

Prevention Partnerships

Our Impact 2022



The Problem

40% 20%

of Aussies have at least one chronic disease

have two or more

81%

of health loss from early death, illness or disability is caused by chronic illness in New Zealand



What we're doing about it

nib foundation invested **\$1.3 million** in digital health programs that empower Aussie and Kiwi youth and young adults to live healthier lives

Our Reach

488,000

people accessed programs that build health literacy and reduce the health risks that contribute most to chronic disease, including:



Smoking & alcohol use



Nutrition



Physical activity



Mental health



Social connection



Sleep

The Impact

Risk & Protective Factors

412,000

people participated in programs that help to protect their future health

Access & Connection

454,000

people (93%) were connected to credible resources to help better manage their health and wellbeing

Awareness & Knowledge

49,000 +

people (10%) accessed programs to build their understanding of health issues and how to respond to them

Skills & Action

123,500

people (25%) engaged in skill-building programs that improve wellbeing and motivate action

Attitudes & Beliefs

380,000

people (78%) explored ways to reshape how they think about a health risk