Body weight
In 2011–12:
- More than 3 in 5 Australian adults (63%) were overweight or obese (70% of men and 56% of women).
- Overweight and obesity were more common in areas with the lowest SES than areas with the highest SES (66% compared with 59%).
- The age-standardised overweight and obesity rate increased to 63% from 57% in 1995.
- Less than 2% of Australian adults were underweight.
- For children aged 5–17, 26% were overweight or obese, and 5% were underweight.
- Almost one-third (30%) of Indigenous children aged 2–14 and two-thirds (66%) of Indigenous people aged 15 and over were overweight or obese in 2012–13.

Exercise
In 2011–12:
- Just over 2 in 5 adults (43%) were sufficiently active to meet the recommended guidelines (45% of males and 42% of females).
- Sufficient activity levels decreased with age, from 53% of those aged 18–24 to 25% of those aged 75 and over.
- Sufficient physical activity was more common in areas with the highest SES (52%) than areas with the lowest SES (34%).
- About 3 in 5 Indigenous Australians aged 18 and over (62%) reported no or low-level physical activity, which was 10% higher than the rate among non-Indigenous Australians.

Nutrition
In 2011–12:
- 92% of Australian adults did not eat 5 serves of vegetables, and 52% did not eat 2 serves of fruit.
- ‘Treat’ foods are high in energy and low in nutrients. Over-consumption of these foods can contribute to obesity and other health problems.
- Indigenous Australians aged 15 and over were 10% less likely than non-Indigenous Australians to report eating an adequate amount of fruit each day. There was no significant difference in vegetable consumption between the 2 groups.
- On average, ‘treat’ foods contributed to 36% of energy intake for adults and 41% for children, which is more than the recommended 0–3 serves per day (depending on age and sex).