The Australian Obesity problem

By Hayden Clay
The worst of Australia's obesity problem is in the south-east of Queensland having 44.2% of the population being obese and 74.5% of the population are inactive.

Luckily for us the best of the obesity problem is in Sydney only having 13.7% of the people obese and 26.2% inactive.
Statistics against the world

These statistics were done on the 5/5/2004, but the information was recorded from 1995-2003.

“Guesstimate” of Country Rankings of the Prevalence of Childhood Overweight and Obesity
1995-2003

<table>
<thead>
<tr>
<th>Country</th>
<th>Prevalence</th>
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</thead>
<tbody>
<tr>
<td>England</td>
<td>30%</td>
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<tr>
<td>Canada</td>
<td>30%</td>
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<tr>
<td>USA</td>
<td>27%</td>
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<tr>
<td>Australia</td>
<td>25%</td>
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<tr>
<td>Netherlands</td>
<td>22%</td>
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<tr>
<td>Saudi Arabia</td>
<td>18%</td>
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<tr>
<td>France</td>
<td>18%</td>
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<tr>
<td>India</td>
<td>17%</td>
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<tr>
<td>South Africa</td>
<td>16%</td>
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<tr>
<td>Seychelles</td>
<td>16%</td>
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<tr>
<td>Czech Republic</td>
<td>16%</td>
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<tr>
<td>Brazil</td>
<td>14%</td>
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<tr>
<td>Russia</td>
<td>9%</td>
</tr>
<tr>
<td>Philippines</td>
<td>2%</td>
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</tbody>
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Excerpted from “Reported prevalence of child and adolescent overweight and obesity,” compiled by the International Association for the Study of Obesity and published in Obesity Reviews, 5, May 2004, suppl. 1.
How Does Obesity Affect Children

- One in four Australian children are overweight or obese.
How Can This Affect Communities

Being obese can affect peoples self-confidence. Self-confidence is a huge part of who someone is and if it is damaged it can change peoples life forever. Something as simple as going out in public becomes a huge problem. Getting a job (physical job e.g. a tradie) may become harder because of their physical state e.g. being able to move from place to place quickly and swiftly.

If more and more people become obese there will be a big problem with not having enough people to do the physical jobs. Companies will pay the people who are suitable to do the physical jobs a lot more that usual because there are not many people who are able to do it.
Money

The financial cost for an obese person can become huge. This would be because they will have to spend lots of money on health services because they will have the side effects of being obese.
What Government Is Trying To Do To Stop It

- The government is trying to educate people about things like what to and what not to eat and how to become healthy. They are also funding a lot of smaller organisations that promote healthy living to all ages.
What being obese can do to you

If you are obese, severely obese, or morbidly obese, you may have:

**Major health risks**
- Shorter Life Expectancy
- Compared to people of normal weight, obese people have a 50% to 100% increased risk of dying prematurely
- Obese people have more risk for:
  - Diabetes (type 2)
  - Joint problems (e.g., arthritis)
  - High blood pressure
  - Heart disease
  - Gallbladder problems
  - Certain types of cancer (breast, uterine, colon)
  - Digestive disorders (e.g., gastroesophageal reflux disease, or GORD)
What being obese can do to you

- Breathing difficulties (e.g., sleep apnea, asthma)
- Psychological problems such as depression
- Problems with fertility and pregnancy
- Urinary Incontinence

**Risks to psychological and social well-being**

- Negative self-image
- Social isolation
- Discrimination
What Being Obese Can Do To You

**Difficulties with day-to-day living**

- Normal tasks become harder when you are obese, as movement is more difficult
- You tend to tire more quickly and you find yourself short of breath
- Public transport seats, telephone booths, and cars may be too small for you
- You may find it difficult to maintain personal hygiene
The End