

# O B E S I T Y

IN AUSTRALIA

## THE PROBLEM IS SIGNIFICANT AND STARTS EARLY

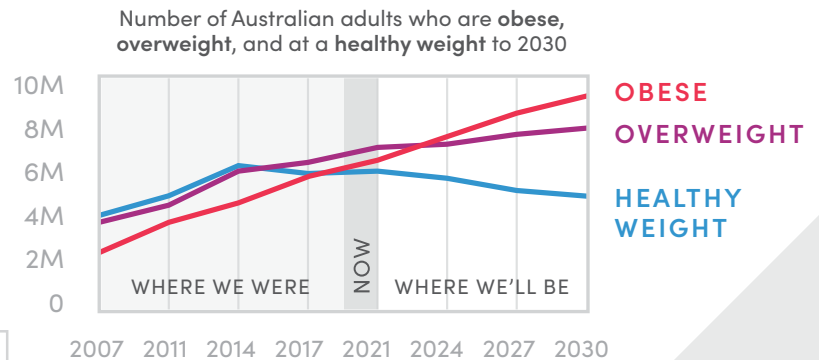


are either **OVERWEIGHT** or **O B E S E**

## IT CONTINUES TO INCREASE

**x2**

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



If this rate continues, more than **THREE QUARTERS** of the Australian population will be **OVERWEIGHT** or **OBESE** by 2030<sup>v</sup>

## OVERWEIGHT & OBESITY AFFECTS SOME PEOPLE MORE THAN OTHERS

**70%**

of people with severe or profound **ACTIVITY LIMITATIONS**



**78.2%** of **65-74** year olds compared to **46%** of 18-24 year olds<sup>vii</sup>



**ABORIGINAL AND TORRES STRAIT ISLANDER** people are **1.2x** more likely than non-Indigenous people<sup>viii</sup>



People living in **REGIONAL AND REMOTE** areas are more likely than those living in major cities<sup>x</sup>



People living in **AREAS OF MOST DISADVANTAGE** are **10%** more likely than those living in areas of **least disadvantage**<sup>xi</sup>



Obesity contributes to about **15%** of the **HEALTH GAP** between Aboriginal and Torres Strait Islander people and non-Indigenous people<sup>ix</sup>



**MEN** are **1.25x** more likely than women<sup>vi</sup>

## IT HAS A HIGH COST



**INCREASES THE RISK** of a range of **CHRONIC HEALTH CONDITIONS**<sup>xiii</sup>



**\$11.8b**

**COST OF OBESITY** in Australia in 2018<sup>xiii</sup>

**\$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)

## Infographic references

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- vii. AIHW Australia Health 2018 <https://www.aihw.gov.au/getmedia/7c42913d-295f-4bc9-9c24-4e44eff4a04a/aihw-aus-221.pdf.aspx?inline=true>
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- ix. Australian Bureau of Statistics. (2018). National Health Survey: First Results, 2017-2018. Canberra, Australia: ABS. <http://www.abs.gov.au/ausstats/abs@.nsf/mf/4364.0.55.001>
- x. Australian Bureau of Statistics. (2018). National Health Survey: First Results, 2017-2018. Canberra, Australia: ABS. <http://www.abs.gov.au/ausstats/abs@.nsf/mf/4364.0.55.001> <https://www.aihw.gov.au/reports-data/behaviours-risk-factors/overweight-obesity/overview>
- xi. Collective for Action on Obesity. 2019. Weighing in: Australia's growing obesity epidemic.