THE PROBLEM IS **SIGNIFICANT** AND STARTS EARLY

- **1 in 5** 2-4 year olds are either **OVERWEIGHT** or **OBESE**
- **1 in 4** 5-17 year olds
- **1 in 2** 18-24 year olds
- **2 in 3** adults

**IT CONTINUES TO INCREASE**

The number of adults living with obesity has **DOUBLED** in the last 10 YEARS.

Number of Australian adults who are obese, overweight, and at a healthy weight to 2030

If this rate continues, more than **THREE QUARTERS** of the Australian population will be **OVERWEIGHT** or **OBESE** by 2030.

**OVERWEIGHT & OBESEITY AFFECTS SOME PEOPLE MORE THAN OTHERS**

- **70%** of people with severe or profound **ACTIVITY LIMITATIONS**
- **7%** People living in **REGIONAL AND REMOTE** areas are more likely than those living in major cities
- **MEN** are **1.25x** more likely than **WOMEN**
- **78.2%** of 65-74 year olds compared to **46%** of 18-24 year olds
- **10%** People living in **AREAS OF MOST DISADVANTAGE** are more likely than those living in areas of **least disadvantage**
- **ABORIGINAL AND TORRES STRAIT ISLANDER** people are **1.2x** more likely than non-Indigenous people

**IT HAS A HIGH COST**

- **$11.8b** **COST OF OBESITY** in Australia in 2018
- **$5.4b** **DIRECT HEALTH COSTS** (from disability and hospitalisation)
- **$6.4b** **INDIRECT COMMUNITY COSTS** (lost quality of life and wellbeing, premature death and productivity losses)

Obesity contributes to about **15%** of the **HEALTH GAP** between Aboriginal and Torres Strait Islander people and non-Indigenous people.
Infographic references


ii. 4364.0.55.001 – ABS National Health Survey: First Results, 2017-18 (released 2 February 2019)

iii. 4364.0.55.001 – ABS National Health Survey: First Results, 2017-18 (released 12 December 2018)

iv. 4364.0.55.001 – ABS National Health Survey: First Results, 2017-18 (released 2 February 2019)


viii. Australian Health Ministers Advisory Council Aboriginal & Torres Strait Islander Performance Framework 2014 Report, Canberra AHMAC 2015

