

Prevention Partnerships

The Problem

1 in 2

Aussies have at least one chronic disease

1 in 5

have two or more



What we’re doing about it

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

Our Reach
635,169

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



Alcohol use



Smoking & vaping



Nutrition



Mental health



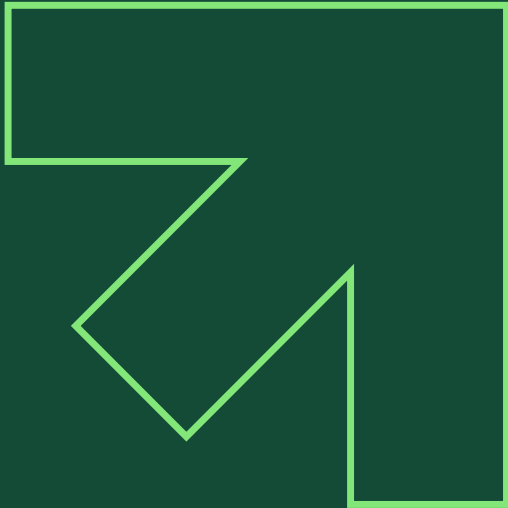
Physical activity



Sleep

The data in this Impact Report is provided by nib foundation’s [Prevention Partners](#).

The Impact



Access & Connection

635,169

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

Risk & Protective Factors

41,410

people participated in programs that help to protect their future health

Skills & Action

614,667

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

Awareness & Knowledge

597,812

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

Attitudes & Beliefs

593,759

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