

How is it affecting Queenslanders? fact Sheet

The overweight and obesity epidemic is having a huge impact in Queensland. In 2000 a study was held which professionally measured Queensland men and women. The study found:

- 45 per cent of men aged over 25 were obese and another 21 per cent were overweight.
- 27 per cent of women aged over 25 were obese and another 24 per cent were overweight.

These results were similar to the rates of overweight and obesity of 67 per cent for men and 52 per cent for women in other locations throughout Australia who were measured at that time.

For Queensland, this means there are at least 650 000 adults who are obese and 25 000 children (aged 5-17) who are obese⁽²⁾.

The number of obese children is particularly worrying as type 2 diabetes was once considered an adult disease but it is now occurring in obese Queensland children as young as five years old. Around 8 000 young Queenslanders are now at risk of the complications of type 2 diabetes due to overweight and obesity. Around 10 per cent of overweight adolescents who have type 2 diabetes are likely to develop kidney failure in adulthood and require life-long dialysis treatment. Conservative estimates suggest that it will cost the Queensland health system more than \$35 million every year for kidney dialysis alone.

(2) This figure is estimated from state population numbers and obesity prevalence from the 1995 National Nutrition Survey (children and young people) and AusDiab 2000 (adults) and is likely to underestimate current numbers.