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Sunshine Coast locals are being urged to find their ‘Healthy Happy’

Sunshine Coast Hospital and Health Service area residents are less likely to be obese than the average Queenslander, according to the two-yearly Health of Queenslanders 2018 report by the Chief Health Officer.

In our region, 20% of residents are classed as obese, compared with the Queensland average of 25%. However, there are still approximately 62,000 local adults who are obese (and 110,000 adults who are overweight).

Sunshine Coast Public Health Physician Dr Andrew Langley said this is mixed news.

“While it’s good to be faring better than Queensland as a whole, being overweight or obese has serious impacts on the population, contributing to heart disease, diabetes, osteoarthritis and stroke.”

Across Queensland, people living in disadvantaged or regional or remote areas, and Indigenous Queenslanders, are more likely to be obese.

In our area, Gympie locals are more likely to be obese than Sunshine Coast locals (27% compared with 19%).

The Report highlights the complexity of obesity, with energy (or calories) in and out, as well as other environmental factors and genetics having an impact.

Locals are being urged to take part in Queensland Health’s ‘Find your Healthy Happy’ initiative– find out what makes you happy, make sure it’s healthy and do more of it! Activities such as dancing, home cooking, gardening and many more can all be great ways to Find your Healthy Happy.

Visit healthier.qld.gov.au to find out more.”

ENDS

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