

1 Introduction

1.1 The WHO MONICA Project

The MONICA Project was a World Health Organization (WHO) study MONItoring trends and determinants of CARdiovascular disease (Tunstall-Pedoe et al. 1999). Forty well-defined populations from 25 countries were involved in the study from the mid-1980s to the mid-1990s. The analysis of the MONICA data will be conducted by the MONICA Data Centre in Helsinki, Finland. The objectives of the MONICA Project were:

- to assess the association between changes in coronary heart disease (CHD) event rates, defined as fatal CHD events and non-fatal acute myocardial infarction (AMI) events, and changes in the main cardiovascular risk factors including smoking, blood pressure, cholesterol and obesity; and
- to assess the association between changes in case fatality and changes in medical care.

Australia participated in the Project with two centres, one in Newcastle, New South Wales, and the other in Perth, Western Australia (Dobson et al. 1993).

1.2 Aim of this report

This document describes the methods used to register subjects in the two MONICA centres in Australia, presents rates of coronary events in persons aged 35–64 years, and estimates of the annual change in rates of events during the study period. In addition, the level of medical treatment used before, during and after hospitalisation and estimates of the annual change in the use of medical treatment are given.

Similarly, the methods used to sample subjects for the surveys of risk factors are described and the methods of measuring levels of risk factors explained. Levels of risk factors and estimates of the annual change in levels of risk factors are presented.

Data are given as age-standardised rates, percentages or means for each centre and separately for men and women. Data by sex and age group are shown in the appendixes.