

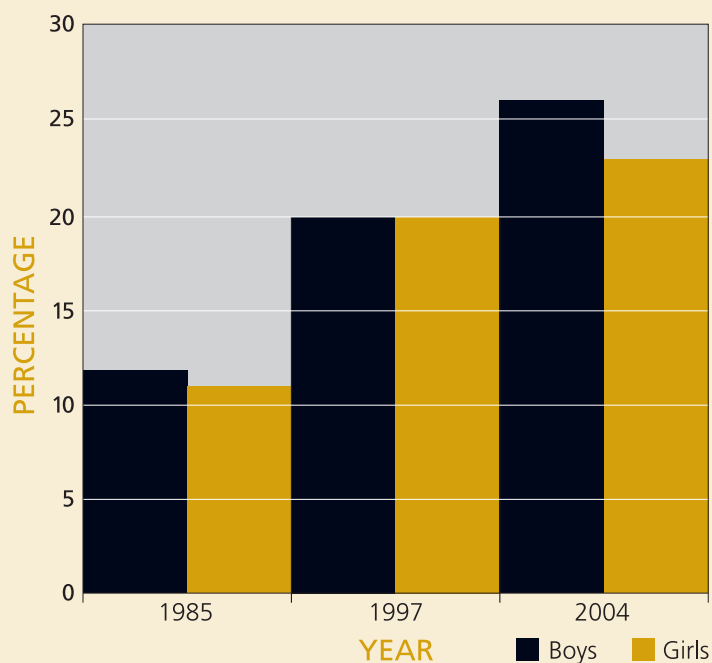


PUBLIC HEALTH PROBLEMS

PROBLEM ONE: OBESITY

- According to the International Obesity Task Force, Australia is the fourth fattest nation in the world¹
- Around 66% of men and 47% of women are overweight², with 3.24 million Australians medically classified as obese
- Recent surveys show that around one in four children are overweight/obese, with the rate of overweight more than doubling in the past 20 years³

PREVALENCE OF OVERWEIGHT AND OBESITY AMONG 7-15 YEAR OLDS



Source: NSW Schools Physical Activity and Nutrition Survey (2004)

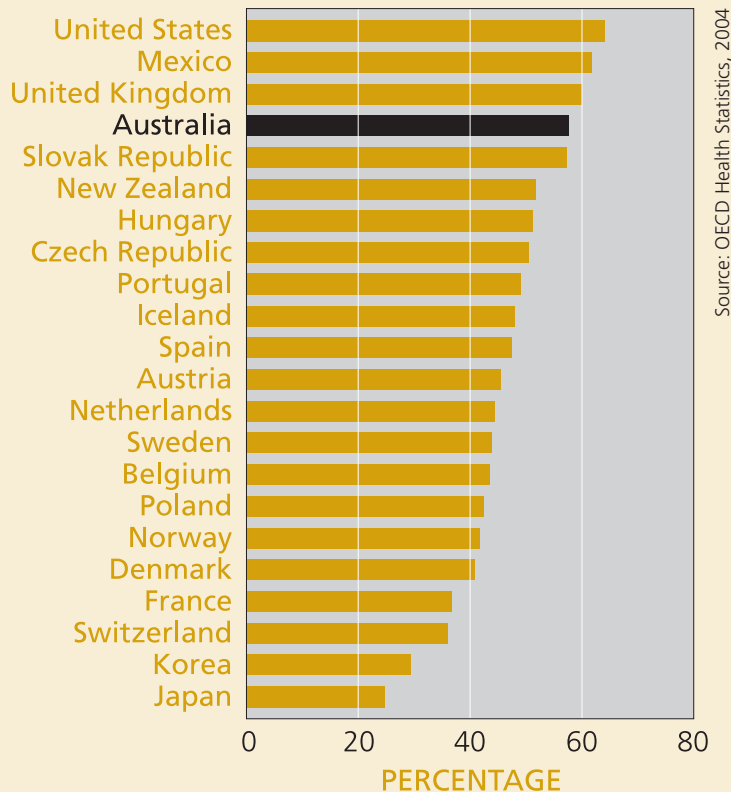
PROBLEM TWO: CARDIOVASCULAR DISEASE

- Cardiovascular disease (including heart disease) is the leading cause of death in Australia, accounting for 37.6% of all deaths in 2002³
- According to the Heart Foundation, 3.67 million Australians are affected by cardiovascular disease³

PROBLEM THREE: DIABETES

The 2005 Australian Diabetes, Obesity and Lifestyle Study reported that 275 people are being diagnosed with diabetes each day – that’s over 100,000 new diabetes cases a year⁴.

HOW FAT ARE WE?



THE CAUSES

Obesity, cardiovascular disease and diabetes are mainly caused by unhealthy lifestyle factors, including:

- An increased energy intake
- A reduction in physical activity
- An unhealthy balance of fat in the diet - one which is too heavily dominated by saturated fats (eg. animal fats, palm and coconut oils) and trans fats (eg. partially hydrogenated vegetable oils)



TRANS FATS – WHAT ARE THEY AND WHERE ARE THEY FOUND?

- Trans fats are a type of “bad” fat found in small amounts in animal fats (e.g. butter, lard, tallow) and in larger amounts in partially hydrogenated vegetable oils
- Trans fats raise blood cholesterol levels, which can increase the risk of heart disease
- For more information about Trans Fats, please visit www.gffoodservice.com.au

1 International Association for the Study of Obesity. www.iotf.org. Accessed Aug 2005

2 Australian Institute of Health and Welfare (AIHW): Dixon T and Waters AM 2006. A growing problem: trends and patterns in overweight and obesity among adults in Australia, 1980 to 2001. Bulletin No. 8. AIHW Cat. No. AUS 36. Canberra: AIHW.

3 Australian Institute of Health and Welfare (AIHW) 2004. Heart, stroke and vascular disease – Australians facts 2004. AIHW Cat. No. CVD 27. Canberra: AIHW and National Heart Foundation of Australia (cardiovascular Disease Series No. 22).

4 International Diabetes Institute 2005. Australian Diabetes, Obesity and Lifestyle Study (AusDiab). www.diabetes.com.au. Accessed Aug 2006.

Want further information? Contact our Food Services Advisory Centre 1800 025 066 or visit our website www.gffoodservice.com.au