

Our Impact 2025

Prevention Partnerships

The Problem

1 in 2

Aussies have at least one chronic disease

1 in 5

have two or more

81%

of total health loss in New Zealand is due to chronic illness

What we're doing about it

nib foundation has funded digital health programs that empower Aussie and Kiwi youth and young adults to live healthier lives

Our Reach

478,841

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



Alcohol use



Nutrition



Smoking & vaping



Mental health



Physical activity



Sleep

The Impact

Access & Connection

478,814

people were connected to credible resources to help better manage their health and wellbeing

Attitudes & Beliefs

401,852

people explored ways to reshape how they think about a health risk

Risk & Protective Factors

47,079

people participated in programs that help to protect their future health

Skills & Action

429,297

people engaged in skill-building programs that improve wellbeing and motivate action

Awareness & Knowledge

425,689

people accessed programs to build their understanding of health issues and how to respond to them