

AUSTRALIAN HEALTH

POPULATION AND WORKFORCE



BODY COMPOSITION

In 2011-12, **63%** of Australian adults were **OVERWEIGHT OR OBESE** (70% of men and 56% of women). This has increased from 57% in 1995.



ADULT ACTIVITY LEVELS



Nearly 3 in 5 Australian adults (57%) do not exercise enough to meet the recommended guidelines

ADULT FOOD AND DIET



In 2011-12, 92% of Australian adults did not eat the recommended 5 serves of vegetables a day

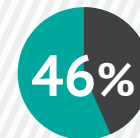


and 52% did not eat the recommended 2 serves of fruit.

FUTURE WORKFORCE (15-24) WEIGHT, DIET AND ACTIVITY LEVELS



In 2011-12, around 33% of Australians aged 15-24 were overweight or obese



Almost half (46%) were either sedentary (9%) or reported low levels of exercise (37%)



And only 4% met the recommended daily intake levels of fruit and vegetables

CAUSES OF DEATH

In 2011, the top 5 causes of death in Australia were:

