

Surprising health statistics & how to avoid becoming one

Your body is time sensitive. There's a time to eat breakfast, snack and enjoy your evening meal. What you eat and when can make a big difference to your health and waistline.



- › 61% of Australians are either overweight or obese
- › GP Visits
- › Fewer than 7% of men and 10% of women eat enough vegetables
- › Approximately 16% of men and 12% of women drink at risky levels
- › ahm Health Coaching Program

61% of Australians are either overweight or obese¹

A new week, a new health statistic telling us how unhealthy we are. Most people just ignore these types of statistics, but stats are more than just numbers – they actually represent real people with real health issues. They give us a good snapshot of what we're doing wrong and the likely effect these will have on our future health.

GP Visits:

9% of GP visits are for hypertension (high blood pressure)²...

Why is it a problem?

High blood pressure damages the arteries and leaves you at a greater risk of suffering from many health conditions including heart attack, stroke, eye and kidney problems.

What can I do about it?

While high blood pressure is the greatest risk factor for heart disease, it's also the most easily controlled. Control your blood pressure by...

- staying active
- reducing salt intake
- eating well
- limiting alcohol
- maintaining a healthy body weight
- reducing stress
- quitting smoking.

Fewer than 7% of men and 10% of women eat enough vegetables³

Why is it a problem?

Fruit and vegetable consumption is strongly linked to the prevention of chronic diseases such as heart disease, digestive conditions and some cancers.

What can I do about it?

You should eat at least five serves of vegies a day – a serve is a medium potato, half a cup of cooked vegies or a whole cup of salad vegies. Here are a few tips to get your fill:

- If you're short on time go for frozen varieties – they're just as nutritious and very handy
- Try snacking on raw celery, carrots and red capsicum
- "Hide" steamed blended vegies in your spag bol – you'll never know they're there!
- Make a massive pot of soup on the weekend and freeze into portions for lunch
- Start a meal with salad greens.

62% of us don't move enough⁴

Why is it a problem?

Keeping active is a key to good health – it helps prevent and maintain a number of conditions including Type-2 Diabetes, arthritis, obesity and heart disease.

What can I do about it?

Think of movement as an opportunity, not an inconvenience.

- Set the alarm 30 minutes earlier and go for a walk or run
- Exercise at lunchtime – do a quick workout or go for a power walk
- Leave the car at home and walk or cycle all or part of the way to work
- Lead an active life – be active every day in as many ways as possible.

Approximately 16% of men and 12% of women drink at risky levels⁵

Why is it a problem?

Excessive drinking is a risk factor for a range of long term (cancer, liver damage, heart disease) and short term conditions (alcohol poisoning, sleep and mental health issues). It also places you at increased risk of injury from car accidents, drowning, falls and violence.

What can I do about it?

The current government guidelines for alcohol are:

- To reduce the risk of alcohol-related harm (from disease or injury), drink no more than two standard drinks per day for women and men.
- To reduce the risk of injury - drink no more than four standard drinks in one sitting (which is only about 2.5 375ml glasses of beer or 2.5 glasses of wine!)

If you're not alcohol dependent there's no need to go completely dry to improve your health.

- Set a limit and stick to it – this is easier if you avoid topping up
- Start with a non-alcoholic drink to quench your thirst
- Don't chug, drink slowly
- Alternate with non-alcoholic drinks
- Eat before and while drinking.