



For over 30 years, LiverWELL has been supporting better liver health for Australians. With a vision of liver health for all, we work to support those with liver conditions and reduce the impact of liver disease and viral hepatitis.

LiverWELL's new strategy 2023-2030 contains some ambitious goals:

- 1** Eliminating viral hepatitis by 2030, in line with state, national, and WHO Hepatitis Strategies. Viral hepatitis affects around 500,000 Australians, and increasing access to testing and treatment is essential.
- 2** Raising awareness of Fatty Liver Disease, which currently affects 1 in 4 Australians - a looming health crisis and economic burden. We educate and encourage people to take action, before liver damage leads to chronic disease, cirrhosis and liver cancer.

There's much to be done...support us in improving the liver health of all Australians!

Why liver health is important

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In Australia, more than 5.5 million Australians are impacted by liver disease⁽¹⁾, and liver cancer is the second-fastest growing cancer diagnosis⁽²⁾. Survival rates are less than 22%, 5 years after diagnosis.⁽³⁾

The burden of liver disease

The cost of managing chronic liver diseases is \$51 billion a year in Australia.⁽⁴⁾ LiverWELL is dedicated to addressing the projected increase in disease and helping Australians live healthier lives.

Hepatitis and other liver conditions

Liver disease covers a wide range of conditions, from mild inflammation to severe fibrosis, scarring (cirrhosis), liver cancer and liver failure. Late-stage liver disease develops mostly as a consequence of chronic liver inflammation (hepatitis). Causes of hepatitis include infections such as viral hepatitis B or C, alcohol and fatty liver disease. Primary liver cancer is the most rapidly rising cause of cancer death in Australia.⁽⁵⁾

While vaccinations for hepatitis B and treatments for hepatitis C are available, there is still a large proportion of those with hepatitis that are not accessing treatment or are unaware that they have contracted it. Our challenge is to reach and support these people, educate priority populations, raise awareness, and encourage testing and treatment.

According to Doherty Institute research, in 2020 there were over 100,000 people in Victoria and 400,000 people in Australia living with hepatitis B and C.⁽⁶⁾

- Without medical intervention, 1 in 4 people living with chronic hepatitis B infection will die from liver cirrhosis or liver cancer.⁽⁷⁾
- Fatty liver disease, if left untreated, can also lead to liver cancer and liver failure.⁽⁸⁾
- Changes to lifestyle and early treatment can prevent disease progression and save thousands of lives.⁽⁹⁾



Fighting stigma and discrimination

Stigma and discrimination can prevent people from accessing the treatment, care and support they need. Our incredible lived experience speakers help break down these barriers, dispel myths and overturn negative stereotypes, by generously sharing their personal stories through public speaking, podcasts and education programs.

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The cost of managing chronic liver diseases exceeds \$51 billion per year⁽⁴⁾

1. Mahady SE, Adams LA. Burden of non-alcoholic fatty liver disease in Australia. J Gastroenterology and Hepatology 2018; 33 (Suppl 1): 1–11. <https://doi.org/10.1111/jgh.14270>. 2. The Liver Foundation, Deloitte Access Economics 'The Social and Economic cost of primary liver cancer / hepatocellular carcinoma (HCC) in Australia' March 2021. Viewed Feb 23, at <https://www.liver.org.au/deloittereport>. 3. Australian Institute of Health and Welfare (2022) Cancer data in Australia, AIHW, Australian Government, accessed March 2023, 4. The Liver Foundation, Deloitte Access Economics 'The Social and Economic costs of primary liver cancer / hepatocellular carcinoma (HCC) in Australia' March 2021. Viewed Feb 23 at <https://www.liver.org.au/deloittereport>. 5. Australian Institute of Health and Welfare 2015. Leading cause of premature mortality in Australia fact sheet: liver disease. Cat. no. PHE 199. Canberra: AIHW. Accessed March 2023. 6. The Viral Hepatitis Mapping Project National Report published 2021, an initiative of WHO Collaborating Centre for Viral Hepatitis Epidemiology, The Doherty Institute and ASHM, Viewed Mar 23 at <https://ashm.org.au/vh-mapping-project/>. 7. Cancer Council of Victoria, Hepatitis and Liver Cancer Viewed March 23 at <https://www.cancervic.org.au/get-support-for-health-professionals/community-health-professionals/hepatitis-b-and-liver-cancer>. 8. Gofton, C., & George, J. (2021). Updates in fatty liver disease: Pathophysiology, diagnosis and management. Australian Journal of General Practice, 50(10), 702-707. doi: 10.31128/AJGP-05-21-5974. 9. Cancer Council Australia, National Cancer Control Policy, viewed March 23 at: https://wiki.cancer.org.au/policy/Liver_cancer/Prevention.

Why we need your support

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LiverWELL needs funding to continue to provide our essential services and programs. With your help we can reach more people so that they can make informed choices and access the treatment and care they need, and support their own liver health.

- Supporting people with liver disease and their families
- Raising awareness of hepatitis testing and treatments
- Training more healthcare workers and bringing together experts to share their knowledge
- Extending partnerships with medical research institutes and organisations
- Expanding our collaborative projects to develop new ways of bringing our services to a greater number of people and communities at risk.



Supporting those with liver disease

I contracted hepatitis C around 40 years ago and in those days there was no public awareness about the transmission of blood-borne viruses. I was eventually diagnosed in 2010 and once new direct-acting antivirals became available I was able to access treatment and my health has been reasonably good. Raising public awareness about hepatitis testing and treatment is something I am passionate about. LiverWELL has provided support to me, and now I support others as a LiverWELL Lived Experience Speaker, telling my story to help those in the health sector understand how hepatitis affects people from a personal perspective.

Jane Little, Lived Experience Speaker

Collaborations and partnerships

LiverWell was a valued partner of the EC Victoria Partnership, which explored models of care to improve uptake of hepatitis C testing and treatment among people who inject drugs in Victoria. LiverWELL successfully produced useful resources to promote treatment to people living with hepatitis C. We really look forward to working with the new team into the future.

Doctor Alisa Pedrana, EC Victoria Coordinator, Burnet Institute



Education and training on liver disease and hepatitis

Holmesglen has welcomed speakers from LiverWELL over the last few years to talk to our AMEP students who have recently come from many countries in Asia, South America, Eastern Europe and the Middle East. Lack of knowledge around testing and treatment of liver disease and unnecessary feelings of guilt, embarrassment and shame are often resolved and hearing that many lives have changed amongst our students, encourages us to keep inviting LiverWELL back year after year.

Ai-Lin Bhugun, Holmesglen English Language Centre

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Donate now at liverwell.org.au/get-involved/donate/
or email donate@liverwell.org.au

Case Studies – making a difference

HepLOGIC Project – Doherty Institute: Hep services map

The Hep Services Map is an interactive online resource developed to enable people to easily access information on hepatitis prevention and treatment services. Originally developed for the Brimbank area, it was then expanded to include services right across Victoria. The directory can be searched by clinic or service name, location, or for specific health services. Users can compile their own list of services, and factsheets are available in Vietnamese, Arabic, Chinese and Khmer.

The Doherty Institute supported the Hep Services Map by funding user information in various languages.



End Hepatitis Now! Project - Rotary Club of Melbourne

LiverWELL's long-term partnership with the Rotary Club of Melbourne delivers the 'End Hepatitis Now!' program, with presentations to Rotary groups and the community by speakers with lived experience. Enthusiastic new 'Rotary HEP Heroes' continue to join the fight against discrimination and to raise awareness about viral hepatitis and liver disease, in their own communities and networks.

Consistent with the Rotary International vision of creating 'a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves', Rotary HEP Heroes work with their clubs and the community to 'End Hepatitis Now!'.



StreetShot Program

StreetShot is an interactive program open to young people and students of educational institutions across Victoria to learn about the risk factors for viral hepatitis and how they can keep themselves safe. Understanding the risk factors for hepatitis isn't always as simple as being told what and what not to do. In the StreetShot Program and art competition, young people use creative artwork, photography, paintings, music and videos to reflect their own understanding of hepatitis and risk factors, and reach out to other young people to build awareness and support each other in making informed, healthy choices.



Communities and clients



Getting resources and support to communities that need them is our priority.

- People living with hepatitis, liver disease or other liver conditions, liver cancer, non-alcoholic fatty liver disease, metabolic-associated fatty liver disease, and mothers and babies with hepatitis B
- Carers, family and community who support people living with liver disease and hepatitis
- Healthcare workers who support those affected by liver disease
- People at risk who are impacted by homelessness, alcohol and other drugs
- Culturally and linguistically diverse, and Aboriginal and Torres Strait Islander Communities affected by or at risk of liver disease and hepatitis.

Partners, collaborators and supporters

We partner with over 50 community, research, commercial, educational and health organisations:

AMEP (Australian Migrant English Program)

- Box Hill Institute • Carringbush Adult Education • Cheltenham Community centre • Comm Unity Plus
- Djerriwarrh Community and Education Services • Gippsland TAFE • Holmesglen Institute of TAFE • Laverton Community Education Centre • Olympic Adult Education • Swinburne Institute of Technology

Cambodian Community – collaboration on Liver Health and Hepatitis B • SK Media Inc. • Cambodian Association of Victoria • Wat Buddharangsi Melbourne [Buddhist temple] • Wat Khmer Melbourne [Buddhist temple] • Wat Monirangsi [Buddhist temple].

Chinese Community – collaboration on Liver Health and Hepatitis B

- Asian Business Association of Wyndham Inc. • Chinese Community Council of Australia, Victoria Chapter • Springvale Neighbourhood House • Glen Waverley Community Learning Centre.

Filipino Community – collaboration on Liver Health and Hepatitis B

- United Filipino Elderly Association • Pilipino Elderly Association of Southeast Region (PEASER)
- Philippine Association of Geelong.

Vietnamese Community – collaboration on Liver Health and Hepatitis B • Vietnamese Association Federation (VAF) • Australian Vietnamese Women's Association • Indochinese Elderly Refugee Association • South-eastern Melbourne Vietnamese Association Council (SEMVAC).

Universities – student interns and volunteer programs

- Australian Catholic University • Deakin University • University of Melbourne • Monash University • Victoria University.

Collaborations and partnerships

- WHO Collaborating Centre for Viral Hepatitis • Victoria Cancer Agency
- Burnet Institute – EC Partnership • Doherty Institute – Perinatal hep B project, HepLOGIC Project
- Gilead Pharmaceutical – Fit for Cure – Hepatitis C program • Abbvie • Roche Pharmaceutical
- Health professionals, Gastroenterologists, General Practitioners, Nurses and Specialists
- Rotary Club of Melbourne End Hepatitis Now! Project • Victorian Department of Health.

Our impact across 2022

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Liver health information is available on our website in over 17 languages, and 3 new resources translated into Vietnamese, Chinese and Khmer.

17

105k

Over 105,000 web page views of liver health information

70,000 views of video content on liver health and hepatitis

70k

55

The LiverWELL App has users across 55 countries

Presentations and education sessions reached 16,033 participants, including new participants in Filipino and Turkish communities

16k

1.3k

1,320 participants heard first-hand about liver disease and hepatitis at one of 40 presentations given by our Lived Experience Speakers

180 local health workers came together for liver health education at regional forums in Bendigo, Ballarat, Mildura and Geelong

180

100%

Our HEPReady training program achieved a 100% participation satisfaction rating by participants and was accredited by APNA to 2026