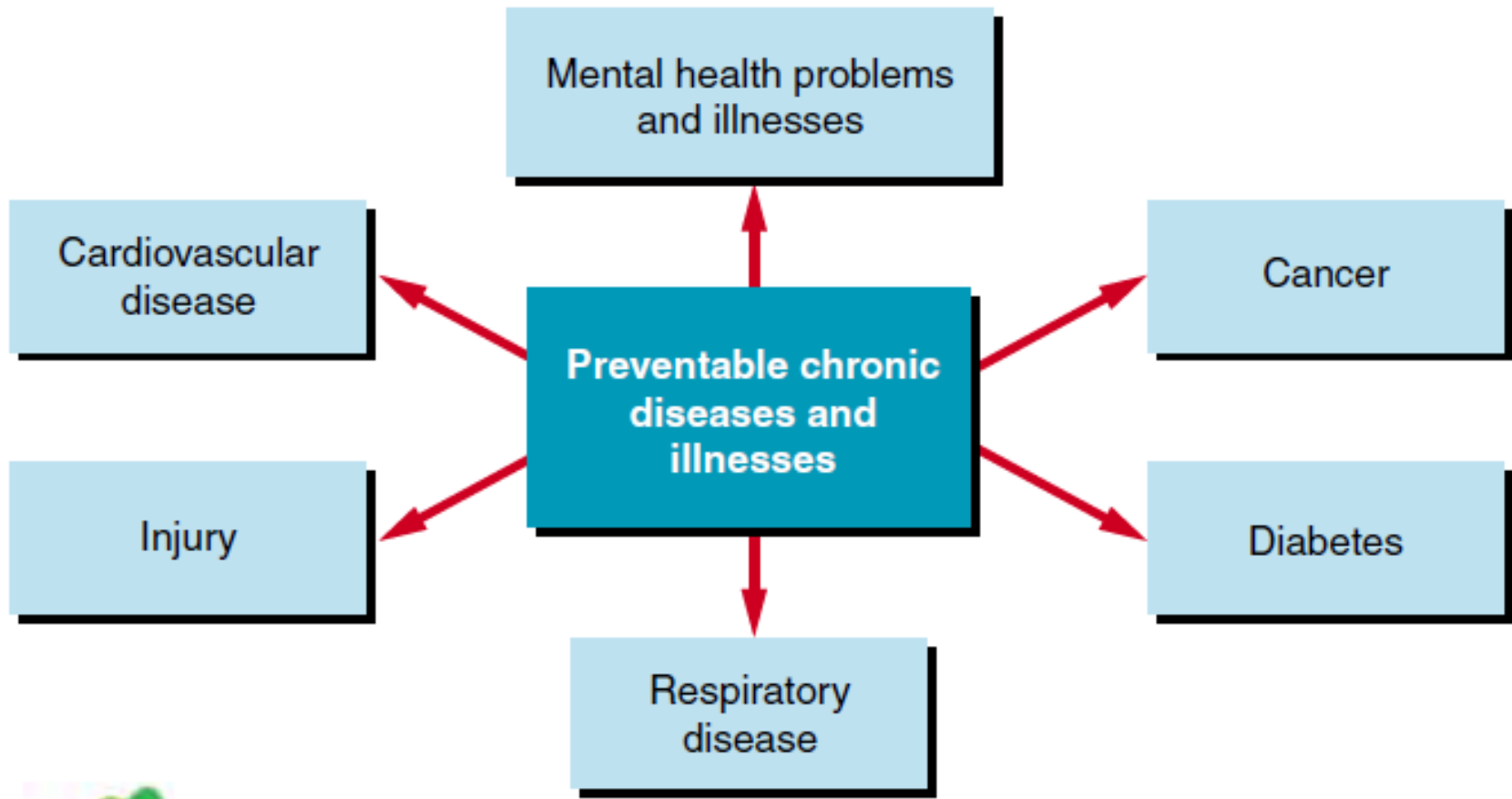


High levels of preventable chronic disease, injury and mental health problems



Respiratory Disease

The nature of the problem

- Respiratory diseases refer to a group of diseases that affect the respiratory system, including the lungs, lower and upper airways, nose and throat. Includes:
- asthma
- chronic obstructive pulmonary disease (COPD) (emphysema & chronic bronchitis)
- hay fever
- chronic sinusitis.

Respiratory Disease

Extent of the problem (trends)

- Mortality and morbidity rates are decreasing
- The prevalence of some conditions in the respiratory disease group is decreasing and this can be largely attributed to a decline in smoking, particularly in males.
- The high prevalence of asthma in Australia, especially among children, is a significant concern for the health-care system.

Respiratory Disease

Risk factors and protective factors

- Risk Factors: Family history, exercise, colds & flu, tobacco smoke, allergens, (like dust mites), air pollution
- Protective Factors: consult doctors, people with asthmas have an asthma management plan, be aware of allergens and try to eliminate (eg no carpet in house if allergic to dust mites)

Respiratory Disease

The sociocultural, socioeconomic and environmental determinants

Table 2.8: The sociocultural, socioeconomic and environmental determinants for respiratory disease

Sociocultural determinants	<ul style="list-style-type: none">• Indigenous Australians are more at risk due to higher rates of smoking.• People with a family history of allergies are more prone to developing asthma.
Socioeconomic determinants	<ul style="list-style-type: none">• People with less income are more likely to smoke and have less money to spend on treatment.• People who are repeatedly exposed to hazardous chemicals at work are more at risk.
Environmental determinant	People living in rural and remote areas have less access to emergency services. This has led to a higher death rate from asthma in these areas, compared to urban areas.

Respiratory Disease

Groups at risk

- People prone to allergies
- ATSI (due to high levels of smoking)
- Smokers
- People who have a family history