

Jurisdictional comparisons of selected preventive risk factors

Preventive Health Branch

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About this report

The objective of this report is to compare the Queensland prevalence of selected preventive risk factors to Australia and other jurisdictions.

Data to assess difference was derived from the 2014–15 National Health Survey², the 2013 National Drug Strategy Household Survey³ and the 2011–12 Australian Health Survey.^{4,5} Statistical difference was based on the non-overlap of confidence intervals. Risk factor prevalence was reported against the relevant national guidelines.^{6,7}

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Summary

Health risk factors are attributes and characteristics that increase the likelihood of a person developing a disease or health disorder. Behavioural risk factors are those that individuals have the most ability to modify, for example, smoking and fruit and vegetable consumption. Biomedical risk factors are bodily states that may be influenced by behavioural risk factors, for example, obesity is influenced by diets and physical activity.

These comparisons are based on physical measurement of overweight and obesity and blood pressure, and the self-reported prevalence of all other indicators.

Queensland rates did not differ from national (2014–15) for:

Adults:

- overweight
- obesity
- overweight and obesity
- alcohol single occasion risk (2013)
- adequate fruit consumption
- adequate vegetable consumption
- high blood pressure
- psychological distress.

Children:

- overweight
- obesity
- overweight and obesity
- adequate fruit consumption
- adequate vegetable consumption
- recommended physical activity (2011–12)
- recommended screen-based activity.

Queensland rates differed from national for these adult indicators:

In 2014–15

- sufficient physical activity – 9% lower

In 2013:

- daily smoking – 18% higher
- alcohol lifetime risk – 12% higher .

Trends in overweight and obesity for Queensland:

- adult obesity increased by 22% between 2007–08 and 2011–12, but did not change between 2011–12 and 2014–15
- adult overweight did not change between 2007–08 and 2011–12 and between 2011–12 and 2014–15
- childhood overweight and obesity (combined or separately) did not change between 2007–08 and 2011–12 and between 2011–12 and 2014–15.

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1. Objective

Preventive health is a major focus of health improvement in Australia. This report compares the Queensland rate of selected preventive risk factors to Australia and other jurisdictions. Data to assess the difference was sourced from the 2014–15 National Health Survey², the 2013 National Drug Strategy Household Survey³ and the 2011–12 Australian Health Survey.^{4,5} Data on trends in measured body mass index (BMI) are also included. Statistical difference was based on non-overlap of the 95% confidence intervals of the crude prevalence. Prevalence for risk factors is reported using relevant national guidelines.^{6,7}

2. Prevalence of health indicators by state and territory

2.1. Measured overweight and obesity

For adults, in 2014–15 (Table 1):

- 64% of Queensland adults were overweight or obese, with 33% overweight and 30% obese
- the Queensland prevalence did not differ from national for overweight, obese, or overweight and obese
- among the jurisdictions:
 - overweight: Queensland was ranked lowest and the Australian Capital Territory (ACT) highest
 - obesity: Queensland was ranked second highest, ACT was lowest and Tasmania highest
 - overweight and obesity: Queensland was ranked fourth highest, Western Australia was lowest and Tasmania highest.

Table 1: Body mass index (measured), adults, by state and territory, 2014–15²

	Overweight: (BMI 25–<30)		Obese: BMI 30+		Overweight/obese: BMI 25+	
	% (95% CI)	Rank	% (95% CI)	Rank	% (95% CI)	Rank
Australia	35.5 (34.6-36.4)	-	27.9 (26.9-28.9)	-	63.4 (62.4-64.4)	-
Qld	33.4 (31.4-35.4)	8	30.2 (27.8-32.6)	2	63.6 (61.5-65.7)	4
NSW	35.2 (33.2-37.2)	6	28.2 (26.1-30.3)	5	63.2 (60.8-65.6)	7
Vic.	37.1 (35.2-39.0)	2	26.4 (24.7-28.1)	6	63.3 (61.3-65.3)	6
SA	35.6 (33.0-38.2)	4	30.0 (27.3-32.7)	3	65.8 (63.4-68.2)	2
WA	35.9 (33.2-38.6)	3	24.6 (22.6-26.6)	7	60.3 (57.5-63.1)	8
Tas.	35.2 (32.4-38.0)	6	32.3 (29.9-34.7)	1	67.5 (65.1-69.9)	1
NT	35.3 (31.8-38.8)	5	29.0 (25.2-32.8)	4	64.3 (60.4-68.2)	3
ACT	39.1 (36.4-41.8)	1	23.9 (21.6-26.2)	8	63.5 (60.9-66.1)	5

For children, in 2014–15 (Table 2):

- 26% of Queensland children aged 5–17 years were overweight or obese, with 19% overweight and 7% obese
- the Queensland prevalence did not differ from national for overweight, obese, or overweight and obese
- among the jurisdictions:
 - overweight: Queensland was ranked fourth highest, New South Wales and Northern Territory were equal lowest and Victoria highest
 - obesity: Queensland was ranked fourth highest, ACT was lowest and Northern Territory highest
 - overweight and obesity: Queensland was ranked fifth highest, South Australia was lowest and Victoria highest.

Table 2: Body mass index (measured), children (5–17 years), by state and territory, 2014–15²

	Overweight: (BMI 25–<30)		Obese: BMI 30+		Overweight/obese: BMI 25+	
	% (95% CI)	Rank	% (95% CI)	Rank	% (95% CI)	Rank
Australia	20.2 (18.2-22.2)	-	7.4 (6.1-8.7)	-	27.4 (25.2-29.6)	-
Qld	19.2 (15.2-23.2)	4	7.2 (4.4-10.0)	4	26.2 (21.9-30.5)	5
NSW	17.7 (14.1-21.3)	7	8.9 (6.3-11.5)	2	27.3 (23.3-31.3)	3
Vic.	23.7 (19.8-27.6)	1	5.9 (3.6-8.2)	6	30.9 (26.3-35.5)	1
SA	18.3 (13.5-23.1)	6	6.1 (3.4-8.8)	5	23.7 (18.5-28.9)	8
WA	20.1 (15.5-24.7)	3	5.6 (3.0-8.2)	7	26.8 (22.3-31.3)	4
Tas.	22.1 (16.3-27.9)	2	7.6 (4.0-11.2)	3	27.6 (21.3-33.9)	2
NT	17.7 (12.4-23.0)	7	12.3 (6.4-18.2)	1	26.1 (19.0-33.2)	6
ACT	18.9 (13.5-24.3)	5	5.5 (2.5-8.5)	8	24.5 (18.8-30.2)	7

2.2. Smoking

In 2013 (Table 3):

- the Queensland prevalence of adults daily smoking was 18% higher than national
- among the jurisdictions for daily smoking, Queensland was ranked third highest, ACT was lowest and Northern Territory highest.

Table 3: Daily smoker, adults, by state and territory, 2013³

	Current daily smoker	
	% (95% CI)	Rank
Australia	13.3 (12.8-13.8)	-
Qld	15.7 (14.5-17.1)	3
NSW	12.2 (11.3-13.2)	7
Vic.	12.6 (11.6-13.7)	5
SA	13.6 (12.0-15.5)	4
WA	12.5 (11.0-14.2)	6
Tas.	16.7 (14.1-19.6)	2
NT	22.2 (19.3-25.5)	1
ACT	9.9 (8.1-12.2)	8

State surveys are used to report prevalence of smoking. In 2016, 12% of Queensland adults smoked daily.¹

2.3. Alcohol consumption

For adults, in 2013 (Table 4):

- the Queensland prevalence of lifetime risky drinking was 12% higher than national while single occasion risky drinking did not differ
- among the jurisdictions:
 - lifetime risky drinking: Queensland was ranked fourth highest, Victoria was lowest and Northern Territory highest
 - single occasion risky drinking: Queensland was ranked sixth highest, New South Wales was lowest and Northern Territory highest.

Table 4: Alcohol consumption⁶, adults, by state and territory, 2013³

	Exceeded lifetime risk guidelines		Exceeded single occasion risk guidelines	
	% (95% CI)	Rank	% (95% CI)	Rank
Australia	19.1 (18.5-19.7)	-	27.3 (26.6-28.0)	-
Qld	21.3 (19.8-22.8)	4	29.0 (27.4-30.7)	6
NSW	17.6 (16.6-18.8)	7	24.6 (23.4-25.9)	8
Vic.	16.8 (15.6-18.0)	8	25.7 (24.3-27.1)	7
SA	19.6 (17.5-21.9)	6	29.3 (26.7-32.0)	5
WA	22.6 (20.6-24.7)	3	32.2 (30.0-34.5)	2
Tas.	19.9 (17.2-22.9)	5	30.7 (27.4-34.1)	3
NT	31.5 (28.1-35.1)	1	41.2 (37.5-45.0)	1
ACT	23.1 (20.1-26.4)	2	29.8 (26.5-33.4)	4

Alcohol consumption is reported from state surveys. In 2016, 21% of Queensland adults were drinking at lifetime risky level and 31% single occasion risky drinking at least monthly.¹

2.4. Physical activity

For adults, in 2014–15 (Table 5):

- the Queensland prevalence of sufficient physical activity (defined as at least 150 minutes of moderate intensity physical activity on at least five sessions in the previous week) was 9% lower than national but did not differ for the prevalence of strength or toning activities in last week
- among the jurisdictions:
 - sufficient physical activity: Queensland was ranked seventh highest, Tasmania was lowest and ACT highest
 - strength or toning activities on two or more days: Queensland was ranked seventh highest, Tasmania was lowest and ACT highest.

Table 5: Physical activity, adults, by state and territory, 2014–15²

	Sufficient physical activity ^(a) in last week		Strength or toning activities on 2 or more days in previous week	
	% (95% CI)	Rank	% (95% CI)	Rank
Australia	45.4 (44.3-46.5)	-	22.1 (21.3-22.9)	-
Qld	41.4 (39.0-43.8)	7	20.8 (18.8-22.8)	7
NSW	46.4 (43.9-48.9)	5	22.9 (21.0-24.8)	4
Vic.	46.6 (44.5-48.7)	4	21.6 (20.0-23.2)	6
SA	42.2 (39.5-44.9)	6	23.3 (21.4-25.2)	3
WA	48.2 (45.2-51.2)	2	22.9 (20.7-25.1)	4
Tas.	41.1 (38.2-44.0)	8	18.5 (16.2-20.8)	8
NT	47.7 (43.5-51.9)	3	25.2 (21.4-29.0)	2
ACT	52.7 (49.4-56.0)	1	25.5 (22.7-28.3)	1

State surveys are used to report prevalence of physical activity. In 2016, 61% of Queensland adults participated in sufficient physical activity in the previous week.¹

^(a)Sufficient physical activity (duration and session) is defined as 150 minutes of physical activity per week from five or more sessions including walking for fitness/transport, moderate and/or vigorous physical activity

For children, in 2011–12 (Table 6):

- the prevalence of Queensland children aged 2–17 years who were active every day did not differ from national (the recommendation is 180 minutes or more per day for children 2–4 years and 60 minutes or more per day for those aged 5–17 years)
- the prevalence of screen-based activity did not differ from national (the recommend maximum is no more than 60 minutes per day for entertainment purposes for children aged 2–4 years and no more than 2 hours per day for children 5–17 years)
- among the jurisdictions:
 - recommended physical activity prevalence: Queensland was ranked third highest, New South Wales and Victoria were equal lowest and Northern Territory highest
 - recommended screen-based activity prevalence: Queensland was ranked fourth highest, Western Australia was lowest and Tasmania highest.

Table 6: Physical activity, children (2–17 years), by state and territory, 2011–12⁵

	Met physical activity recommendation on all 7 days ^(a,b)		Met screen-based activity recommendation on all 7 days ^(b,c)	
	% (95% CI)	Rank	% (95% CI)	Rank
Australia	29.7 (27.9-31.5)	-	28.7 (26.6-30.8)	-
Qld	35.1 (30.8-39.4)	3	29.0 (24.6-33.4)	4
NSW	26.1 (22.2-30.0)	7	30.9 (26.1-35.7)	3
Vic.	26.1 (22.2-30.0)	7	28.2 (23.5-32.9)	5
SA	35.4 (30.5-40.3)	2	24.3 (19.2-29.4)	7
WA	32.5 (27.5-37.5)	5	24.0 (19.3-28.7)	8
Tas.	33.5 (27.4-39.6)	4	34.1 (26.9-41.3)	1
NT	37.1 (30.6-43.6)	1	33.3 (26.7-39.9)	2
ACT	31.2 (24.6-37.8)	6	26.5 (20.5-32.5)	6

State surveys are used to report prevalence of physical activity. In 2016, 45% of Queensland children aged 5–17 years participated in the recommended minimum 60 minutes daily physical activity.¹

^(a)Physical activity recommendation for children 2–4 years is 180 minutes or more per day, for children 5–17 years it is 60 minutes or more per day

^(b)In 7 days prior to interview

^(c)The screen-based recommendation for children 2–4 years is no more than 60 minutes per day, for children 5–17 years it is no more than 2 hours per day for entertainment purposes

2.5. Daily intake of fruit and vegetables

For adults, in 2014–15 (Table 7):

- the prevalence of recommended daily fruit consumption and recommended daily vegetable consumption in Queensland did not differ from national
- among the jurisdictions:
 - recommended daily fruit consumption: Queensland was ranked second highest, Tasmania was lowest and Western Australia highest
 - recommended daily vegetable consumption: Queensland was ranked third highest, ACT was lowest and Tasmania highest.

Table 7: Fruit and vegetable consumption⁷, adults, by state and territory, 2014–15²

	Recommended daily serves					
	fruit		vegetables		fruit and vegetables	
	% (95% CI)	Rank	% (95% CI)	Rank	% (95% CI)	Rank
Australia	49.8 (48.7-50.9)	-	7.0 (6.4-7.6)	-	5.1 (4.6-5.6)	-
Qld	51.2 (48.9-53.5)	2	8.0 (6.8-9.2)	3	6.1 (5.0-7.2)	3
NSW	49.2 (47.2-51.2)	4	6.1 (4.9-7.3)	7	4.6 (3.6-5.6)	6
Vic.	48.0 (46.1-49.9)	6	6.5 (5.2-7.8)	6	4.5 (3.5-5.5)	7
SA	48.7 (46.3-51.1)	5	7.3 (5.8-8.8)	4	5.7 (4.4-7.0)	4
WA	54.2 (51.5-56.9)	1	8.5 (7.1-9.9)	2	6.3 (5.0-7.6)	2
Tas.	47.1 (44.4-49.8)	8	11.6 (9.7-13.5)	1	6.8 (5.4-8.2)	1
NT	47.4 (43.1-51.7)	7	7.3 (5.2-9.4)	4	5.3 (3.3-7.3)	5
ACT	49.7 (46.2-53.2)	3	5.0 (3.7-6.3)	8	3.8 (2.7-4.9)	8

State surveys are used to report daily intake of fruit and vegetables. In 2016, 57% Queensland adults consumed recommended daily serves of fruit and 7% consumed recommended daily serves of vegetables.¹

For children, in 2014–15 (Table 8):

- the prevalence of recommended daily fruit consumption and recommended daily vegetable consumption in Queensland children aged 2–18 years did not differ from national
- among the jurisdictions:
 - recommended daily fruit consumption: Queensland was ranked fourth highest, Tasmania was lowest and New South Wales highest
 - recommended daily vegetable consumption: Queensland was ranked sixth highest, ACT was lowest and Northern Territory highest.

Table 8: Fruit and vegetable consumption⁷, children (2–18 years), by state and territory, 2014–15²

	Recommended daily serves			
	fruit		vegetables	
	% (95% CI)	Rank	% (95% CI)	Rank
Australia	68.1 (65.9-70.3)	-	5.4 (4.5-6.3)	-
Qld	66.7 (62.6-70.8)	4	4.6 (2.5-6.7)	6
NSW	70.4 (66.5-74.3)	1	6.0 (4.2-7.8)	4
Vic.	66.4 (63.6-69.2)	7	4.4 (2.7-6.1)	7
SA	66.6 (62.1-71.1)	5	7.2 (4.3-10.1)	2
WA	69.1 (64.8-73.4)	2	6.4 (3.9-8.9)	3
Tas.	66.2 (60.7-71.7)	8	5.7 (3.3-8.1)	5
NT	67.4 (60.9-73.9)	3	7.4 (3.6-11.2)	1
ACT	66.5 (62.6-70.4)	6	4.2 (1.6-6.8)	8

State surveys are used to report daily intake of fruit and vegetables. In 2016, 70% Queensland children aged 5–17 years consumed recommended daily serves of fruit and 4% consumed recommended daily serves of vegetable.¹

2.6. Other risk factors

In 2014–15 (Table 9):

- 23% of Queensland adults had high blood pressure based on physical measurement
 - Queensland prevalence did not differ from national
 - Queensland was ranked fourth highest, Northern Territory was lowest and Tasmania highest.
- 8% of Queensland adults reported severe or very severe bodily pain during the previous 4 weeks
 - Queensland prevalence did not differ from national
 - Queensland was ranked seventh highest, Western Australia was lowest and Tasmania highest.
- 12% of Queensland adults reported high or very high levels of psychological distress in the previous 30 days
 - Queensland prevalence did not differ from national

- Queensland was ranked fourth highest, Northern Territory was lowest and South Australia highest.

Table 9: Selected risks, adults, by state and territory, 2014–15²

	High blood pressure ^(a)		Severe/very severe bodily pain		High/very high psychological distress ^(b)	
	% (95% CI)	Rank	% (95% CI)	Rank	% (95% CI)	Rank
Australia	23.0 (22.0-24.0)	-	8.5 (7.8-9.2)	-	11.7 (11.1-12.3)	-
Qld	23.2 (21.2-25.2)	4	7.5 (6.3-8.7)	7	11.9 (10.6-13.2)	4
NSW	22.5 (21.0-24.0)	6	9.3 (7.9-10.7)	2	11.0 (9.5-12.5)	5
Vic.	23.7 (21.8-25.6)	3	8.8 (7.6-10.0)	3	12.5 (11.0-14.0)	3
SA	24.5 (22.3-26.7)	2	8.6 (7.2-10.0)	4	13.7 (11.9-15.5)	1
WA	20.6 (18.5-22.7)	7	7.0 (5.5-8.5)	8	9.9 (8.1-11.7)	7
Tas.	28.4 (25.9-30.9)	1	10.8 (9.0-12.6)	1	13.5 (11.6-15.4)	2
NT	19.7 (16.5-22.9)	8	7.6 (5.3-9.9)	6	7.8 (5.9-9.7)	8
ACT	23.2 (21.1-25.3)	4	7.8 (6.0-9.6)	5	10.8 (8.8-12.8)	6

^(a) ≥140/90 mmHg. In 2014-15, 24.3% of respondents aged 18 years and over did not have their blood pressure measured. For these respondents, imputation was used to obtain blood pressure

^(b) A score of 22 or more on the Kessler Psychological Distress Scale (K10)

2.7. Self-reported health

In 2014–15 (Table 10):

- more than half (56%) of Queenslanders aged 15 years and older reported excellent or very good health
- the prevalence of excellent or very good health, good health and fair or poor health in Queensland did not differ from national
- among the jurisdictions:
 - excellent or very good health: Queensland was ranked fifth highest, Tasmania was lowest and Western Australia highest
 - fair or poor health: Queensland was ranked fourth highest, ACT was lowest and Tasmania highest.

Table 10: Self-reported health status, 15 years and older, by state and territory, 2014–15²

	Excellent/very good		Good		Fair/poor	
	% (95% CI)	Rank	% (95% CI)	Rank	% (95% CI)	Rank
Australia	56.2 (55.2-57.2)	-	28.9 (28.0-29.8)	-	14.8 (14.0-15.6)	-
Qld	55.8 (53.2-58.4)	5	29.2 (26.9-31.5)	3	15.1 (13.6-16.6)	4
NSW	55.4 (53.3-57.5)	6	30.1 (28.2-32.0)	2	14.4 (13.0-15.8)	5
Vic.	56.3 (54.4-58.2)	4	28.2 (26.1-30.3)	5	15.5 (13.9-17.1)	3
SA	54.8 (52.6-57.0)	7	28.7 (26.6-30.8)	4	16.4 (14.5-18.3)	2
WA	60.8 (58.4-63.2)	1	26.7 (24.5-28.9)	8	12.6 (11.2-14.0)	7
Tas.	53.9 (50.8-57.0)	8	27.0 (24.4-29.6)	6	19.0 (16.8-21.2)	1
NT	59.5 (55.5-63.5)	2	26.9 (23.6-30.2)	7	13.4 (11.0-15.8)	6
ACT	56.8 (53.9-59.7)	3	31.3 (28.7-33.9)	1	12.0 (9.8-14.2)	8

State surveys are used to report self-reported health status. In 2016, 53% Queensland adults reported excellent or very good health.¹

3. Trends in overweight and obesity

For adults, the following changes were evident in measured prevalence (Table 11):

Queensland

- Obesity:
 - between 2007–08 and 2011–12 prevalence increased by 22%
 - between 2011–12 and 2014–15 prevalence did not change.
- Overweight:
 - between 2007–08 and 2011–12 prevalence did not change
 - between 2011–12 and 2014–15 prevalence did not change.
- Overweight and obesity:
 - between 2007–08 and 2011–12 prevalence did not change
 - between 2011–12 and 2014–15 prevalence did not change.

Australia

- Obesity:
 - between 2007–08 and 2011–12 prevalence increased by 12%
 - between 2011–12 and 2014–15 prevalence did not change.
- Overweight:
 - between 2007–08 and 2011–12 prevalence did not change
 - between 2011–12 and 2014–15 prevalence did not change.
- Overweight and obesity:
 - between 2007–08 and 2011–12 prevalence did not change
 - between 2011–12 and 2014–15 prevalence did not change.

Other jurisdictions

- Obesity:
 - between 2007–08 and 2011–12 no change evident except South Australia increased by 22%
 - between 2011–12 and 2014–15 no change evident except Western Australia decreased by 12%.
- Overweight:
 - between 2007–08 and 2011–12 no change evident
 - between 2011–12 and 2014–15 no change evident.
- Overweight and obesity:
 - between 2007–08 and 2011–12 no change evident except South Australia increased by 8%
 - between 2011–12 and 2014–15 no change evident except Western Australia decreased by 8%.

Table 11: Measured overweight and obesity, adults, by state and territory, 2007–08⁸, 2011–12⁴ and 2014–15²

	Australia	Qld	NSW	Vic.	SA	WA	Tas.	NT	ACT
2014–15									
Underweight/normal	36.6	36.4	36.6	36.5	34.4	39.5	32.5	35.7	37.0
Overweight	35.5	33.4	35.2	37.1	35.6	35.9	35.2	35.3	39.1
Obese	27.9	30.2	28.2	26.4	30.0	24.6	32.3	29.0	23.9
Overweight and obesity	63.4	63.6	63.2	63.3	65.8	60.3	67.5	64.3	63.5
2011–12									
Underweight/normal	37.2	35.1	38.9	39.0	33.4	34.8	35.3	37.9	37.8
Overweight	35.3	34.5	34.7	35.3	36.8	37.1	36.9	34.9	37.1
Obese	27.5	30.4	26.4	25.7	29.7	28.1	27.8	27.2	25.1
Overweight and obesity	62.8	64.9	61.1	61.0	66.6	65.2	64.7	62.1	62.2
2007–08									
Underweight/normal	38.8	39.2	38.8	39.1	38.4	37.3	36	n/a	42.3
Overweight	36.7	35.9	37.3	36.2	37.3	37.3	37.3	n/a	33.8
Obese	24.6	24.9	23.9	24.7	24.3	25.4	26.7	n/a	23.9
Overweight and obesity	61.3	60.8	61.1	60.9	61.6	62.7	64.0	n/a	57.8
Change (2011–12/2014–15)									
Overweight	1.01	0.97	1.01	1.05	0.97	0.97	0.95	1.01	1.05
Obese	1.01	0.99	1.07	1.03	1.01	0.88	1.16	1.07	0.95
Overweight and obesity	1.01	0.98	1.03	1.04	0.99	0.92	1.04	1.04	1.02
Change (2007–08/2011–12)									
Overweight	0.96	0.96	0.93	0.98	0.99	0.99	0.99	-	1.10
Obese	1.12	1.22	1.10	1.04	1.22	1.11	1.04	-	1.05
Overweight and obesity	1.02	1.07	1.00	1.00	1.08	1.04	1.01	-	1.08

n/a not available – data not collected

For children, there was no significant change in measured overweight and obesity between 2007–08 and 2011–12, and between 2011–12 and 2014–15 for Queensland or nationally or any other jurisdiction (Table 12).

Table 12: Measured overweight and obesity, children (5–17 years), by state and territory, 2007–08⁸, 2011–12⁴ and 2014–15²

	Australia	Qld	NSW	Vic.	SA	WA	Tas.	NT	ACT
2014-15									
Underweight/normal	72.4	73.7	73.5	69.5	76.9	72.5	70.0	70.0	75.1
Overweight	20.2	19.2	17.7	23.7	18.3	20.1	22.1	17.7	18.9
Obese	7.4	7.2	8.9	5.9	6.1	5.6	7.6	12.3	5.5
Overweight and obesity	27.4	26.2	27.3	30.9	23.7	26.8	27.6	26.1	24.5
2011-12									
Underweight/normal	74.4	72.5	74.4	76.3	75.9	72.7	73.2	72.4	74.5
Overweight	18.3	18.2	18.6	17.6	15.8	20.7	17.8	18.7	19.8
Obese	7.4	9.3	7.0	6.1	8.3	6.6	8.9	8.9	5.7
Overweight and obesity	25.7	27.5	25.6	23.7	24.1	27.3	26.8	27.6	25.5
2007-08									
Underweight/normal	75.3	73.3	76.5	74.7	74.2	74.9	81.3	n/a	79.0
Overweight	17.2	17.9	15.0	19.3	18.4	19.7	12.0	n/a	15.8
Obese	7.5	8.8	8.5	6.0	7.4	5.4	6.6	n/a	5.2
Overweight and obesity	24.7	26.7	23.5	25.3	25.8	25.1	18.6	n/a	21.0
Change (2011–12/2014–15)									
Overweight	1.10	1.05	0.95	1.35	1.16	0.97	1.24	0.95	0.95
Obese	1.00	0.77	1.27	0.97	0.73	0.85	0.85	1.38	0.96
Overweight and obesity	1.07	0.95	1.07	1.30	0.98	0.98	1.03	0.95	0.96
Change (2007–08/2011–12)									
Overweight	1.06	1.02	1.24	0.91	0.86	1.05	1.48	-	1.25
Obese	0.99	1.06	0.82	1.02	1.12	1.22	1.35	-	1.10
Overweight and obesity	1.04	1.03	1.09	0.94	0.93	1.09	1.44	-	1.21

n/a not available – data not collected

4. Methods

The 2014–15 National Health Survey is the most recent Australia-wide health survey conducted by the Australian Bureau of Statistics. The survey included face-to-face interviews with respondents in all states and territories. It included urban, rural and remote areas of Australia and was undertaken from July 2014 to June 2015 with around 19,000 people interviewed in nearly 15,000 private dwellings.² Within each selected dwelling, one adult (18 years or older) and one child (0–17 years) were randomly selected for inclusion in the survey. The survey was designed to collect a range of information about the health of Australians, including long-term health conditions, psychological distress and health risk factors, say, measured obesity. Self-reported population surveys often ask respondents to report their height and weight, rather than taking physical measurements. Research has shown the differences between self-reported and measured height and weight in estimate of obesity. Surveys are conducted every three years on average.

The 2011–12 Australian Health Survey was a comprehensive survey that included National Health Survey and the National Aboriginal and Torres Strait Islander Health Survey together with two new elements - a National Nutrition and Physical Activity Survey and a National Health Measures Survey.⁴ It commenced in March 2011 and was conducted using face-to-face methods similar to the national health survey.

The Australian Institute of Health and Welfare conducted the 2013 National Drug Strategy Household Survey from July to December 2013. This national survey, generally conducted every three years since 1985, is a key source of information on the use of alcohol, tobacco, and illicit drugs. The 2013 survey was conducted using a self-completion 'drop and collect' and collected information from almost 24,000 people across Australia's residential population aged 12 years or older.³

The preventive health surveys¹ are a primary source of information on the health of Queenslanders. The survey was conducted by computer assisted telephone interviewing (random digit dialling of landline telephone numbers including mobile phone numbers) from November 2015 to March 2016 (excluding school holidays) with a total of 11,984 adults and 2,504 children participants.

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