



The Hon Jillian Skinner MP

Minister for Health Minister for Medical Research

MEDIA RELEASE

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RAISING AWARENESS OF HEART HEALTH

The Minister for Health and Minister for Medical Research, Jillian Skinner, today took part in a heart health forum to raise awareness of cardiovascular disease, the leading cause of death in Australia.

Heart Support Australia hosted the forum to raise awareness of the importance of heart health and conducted pulse checks to remind people of the importance of monitoring blood pressure levels.

Mrs Skinner said the NSW Government is proud to help send the message about the importance of reducing the risk of heart disease.

"It's alarming that twenty-three people die each day of heart disease in NSW alone," Minister Skinner said.

"While there is no single cause of heart disease - smoking, high blood pressure, high blood cholesterol and being physically inactive are risk factors," she said.

"Heart disease is largely preventable but the risks can be greatly reduced by leading a healthy lifestyle."

The NSW Government has significantly invested in chronic disease management initiatives such as the Connecting Care Program, which aims to help people avoid unnecessary hospitalisation.

"It's about keeping people out of hospital through better management of their chronic disease at home," Mrs Skinner said.

"The program targets people aged over 16 with chronic diseases that result in the most frequent presentations to hospitals, drive the highest health care costs, and respond best to improved care coordination and health coaching – including diabetes, congestive heart failure, coronary artery disease, chronic obstructive pulmonary disease and hypertension."

The Member for Ryde, Victor Dominello, welcomed the charter of the Ryde branch of Heart Support Australia.

"Heart Support Australia's individual branches work closely with local hospitals and residents, spreading the message of preventative healthcare," Minister Dominello said.

"Residents in Ryde will benefit from Heart Support Australia's message of preventive healthcare, community awareness is vital in the fight against heart disease," he said.