

Break the tobacco habit

Tobacco smoking remains a major cause of serious illness in Queensland. One in five men and one in ten women die as a direct or indirect result of smoking.

Disturbingly, children are at direct risk, with about 20 children up to the age of five dying every year from passive smoking.

Smokers put themselves at greater risk of lung cancer, cardiovascular disease, chronic lung disease and other conditions. Currently in Queensland, there are more people in hospital for smoking related diseases than there are people on waiting lists for surgery.



Ending the smoking culture

It is never too late to break the tobacco habit. Even people who have smoked almost all their lives enjoy better health once they quit.

For assistance in breaking the habit, call the QUITLINE; 13 QUIT (13 7848)

How to drink responsibly

Enjoying an alcoholic drink is a lifestyle choice, but heavy drinking can all too easily place the drinker and others at greater risk of disease or injury.

More than 800 Queenslanders die each year as a result of risky alcohol consumption, with young people under the age of 30 placing themselves at the greatest risk of immediate harm from alcohol.

More teenage girls are drinking at risky levels than boys.

How to be alcohol responsible

There are national guidelines to assist people to better manage their alcohol consumption.

Follow these guidelines for more responsible drinking.

Guidelines: Recommended daily maximum alcohol consumption

Average **4** **Men** or less standard drinks

Average **2** **Women** or less standard drinks

Drinks should be spread over several hours
Everyone should have 1 or 2 alcohol free days each week

Need advice or support?

Call 13 HEALTH (13 432584) or www.health.qld.gov.au

Eat well and be healthy

Healthy eating is a key to a long and enjoyable life; essential for healthy growth, development, fast healing and disease prevention. In fact unhealthy eating causes 16% of all health problems and early death.

Keeping a healthy weight decreases the risk of many health problems.

Healthy eating

Healthy eating is simple. Eat two serves of fruit and five serves of vegetables every day (slightly less for children).



Eat plenty of cereals including breads, rice, pasta and noodles. Wholemeal is best. Include milks, yogurts, cheeses or alternatives (low fat is best over two years of age).

Drink plenty of water.

Avoid deep fried and other fatty foods like pies, pizza, hamburgers and chocolate. Choose foods low in salt, and don't add extra salt.

Avoid foods and drinks high in sugar, including soft drinks, confectionary, cakes and biscuits.



Breast is best

The benefits of breastfeeding are known for helping infants get the best start in life.

Good nutrition provided to infants and children is essential for normal growth and development.

The benefits last throughout life and help prevent overweight and obesity, dental disease and chronic diseases in later life.

A plan for breastfeeding

Give breast milk and nothing else to your baby until around six months. Breastfeed until at least 12 months. Healthy solid food can be given at six months.

Physical activity

Both adults and children will enjoy better health if physical activity is a regular part of their lifestyles. Activity keeps the body strong, helps you stay healthy and makes you feel good.

Physical activity is good for your heart and blood pressure, controls weight, prevents or controls diabetes and relieves stress.

Keep active

Every bit of activity helps. The simple rule is to be active in as many ways a possible. This could be as simple as walking around the block, or taking the stairs instead of the lift.

Adults: 30 minutes activity on most days to increase breathing and heart rate

Children: 60 minutes every day (enough activity to huff and puff or increase the heart rate)

For more information:
www.health.qld.gov.au/CHO_report

Practice safe sex

Despite early successful safe sex campaigns, sexually transmitted infections passed on by unsafe practices continue to be of concern.

Chlamydia notifications have risen by 72% in the past five years, with the majority of cases occurring in the 15 to 29 age group. Other infections have also risen due to unsafe sex. Chlamydia may have no symptoms and can cause pelvic inflammatory disease and/or infertility in both men and women if left untreated.

Take precautions

It is vital to be responsible when sexually active, especially with new or occasional partners. Be aware of the potential risks and take the necessary precautions.

The simplest way to ensure safe sex is to use a condom. If you have any questions about sexual activity and safe sex practices, or if you haven't used a condom, consult your General Practitioner.

Further safe sex information can be found at:
www.istaysafe.com/istaysafe/content/beSafe/whatIsSafeSex.html



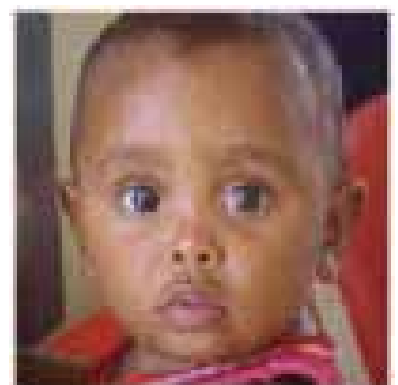
Stop the disease cycle

Immunisation is the best known protection from a range of potentially life threatening or debilitating diseases, including meningococcal C, chickenpox, hepatitis B, pertussis and influenza. Immunisation protects you and helps prevent disease in others.

Specific immunisations are available for infants, four-year-olds, teenagers, older people and Indigenous people.

Have your shots

It is essential that people are protected and up-to-date with their immunisations. If you are behind on your immunisation schedule or need advice, consult your General Practitioner.



Need advice or support?
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Detect cancer early

Early detection through cancer screening programs reduces the risk of developing or dying from cancer and improves the quality of life of people diagnosed with cancer.

There are national screening programs for cervical cancer and breast cancer and a bowel cancer screening program is being gradually introduced.

What to do

Women should:

1. Have a BreastScreen every two years – free from Breastscreen Queensland for those aged 40 years and older
2. Have a Pap smear every two years for those aged 18 to 69 years.



People aged 55 or 65 years will be progressively invited to participate in the bowel cancer screening program.

Protection from falls

Falls are a common and serious health problem for older Queenslanders. One in three older people fall each year, with 30% of these requiring medical attention.

A serious fall can cause physical injury to an older person. It can also result in emotional harm (fear of future injury) and restrict their independence, again because of the fear of another fall.

Most falls are predictable and could be prevented with care and planning.

A safety checklist

Actions that can be taken by older people, their families and friends to prevent falls include:

- Remove hazards at home
- Have medications reviewed
- Eat a healthy diet
- Be active
- Have your eyes tested yearly
- Report hazards in the community
- Wear well fitting, non-slip shoes.



For more information:
www.health.qld.gov.au/CHO_report

Mental health and well being

A common concern

Mental health problems are common, particularly among younger people. They include distress, depression, anxiety and substance abuse disorders.

Being connected

A strong connection with one another and helping each other is good for our well being. People who are involved in their community and interact with friends and neighbours generally enjoy better health.



Be kind to your mind

1. Look after yourself. Eat, sleep and exercise well. Take a break. Don't abuse alcohol or drugs
2. Be involved with your community. Stay connected. Talk with friends and family about what's going on in your life
3. Seek help early. If you have a problem and you cannot manage – get help as soon as you can.

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Aboriginal and Torres Strait Islander health

Aboriginal and Torres Strait Islanders have poorer health than the rest of the population. And they die about 20 years younger.

This is a problem not only in remote communities, but also for Aborigines and Torres Strait Islanders living in cities and towns.

These health problems are generally linked to complex issues, such as relatively poorer education and employment opportunities. There is also a large lack of understanding of their needs by the general population, which makes things worse.

Understanding and helping

There are a number of positive ways the general population can better understand Aboriginal and Torres Strait Islander issues and to help improve the health prospects of these Queenslanders.

1. Learn the facts about Aboriginal and Torres Strait Islander health
2. Respect the cultural heritage
3. Support and advocate for help to improve circumstances and health – be part of the solution
4. If you are Aboriginal or Torres Strait Islander, get involved in community health action groups and forums.



For more information:
www.health.qld.gov.au/CHO_report

A stunning smile

A smile is usually the first thing we notice when meeting new people. Also having healthy teeth contributes to better health. It is important therefore that our teeth are clean and well looked after.

However, despite Queensland spending more on public dental care than any other state, we continue to have the worst teeth in the nation.

In fact one quarter of Queensland children have decay in their permanent teeth, more than 10% above the national average, and about 2000 children under four have teeth removed under general anaesthetic due to excessive decay.

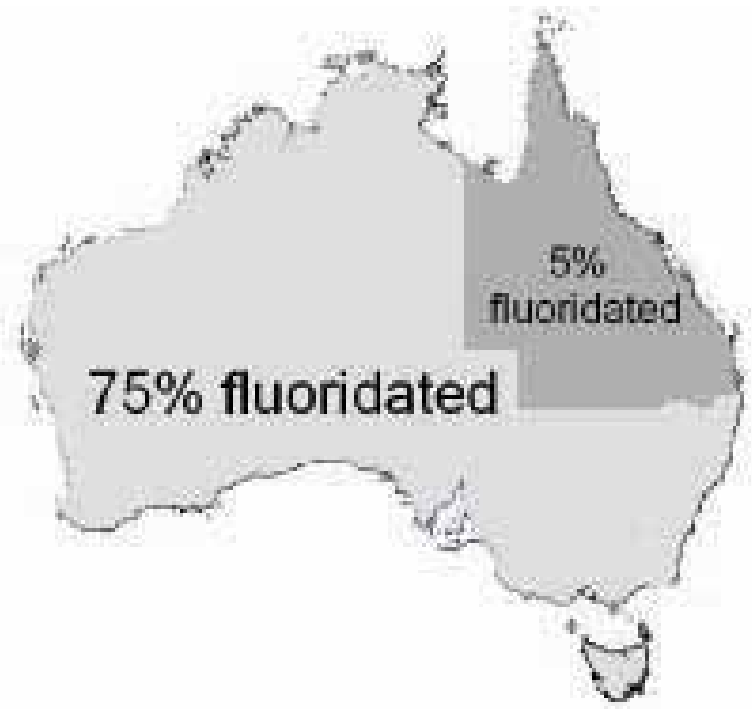


Fluoride-the answer

The lack of fluoride in Queensland's water supply is an important reason why we have the worst rate of decay of any Australian state. Only 5% of the Queensland water supply is fluoridated, compared to 75% in the rest of the country.

Water fluoridation benefits all ages, is safe and effective and reduces decay by 20 to 40% over a lifetime. There is a real need to encourage the fluoridation of the entire state water supply.

It is important for the community to advocate for fluoride being added to our water to protect the teeth of future generations.



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