

Associations between chronic diseases and risk factors

Chronic disease	Behaviour risks				Biomedical risks		
	Tobacco smoking	Insufficient physical activity	Alcohol	Dietary risks	Obesity	High blood pressure	Abnormal blood lipids
Coronary heart disease	☐	☐	-	☐	☐	☐	☐
Stroke	☐	☐	☐	-	☐	☐	☐
Type 2 diabetes	☐	☐	-	☐	☐	-	-
Osteoporosis	☐	☐	☐	☐	-	-	-
Colorectal cancer	☐	-	☐	☐	☐	-	-
Oral health	☐	-	☐	☐	-	-	-
Chronic kidney disease	☐	-	-	-	☐	☐	-
Breast cancer (female)	-	-	☐	-	☐	-	-
Depression	-	-	-	-	☐	-	-
Osteoarthritis	-	-	-	-	☐	-	-
Rheumatoid arthritis	☐	-	-	-	-	-	-
Lung cancer	☐	-	-	-	-	-	-
Cervical cancer	☐	-	-	-	-	-	-
COPD	☐	-	-	-	-	-	-
Asthma	☐	-	-	-	-	-	-

☐ = Strong evidence in support of a direct association between the chronic disease and risk factor.

- = There is either no direct association or the evidence for a direct association is not strong.

Source: AIHW 2016. Chronic disease risk factors <https://www.aihw.gov.au/reports/chronic-disease/evidence-for-chronic-disease-risk-factors/behavioural-and-biomedical-risk-factors>



NQPHN acknowledges the Aboriginal and Torres Strait Islander peoples as Australia's First Nation Peoples and the Traditional Custodians of this land. We respect their continued connection to land and sea, country, kin, and community. We also pay our respect to their Elders past, present, and emerging as the custodians of knowledge and lore.

