



# Australia's health as 100 people

Extracted from *Australia's health 2016: in brief*



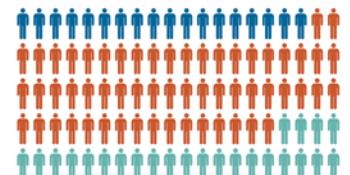
## Self-rated health (ages 15+)

4 rate health as poor  
10 rate health as fair  
29 rate health as good  
37 rate health as very good  
20 rate health as excellent



## Tobacco smoking (ages 14+)

13 smoke daily  
3 smoke weekly or less often  
24 are ex-smokers  
60 have never smoked



## Alcohol risk (ages 14+)

18 are risky drinkers  
60 are low-risk drinkers  
22 do not drink alcohol



## Physical activity (ages 18-64)

55 are sufficiently physically active  
30 are insufficiently active  
15 are inactive



## Fruit and vegetables (ages 18+)

5 eat the recommended servings  
95 do not eat the recommended servings



## Weight (ages 18+)

2 are underweight  
35 are normal weight  
35 are overweight  
28 are obese



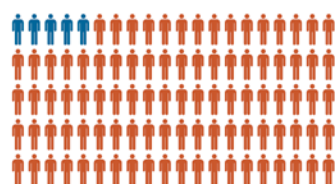
## Childhood immunisation (to 5 years of age)

93 are fully immunised  
7 are not fully immunised



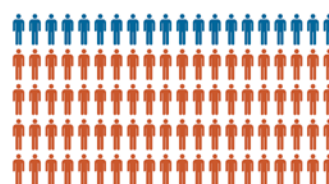
## Cancer

2 have been diagnosed with cancer in the past 5 years and are still alive  
98 have had no cancer diagnosis in the past 5 years



## Diabetes

5 self-report having diabetes  
95 do not have diabetes



## Mental illness (ages 16-85)

20 have had a mental disorder in the past 12 months  
80 have not had a mental disorder in the past 12 months



## Chronic diseases (selected)

27 have 1 chronic disease  
14 have 2 chronic diseases  
9 have 3 or more chronic diseases  
50 have no chronic disease

The data for this infographic refers to various years and has been obtained from a range of sources.  
For more information see *Australia's health 2016-in brief* report page 3