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

Mildura is the 14th fattest area (out of 79) in Victoria

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.

Sources: Victorian Population Health Survey, 2008; Local Level Child Health and Wellbeing Survey, 2007; The Australian Dietary Guidelines 2013; Australian Institute of Health and Welfare

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.

Obesity: Are you a Statistic?

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.)

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

Healthy Together Mildura is improving the health of Victorians, supported by the Victorian Government and partners.