

Overweight & obesity dashboard

<http://www.aihw.gov.au> Australian Institute of Health and Welfare

Excess body weight

Excess weight, especially obesity, is a risk factor for cardiovascular disease, Type 2 diabetes, some musculoskeletal conditions and some cancers. As the level of excess weight increases, so does the risk of developing these conditions. In addition, being overweight can hamper the ability to control or manage chronic disorders.

BMI

Body mass index (BMI) is widely used to monitor body weight. [More information on BMI](#)

High body weight is a concern

Rates of overweight and obesity are continuing to rise in Australia. Collecting information on these trends is important for managing the health problems associated with them.

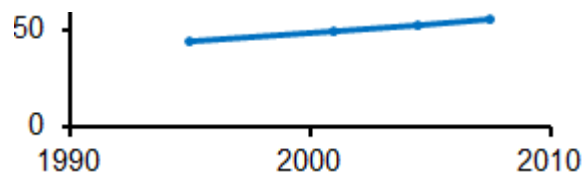
Overweight and obesity by the numbers



3 in 5

[Australian adults](#) are overweight or obese (based on BMI).

That's over 12 million people!



5%

more adults are overweight or obese since 1995.



1 in 4

[Australian children](#) are overweight or obese.



Over 30%

more people living in outer regional and remote areas are obese than people living in major cities.



3rd place

Overweight and obesity is only beaten by smoking and high blood pressure as a contributor to the burden of disease.