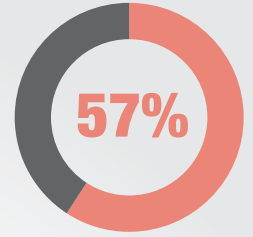


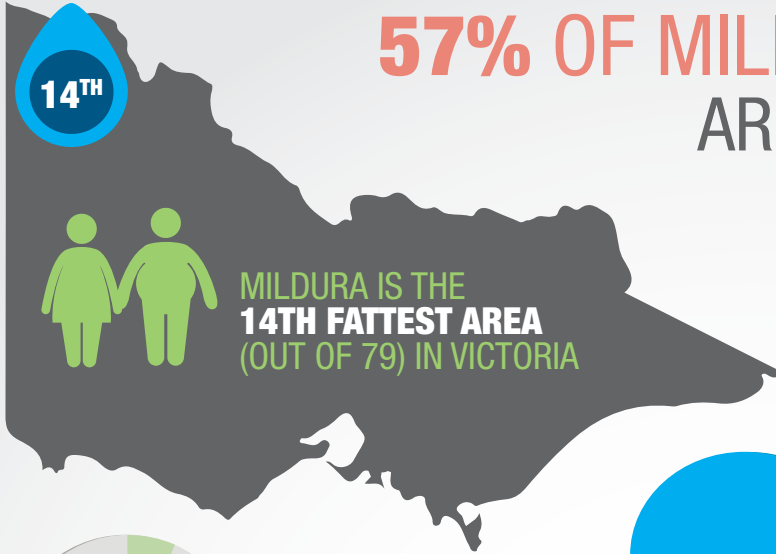
Obesity has overtaken smoking as the leading cause of premature death and illness in Australia and is now the single biggest threat to public health.

57% OF MILDURA ADULTS ARE OVERWEIGHT OR OBESE

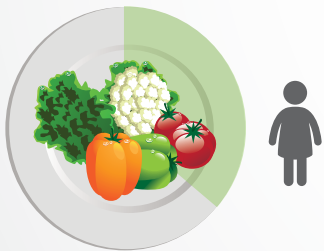


Being overweight or obese presents a risk to your health by increasing the likelihood of developing **diabetes, heart disease, high blood pressure** and other health conditions.

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LESS THAN 8% of adults in the Mildura area eat enough vegetables (5-6 serves per day recommended for a healthy diet)



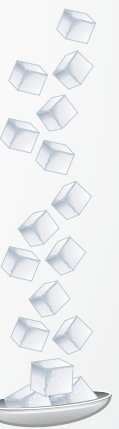
LESS THAN 36% of children in Mildura ages 4-12 years eat enough vegetables (Minimum recommended intake for younger children ranges from 2½ serves a day for 2-3 year olds to 5 serves a day for 11 year olds.)



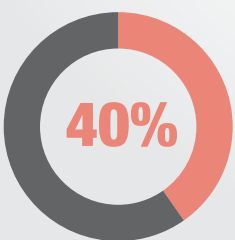
MILDURA IS RANKED 2ND IN THE STATE FOR SOFT DRINK CONSUMPTION



There are about **16 teaspoons** of sugar in a 600ml bottle of regular soft drink.



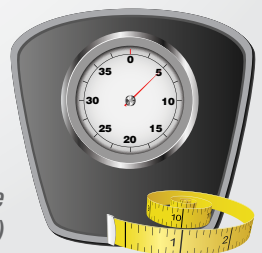
Consumption of sugar-sweetened beverages is associated with increased risk of weight gain in adults and children.



40% OF ADULTS IN MILDURA ARE NOT DOING ENOUGH EXERCISE



(30-60 min per day moderate intensity physical activity)



TO FIND OUT IF YOU ARE AN UNHEALTHY WEIGHT AND WHAT TO DO ABOUT IT, VISIT WWW.HEALTHYTOGETHERMILDURA.COM.AU



Mildura Rural City Council

