

# Health Targets for Austria

## Health for all

In 2012 health targets for Austria were approved by the Federal Health Commission of Austria and the Austrian Council of Ministers. The 10 health targets will be in force for the next 20 years. They describe several approaches aiming at a further increase in general public health with the main objective to prolong the healthy life years by an average of two years. The overall target that has been defined is to improve the health of all people living in Austria, irrespective of level of education, income or situation in life.

## A broad subject requires a broad process

The process that Austria started in order to define health targets has been regarded as exemplary at the international level, because all relevant political and social stakeholders have been actively involved. In addition, everyone interested in this topic was invited to express their views and opinions on an online website. Framing Austria's health targets on a broad basis has been an essential precondition as many factors relevant to health are situated outside the health-care system.

## Guiding principles

The health targets are based on a number of guiding principles. The most relevant are “orientation towards health determinants”, “health-in-all-policies approach” and “promoting health equity”. Therefore the targets take into account the health determinants and policy areas that are most relevant in this respect. In addition they relate to both living conditions and individual behaviour, and identify how health equity can be improved.

## A framework for action

The health targets provide a framework for coordinated action, which is backed by all institutions involved. In the next few months a binding implementation plan, supported by the relevant stakeholders, will follow that is based on cooperation across institutions.

**Target 1:** To provide health-promoting living and working conditions for all population groups through cooperation of all societal and political areas



**Target 2:** To promote fair and equal opportunities in health, irrespective of gender, socio-economic group, ethnic origin and age



**Target 3:** To enhance health literacy in the population



**Target 4:** To secure sustainable natural resources such as air, water and soil and healthy environments for future generations



**Target 5:** To strengthen social cohesion as a health enhancer



**Target 6:** To ensure conditions under which children and young people can grow up as healthy as possible



**Target 7:** To provide access to a healthy diet for all



**Target 8:** To promote healthy, safe exercise and activity in everyday life through appropriate environments



**Target 9:** To promote psychosocial health in all population groups



**Target 10:** To secure sustainable and efficient health care services of high quality for all

