Prevalence of risk factors is high...

Overall, most people have at least one risk factor for chronic disease. As a person’s number of risk factors increases, so does their likelihood of having one or more chronic diseases.

More men (17%) than women (11%) have five or more risk factors.

Certain risk factors commonly occur together:
- Obese people are more likely to have high blood pressure
- People who consume alcohol at risky levels are more likely to report as daily smokers
- People who smoke daily are more likely to be physically inactive.

Risk factors

Diet
- People with low intakes of fruit and vegetables have higher risks of certain chronic disease
  - Just over 90% of people fail to eat the recommended amounts of vegetables each day
  - About 50% of people do not consume the recommended amount of fruit each day.

Physical activity
- Almost 60% of Australians do not undertake sufficient physical activity to benefit their health (about 150 mins per week over 5 sessions)
- More than 80% of Australians spend more than 3 hours each day sitting during their leisure time.

Daily smoking
- Smoking is the most preventable cause of ill health and death in Australia. Results from the National Drug Strategy Household Survey show that 15.1% of people aged 14 and over smoke daily
- A higher proportion of males (20%) than females (16%) smoke daily
- Most daily smokers take it up during the ages of 12–18 (the high school years)
- The Australian Government’s National Tobacco Campaign aims to lower the prevalence of daily smoking to 10% or less by 2020
  - Initiatives include increasing the cost of cigarettes, changes to packaging, and social marketing campaigns.

Alcohol
- Most Australians drink alcohol, and they do so at levels that cause few adverse effects
- However, regular consumption of alcohol at high levels can contribute to the development of chronic conditions, such as liver disease, some cancers, oral health problems and cardiovascular disease.

Other behavioural risk factors
- These include use of illicit drugs, some sexual practices, and lack of immunisation/vaccination.

Psychological risk factors
- These may include stress, trauma and torture.

Safety risk factors
- Includes general risk-taking, violence and unsafe work practices.