



## Burden of disease

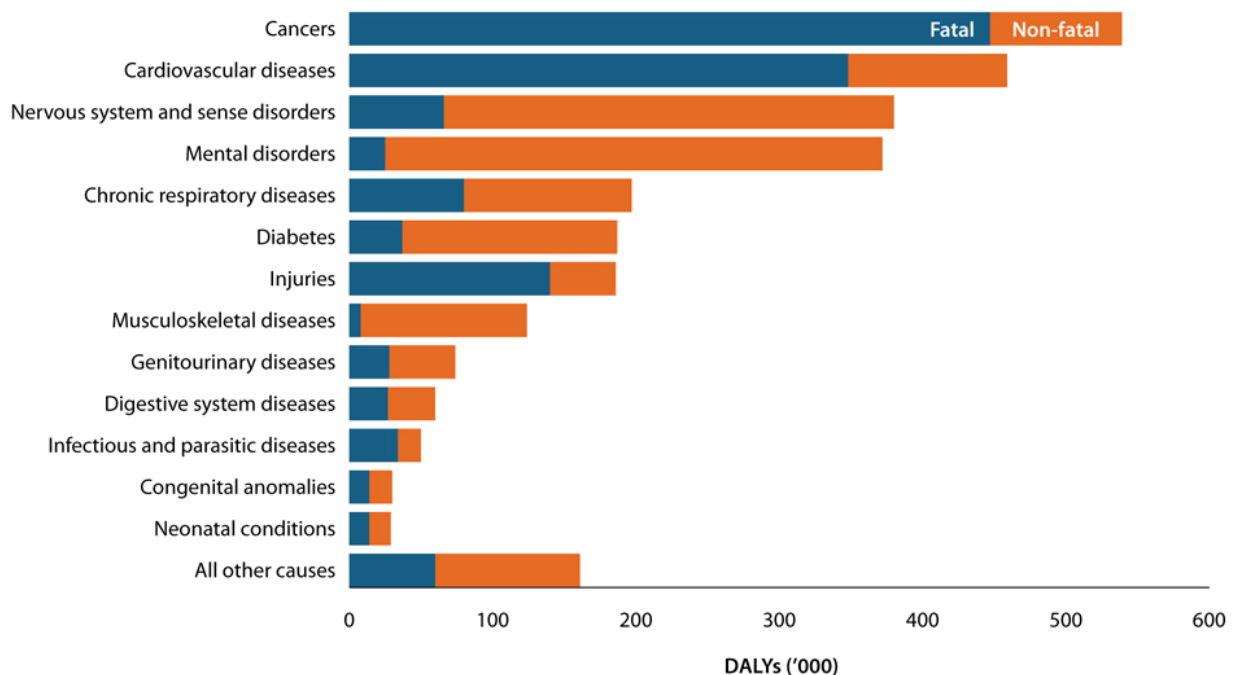
Extracted from *Australia's health 2010*

Pages 55–59

Cancer is the leading cause of Australia's burden of disease and injury in 2010, clearly ahead of cardiovascular disease. Both of these disease groups have a much larger fatal component (from premature death) than the next-ranked pair. The group labelled 'Nervous system and sense disorders' includes problems such as dementia and vision loss.

In particular, the burden measure highlights the major impact of mental disorders, ranked fourth. They carry a greater burden of illness and disability than any of the other problems.

### Projected fatal and non-fatal burden of major disease groups, 2010



The top five specific causes projected for 2010 are coronary heart disease, anxiety and depression, Type 2 diabetes, dementia and stroke. This was the same top five in 2003, with only dementia and stroke swapping fourth and fifth rank. Over the longer term and accounting for population changes, Type 2 diabetes is projected to become the leading cause of disease burden by 2023, partly attributable to the expanding problem of overweight and obesity.

**Note:** We can compare the impact of different health problems by using a measure known as the 'burden of disease and injury'. For many diseases and injuries, it adds up the impact of premature death, prolonged illness and disability. The unit of measure is called a DALY—a disability-adjusted life year.