

Managing chronic conditions in Australia

July 2025

The OECD **Patient-Reported Indicator Surveys (PaRIS)** is the first international survey of health outcomes and experiences of patients living with chronic conditions who are treated in **GP practices**. Australia is one of 19 countries that participated.

HOW WE COMPARE GLOBALLY

Australia performed better than or close to the OECD average across all 10 areas measured in PaRIS.

AUSTRALIA
RANKS
IN THE

TOP
#5

IN 4
out of
10
health
areas

94%

of Australian
patients reported
positive experiences
at their GP practices

vs

87%

OECD
average

Note: 2,392 Australian patients participated in PaRIS.

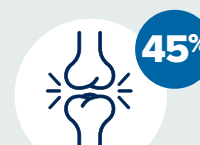
FIVE COMMON CONDITIONS

Percentage of Australian patients who reported these chronic conditions.



57%

HIGH
BLOOD
PRESSURE



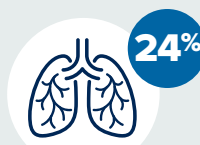
45%

ARTHRITIS
OR ONGOING
BACK &
JOINT PAIN



35%

DEPRESSION,
ANXIETY/
OTHER
MENTAL
HEALTH
CONDITIONS



24%

BREATHING
CONDITIONS



23%

CARDIO-
VASCULAR/
HEART
CONDITIONS

Chronic
conditions
are long-
lasting
diseases
that impact
on people's
quality
of life.

Most people (64%) reported multiple conditions.

PaRIS SCORECARD – AUSTRALIA vs OECD

10 key areas assessed. Percentage of patients reporting positive outcomes or experiences.

AU

OECD average

PATIENT-REPORTED EXPERIENCE MEASURES

Measure	% Positive ratings	AU rank out of 19
Confidence to self manage	AU: 61, OECD: 59	9th
Coordination of care	AU: 74, OECD: 59	TOP 5 3rd
Person-centred care	AU: 94, OECD: 85	TOP 5 3rd
Quality of care	AU: 94, OECD: 87	TOP 5 4th
Trust in the health system	AU: 64, OECD: 62	9th

PATIENT-REPORTED OUTCOME MEASURES

Measure	% Positive ratings	AU rank out of 19
Physical health	AU: 74, OECD: 70	TOP 5 5th
Mental health	AU: 81, OECD: 83	13th
Social functioning	AU: 80, OECD: 83	12th
Wellbeing	AU: 70, OECD: 71	11th
General health	AU: 74, OECD: 66	6th

Note: Australian survey findings may differ slightly to results presented in OECD reports due to differences in weighting approaches used.

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HEALTH BURDEN



2 in 5

Australians surveyed
(39%) lived with
3 or more
chronic conditions

In 2022

15.4m*

Australians (61%)
had one or more
chronic conditions

*Source: AIHW report

In 2022–23,
Australia spent

\$82b*

on chronic
disease treatment

*Source: AIHW report

GP-PATIENT RELATIONSHIP

PATIENTS WHO SAW THE
SAME GP FOR 3–5 YEARS



rated
their care
positively



reported
positive care
coordination

PATIENTS WHO DID NOT
SEE THE SAME GP



rated
their care
positively



reported
positive care
coordination

A trusted, long-standing
relationship between a
patient and their GP leads
to better levels of care
coordination and more
person-centred care.



DIGITAL HEALTH

AUSTRALIA IS A DIGITAL
HEALTH LEADER IN THE OECD



Survey respondents
in Australia are

4x
more likely

to report that their GP
offered video consultations
than the OECD average



96%

of Australian **telehealth**
patients rated their **quality**
of care positively – a similar
rating to in-person care

TIPS FOR PATIENTS WITH CHRONIC CONDITIONS

1 SELF-MANAGE



Patients who
actively self-
manage their
health with their
GP have more
positive outcomes
and experiences.

2 FIND A GOOD GP

Build a relationship
with a GP who can
gain a strong, holistic
understanding of
your health needs.

3 SEEK INFORMATION

Patients who are
proactive health
information seekers
have better
outcomes and
experiences.

4 GO DIGITAL

Check how
your GP shares
information and if
they offer video
and telehealth
consultations.

FIND OUT MORE: safetyandquality.gov.au/paris-survey