Healthy ageing is about optimising opportunities for older people to continue to take an active part in society and enjoy an independent and high quality of life.

Health and wellbeing in the later years will be enhanced by healthy lifestyle choices. Being physically active, healthy diets and not smoking are the best ways to avoid disease and enjoy the benefits of good health.

Creating age-friendly communities with safe public spaces, accessible footpaths, signage, shaded seating, drinking water, pedestrian crossings and public toilets will encourage older people to stay active, healthy and engaged with their neighbourhoods. Organised recreation activities, public transport and mobility options that provide access to local services and amenities will create diverse options for community engagement, and enable older people to remain socially active and valued.

Cardiovascular disease is the leading cause of health loss.

Specific causes of burden
- 13% coronary heart disease
- 7% dementia
- 7% COPD

Leading risk factors for burden
- 13% due to tobacco use
- 11% due to dietary risks
- 9% due to high blood pressure

Most common health conditions
- 93% sight problems
- 44% arthritis
- 41% deafness/ear problems
- 27% heart, stroke or vascular disease
- 25% back problems
- 21% high cholesterol
- 37% hypertension

Data in this factsheet refers to Queenslanders aged 65 years and older, unless otherwise noted.
Older people in Queensland

Health service utilisation

- 911,000 hospitalisations (2015–16)
- 28% of all admissions for tests, procedures and investigations
- 8% for circulatory conditions
- 8% for symptoms and signs
- 45% of older people were admitted in the previous year

Contributors to lifetime health and wellbeing

- 16,000 new cases of cancer diagnosed in 2014
- 23% of female cases with breast cancer
- 27% of male cases with prostate cancer
- Risk of cancer diagnosis: 1 in 3 by age 75 years, 1 in 2 by age 85 years
- 43% had high blood pressure
- 96% had one or more diagnosed chronic conditions
- 72% had three or more

Average GP visits per year

- 65–74 years: 8 visits
- 75–84 years: 12 visits
- 85 years and older: 13 visits

Social support and engagement contributes to health and security. Safe and accessible home environments enable older people to continue living with independence and a high quality of life.

More information, access to interactive data visualisations and detail on definitions and methods is available from the main report and the website: www.health.qld.gov.au/cho_report

For further information: Population_Epidemiology@health.qld.gov.au

- 53% never smoked
- 27% were healthy weight by measurement
- 85,000 employed
- 48% active on most days in the past week
- 340,000 living with disability
- 1 in 2 older people
- Embed regular and sustained physical activity into everyday life and daily routines

The health of Queenslanders 2018
Report of the Chief Health Officer Queensland

Queensland Government