The average adult Queenslander 2014

Average Queensland male

<table>
<thead>
<tr>
<th>Average age of death</th>
<th>Fruit and vegetable consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 77 years (54 years for Indigenous Queenslanders)</td>
<td>• 1 in 2 eat sufficient fruit</td>
</tr>
</tbody>
</table>

Most likely cause of death
• Cardiovascular disease or cancer
• 1 in 3 coronary heart disease deaths are premature

Common chronic conditions
• 1 in 4 had a respiratory condition
• 1 in 4 reported a musculoskeletal condition
• 1 in 8 experienced deafness

Mental wellbeing
• About 400 suicides per year
• 3000 hospitalisations for self inflicted injury per year

Average height and weight
• 87.5kg, 176.2cm (adults)
• 41% are overweight (measured)
• 31% are obese

Physical activity
• 61% are sufficiently active

Average Queensland female

<table>
<thead>
<tr>
<th>Average age of death</th>
<th>Fruit and vegetable consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 83 years (60 years for Indigenous Queenslanders)</td>
<td>• 2 in 3 eat sufficient fruit</td>
</tr>
</tbody>
</table>

Most likely cause of death
• Cardiovascular disease or cancer
• 1 in 7 coronary heart disease deaths are premature

Common chronic conditions
• 1 in 4 had a respiratory condition
• 1 in 4 reported a musculoskeletal condition
• 1 in 8 reported a mood disorder
• 1 in 12 experienced migraine

Mental wellbeing
• About 150 suicides per year
• 4500 hospitalisations for self inflicted injury per year

Average height and weight
• 72.3kg, 162.6cm (adults)
• 28% are overweight (measured)
• 29% are obese

Physical activity
• 58% are sufficiently active

These facts are from The health of Queenslanders 2014. Fifth report of the Chief Health Officer Queensland