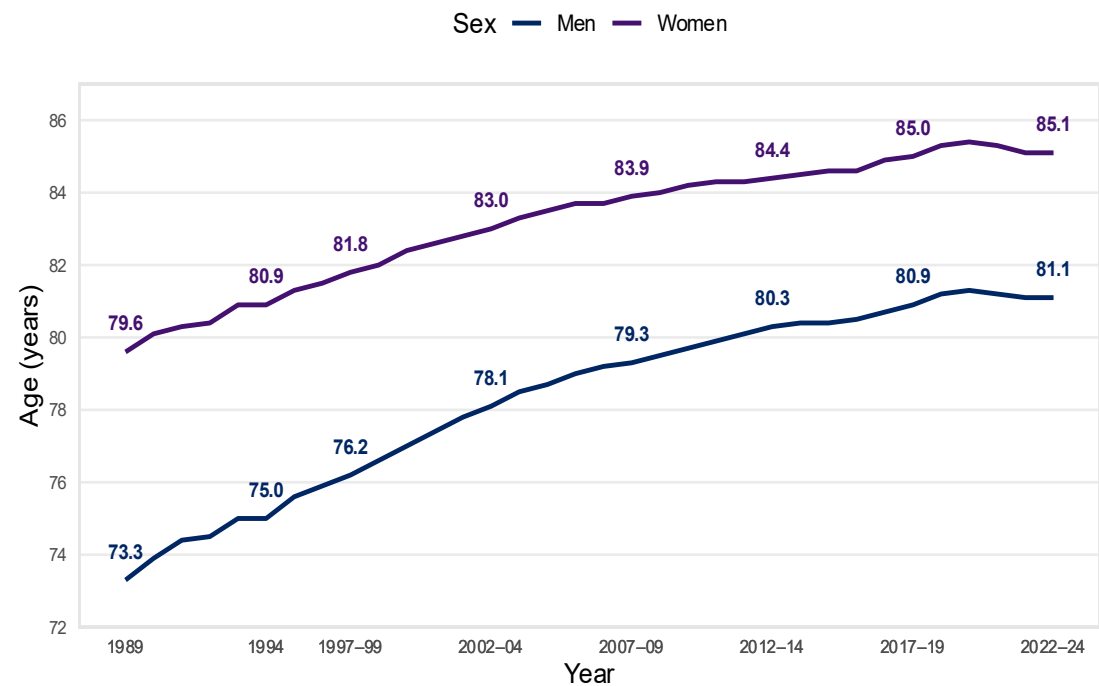
Setting the scene: Ageing and health

The number of people in NSW aged over 85 is projected to double by 2041



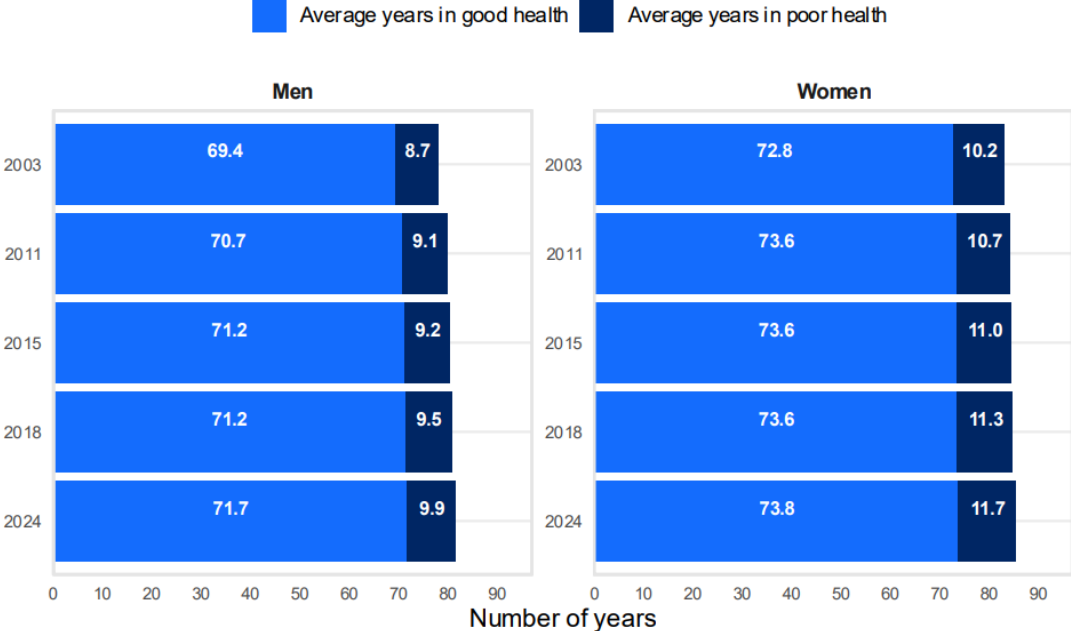
People are living longer, but also spending more time in poor health

Life expectancy at birth, by sex, Australia 1989 to 2022–24



Source: [Australian Bureau of Statistics](#). Accessed on 2 June 2026

Figure 2: Estimated number of years spent in good and poor health, Australia, 2003 to 2024



How do we create conditions for healthy ageing?

Chronic conditions are the leading cause of illness, disability and death in Australia



70%
of Australia's disease burden is due to chronic conditions



Chronic conditions are more common in disadvantaged, regional and remote communities

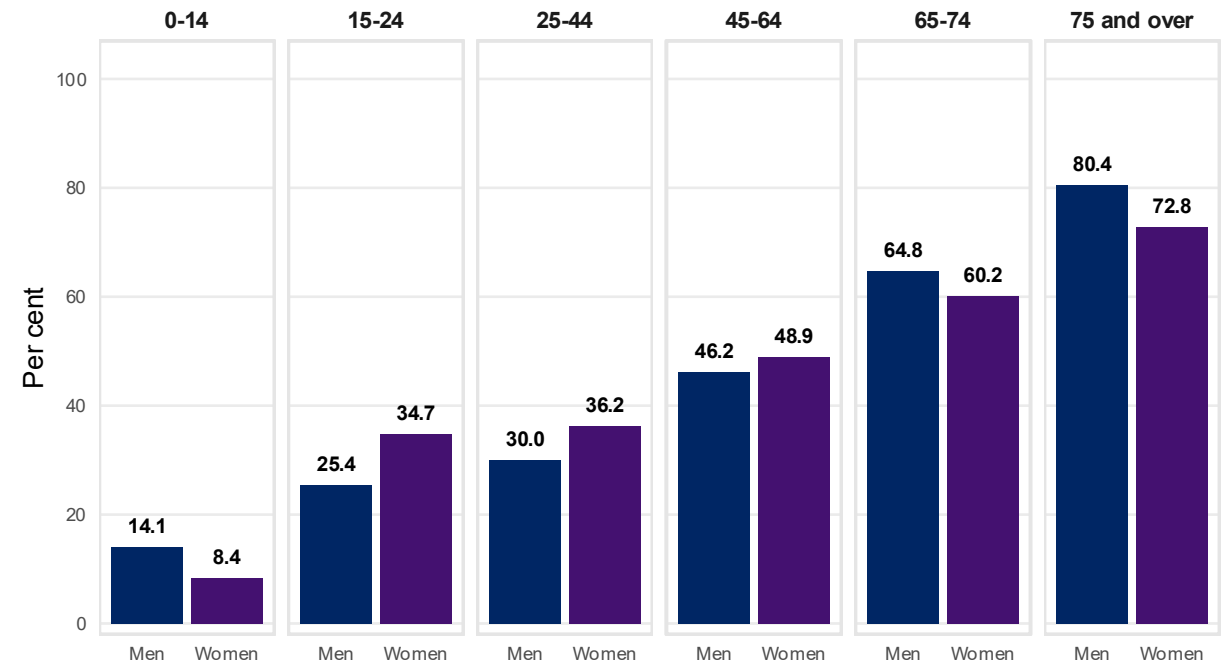


3 in 5
Australians live with at least one chronic condition



80%
of Australians aged 85+ live with two or more chronic conditions

Percentage of people with two or more chronic conditions, by age group and sex, Australia, 2022



Source: [AIHW analysis of ABS 2023](#). Accessed on 28 May 2026.

Conditions contributing to disease burden

Top five conditions contributing to disease burden (% of total disease burden*), by age group, Australia, 2024

Rank	Age group (years)						
	Under 5	5 to 14	15 to 24	25 to 44	45 to 64	65 to 84	85 and over
1	Pre-term birth and low birth weight complications 17.1%	Asthma 11.9%	Anxiety disorders 13.4%	Anxiety disorders 8.6%	Back pain and problems 6.2%	Coronary heart disease 17.6%	Dementia 18.7%
2	Birth trauma/asphyxia 11.7%	Autism spectrum disorders 11.7%	Depressive disorders 9.0%	Suicide/self-inflicted injuries 7.3%	Coronary heart disease 5.3%	COPD 16.6%	Coronary heart disease 11.4%
3	Cardiovascular defects 5.8%	Anxiety disorders 9.5%	Suicide/self-inflicted injuries 8.8%	Back pain and problems 7.2%	Osteoarthritis 3.8%	Dementia 6.4%	COPD 6.0%
4	SIDS 4.0%	Depressive disorders 6.6%	Asthma 4.8%	Depressive disorders 6.9%	Lung cancer 3.6%	Lung cancer 4.6%	Stroke 5.3%
5	Asthma 4.8%	Conduct disorder 5.4%	Eating disorders 4.6%	Alcohol use disorders 3.9%	Anxiety disorders 3.6%	Type 2 diabetes mellitus 3.4%	Falls 3.9%

Disease group		Mental health conditions and substance use
		Cancer and other neoplasms
		Other chronic conditions
		Injuries
		Maternal, neonatal and neurodevelopmental conditions
		Communicable conditions



Dementia has now overtaken coronary heart disease as the leading cause of death in Australia in 2024

Source: AIHW Australian Burden of Disease Database. Accessed on 27 May 2026.

*Percentages estimate the contribution of each condition to the total disease burden within the age group. Total disease burden is measured through disability adjusted life years (DALYs). . SIDS=sudden infant death syndrome; COPD=Chronic Obstructive Pulmonary Disease

36% of the total burden of disease in Australia is attributable to modifiable risk factors

Top five risk factors contributing to total burden of disease by age group, Australia 2024

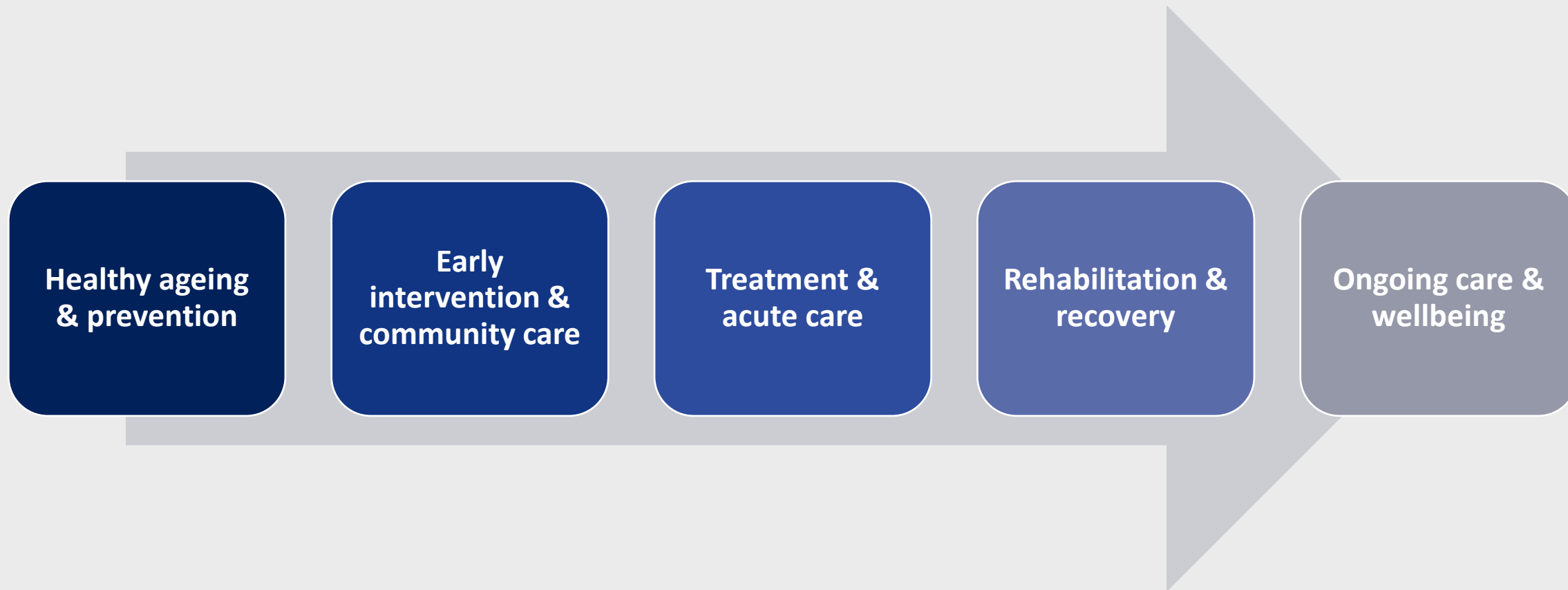
		Age Group							
		Under 15	15-24	25-34	35-44	45-54	55-64	65-84	85+
Rank	1	Low birth weight & short gestation	Child abuse & neglect	Illicit drug use	Alcohol use	Overweight (including obesity)	Overweight (including obesity)	Tobacco use	Overweight (including obesity)
	2	Child abuse & neglect	Alcohol use	Alcohol use	Illicit drug use	Tobacco use	Tobacco use	Overweight (including obesity)	High blood pressure
	3	Overweight (including obesity)	Illicit drug use	Child abuse & neglect	Child abuse & neglect	Alcohol use	All dietary risks	High blood pressure	Tobacco use
	4		Occupational exposures & hazards	Occupational exposures & hazards	Overweight (including obesity)	All dietary risks	High blood plasma glucose	All dietary risks	All dietary risks
	5		Bullying victimisation	Overweight (including obesity)	Occupational exposures & hazards	Illicit drug use	High blood pressure	High blood plasma glucose	Impaired kidney function

- In 2024, overweight and obesity overtook tobacco to become the leading contributor to total burden of disease.
- Many of the modifiable risk factors for dementia are common to other chronic conditions, including obesity, such as social isolation, depression and physical inactivity.
- A 2024 update to the *Lancet* Commission on dementia prevention, intervention, and care identified that 45% of dementia cases worldwide could be prevented or delayed by addressing 14 modifiable risk factors including obesity, diabetes, high blood pressure, smoking and high cholesterol – particularly in mid-life.

Sources: AIHW Australian Burden of Disease Database. Accessed on 27 May 2026.
 Livingston G, Huntley J, Liu K et al. Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission The Lancet, 2024; 404, 572-628

Supporting healthy ageing

NSW Health supports older people through prevention, early intervention, treatment, rehabilitation and ongoing care



Supporting healthy ageing through prevention, care and partnerships across the continuum

NSW Health statewide and local support for healthy ageing and prevention

NSW Health statewide and local initiatives

Get Healthy Service [\(link to website\)](#)

- Builds confidence and capability to make sustainable healthy lifestyle changes.

Active and Healthy website [\(link to website\)](#)

- Makes it easier for older people to find local physical activity and falls prevention programs, resources and ways to stay active.

Enabling healthy environments

- The Ministry of Health builds and maintains partnerships with key internal and interagency stakeholders to influence the design of healthy built environments.

Oral health information and support

- NSW Health have a range of resources to help provide guidance on oral health and its interaction with other diseases.
- Information for carers and translated resources are also available.



Eligibility for Public Dental Services

Public Dental Services

General and emergency dental care

Free for all children under 18 with a Medicare card



Free for adults with one of the following concession cards

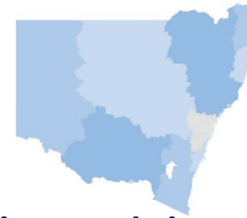


- Medicare does not cover dental services.
- NSW Health does provide dental care for eligible people in our community.
- Dental care is available for all adults living in NSW with a Medicare card and either a Health Care Card, Pensioner Concession Card or Commonwealth Seniors Health Card
- NSW Health public dental service: 1800 679 336

NSW Multi-Purpose Services (MPS) snapshot

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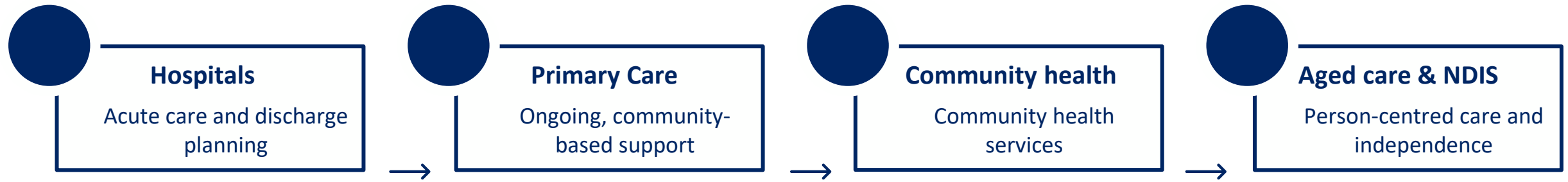
Multi-Purpose Services

**8**Regional Local Health
Districts**1161**residential aged care
placesProvide integrated health and aged care
in one locationSupporting access to regional
health and aged care services

Strengthening connections across health and aged care



People experience care as one journey, not separate systems. Our focus should be on coordinated support across health, aged care and disability services.



Coordinator General of Aged Care and Disability Reform, NSW Health

- System-wide improvements for older people and people with disability.
- Strengthen partnerships across the Commonwealth, NSW Government, local government, providers and community sector.
- Support reform, share best practice and respond to emerging policy opportunities.

Shared responsibility

- Shared challenge to ensure that longer lives are healthier, more independent and connected lives.
- By strengthening prevention and collaboration across our health services, government agencies, aged care, local councils and community groups, we can help more people age well and remain active in their communities.



Questions?

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