

AQRU
Australian Quality Patient Care Research Unit
 January 2004

"Healthier People"

AUSTRALIAN STATE HEALTH PLAN 3 year

PHYSICAL HEALTH / MENTAL HEALTH
Risk Factors and Health Related Quality of Life
 Total of State

THREE-YEARLY TARGETS

	STATE HEALTH DEPARTMENT AND STATE AREA HEALTH SERVICES				
	DEC 02	DEC 03	DEC 04	DEC 05	DEC 06
Overweight/obese males	53.9%				48%
Females	38.5%				34%
% Smokers	21.4%				18%
Males	23.9%				20%
Females	18.9%				16%
Alcohol Risk Drinking	34.4%				30%
Males	39.2%				35%
Females	29.7%				25%
Adequate Physical Activity	46.6%				50%
Recommended Vegetable Intake	16.2%				22%
Recommended Fruit Intake	45.3%				50%
PYLL (1-78)	331000				300000
Total Deaths	46384				46000
Standardised M:R	6.65				6.00
Physical Health (PH)* average score			50		52
Mental Health (MH)* Average score			52		55