During middle age, the challenges of work schedules, growing and maturing families and community engagement can often lead to limited time and motivation to focus on healthy lifestyle choices.

As a result, body weight reaches a peak, physical activity levels decrease, smoking rates and alcohol consumption remain high, blood pressure and cholesterol levels are rising steadily. Chronic health conditions start to emerge and early deaths may occur.

Environments can support middle-aged people to take greater care of their health. Workplaces replacing unhealthy foods with healthier options can help people make better choices at canteens and in meetings. Standing desks are increasingly common and may help people to manage musculoskeletal problems. Safe active transport to and from work and other places help people to achieve more movement in what can be long sedentary days.

**Most common health conditions**

- 90% sight problems
- 27% back problems
- 23% arthritis
- 23% ear/hearing problems
- 18% hay fever/allergic rhinitis
- 17% hypertension
- 14% sinusitis
- 14% anxiety-related disorders
- 13% depressive/mood disorders
- 11% high cholesterol

**Burden of disease**

Cancer is the leading cause of health loss.

<table>
<thead>
<tr>
<th>Specific causes of burden</th>
<th>Leading risk factors for burden</th>
</tr>
</thead>
<tbody>
<tr>
<td>8% coronary heart disease</td>
<td>13% due to tobacco use</td>
</tr>
<tr>
<td>5% lung cancer</td>
<td>10% due to dietary risks</td>
</tr>
<tr>
<td>5% back pain and back problems</td>
<td>9% due to high body mass</td>
</tr>
</tbody>
</table>

**Prevalence of lifestyle risk factors**

- 14% daily smokers
- 23% lifetime risky drinkers
- 36% obese by measurement
- 35% daily energy intake from unhealthy foods (51–70 years)

Data in this factsheet refers to Queenslanders aged 45–64 years, unless otherwise noted.
Middle-aged adults in Queensland

Health service utilisation

646,000 hospitalisations (2015–16)

24% of middle-aged adults were admitted in the previous year

29% of all admissions for tests, procedures and investigations

11% for digestive diseases

9100 new cases of cancer diagnosed in 2014

Contributors to lifetime health and wellbeing

80% had one or more diagnosed chronic conditions

39% had three or more

4.8 visits 45–54 years

6 visits 55–64 years

For female cases

For male cases

37% with breast cancer

27% with prostate cancer

13% with melanoma

15% with melanoma

8% with colorectal cancer

11% with colorectal cancer

29% had high blood pressure

Average GP visits per year

48% never smoked

4.8 visits 45–54 years

6 visits 55–64 years

28% were healthy weight by measurement

254,000 living with disability

1 in 5 middle-aged adults

783,000 employed

Being employed remains strongly associated with physical activity

58% active on most days in the past week

18% did strength and toning exercise 2 or more days per week

Walkability and accessibility to green space, active and public transport, where we live, work, learn, play and do business.

More information, access to interactive data visualisations and detail on definitions and methods is available from the main report and the website: www.health.qld.gov.au/cho_report

For further information: Population_Epidemiology@health.qld.gov.au