



Health risk factors in 2014–15

Web report | Last updated: **30 Nov 2017** | Author: **AIHW** |

Citation

AIHW

Australian Institute of Health and Welfare 2017. Health risk factors in 2014–15. Cat. no. HPF 13. Canberra: AIHW. Viewed 21 April 2020, <https://pp.aihw.gov.au/reports/risk-factors/health-risk-factors-in-2014-15>

This release provides information from 2014–15 on a selection of health risk factors including risky alcohol consumption, insufficient physical activity and high blood pressure. Information is presented by Primary Health Network (PHN) areas across Australia.

Supplementary data tables and interactive data visualisations were updated in June 2018 to include age-standardised rates for comparative purposes.

This report was first published on the MyHealthyCommunities website.

Cat. no: HPF 13

Last updated 14/12/2018 v22.0

© Australian Institute of Health and Welfare 2020 



Summary

Health risk factors are attributes, characteristics or exposures that increase the likelihood of a person developing a disease or health disorder. Examples of health risk factors include risky alcohol consumption, physical inactivity and high blood pressure. High-quality information on health risk factors is important in providing an evidence base to inform health policy, program and service delivery.

New information on lifetime risky alcohol consumption, high blood pressure and insufficient physical activity are presented in the Fact Sheets below. These fact sheets display variation in health risk factors across Primary Health Network (PHN) areas.

In 2014–15:

- Around 1 in 6 Australian adults (17%) reported lifetime risky alcohol consumption
- Over half of Australian adults (56%) reported insufficient physical activity participation
- Almost 1 in 3 Australian adults (34%) had high blood pressure.

- [Lifetime risky alcohol consumption Fact Sheet](#) (PDF, 184 KB)
- [Insufficient physical activity Fact Sheet](#) (PDF, 186.1 KB)
- [Uncontrolled high blood pressure Fact Sheet](#) (PDF, 209.2 KB)

This update is accompanied by an [interactive web tool](#) that shows how your local area compares with the national average and allows comparison between each area.

Last updated 14/12/2018 v9.0

© Australian Institute of Health and Welfare 2020 



Australian Government
Australian Institute of
Health and Welfare

Technical note

[Technical note: Health risk factors in 2014-15](#)

[Download Technical note: Health risk factors in 2014-15. Format: PDF 287Kb](#) PDF 287Kb

Last updated 14/12/2018 v3.0

© Australian Institute of Health and Welfare 2020 



Notes

This report was first published on the MyHealthyCommunities website.

For a full list of AIHW products that include data and results by small areas (for example, by Primary Health Network areas) see [AIHW data by geography](#).

Note: Supplementary data tables and interactive data visualisations were updated in June 2018 to include age-standardised rates for comparative purposes.

Last updated 14/12/2018 v3.0

© Australian Institute of Health and Welfare 2020 



Data

Note: Supplementary data tables and interactive data visualisations were updated in June 2018 to include age-standardised rates for comparative purposes.

[Data tables: Health risk factors in 2014-15](#)

[Download Data tables: Health risk factors in 2014-15. Format: XLSX 152Kb](#) XLSX 152Kb

[Healthy community indicators: Risk factors](#)

Explore the data to get the latest health information for your Primary Health Network (PHN) area.

[View](#)

Last updated 14/12/2018 v3.0

© Australian Institute of Health and Welfare 2020 

Related material

Resources

[Fact sheet: Uncontrolled high blood pressure](#)

In a 2014-15 survey: 1 in 3 Australian adults had high blood pressure; 1 in 4 had uncontrolled high blood pressure, and more adults from regional areas had high blood pressure than their metropolitan peers. Lists high blood pressure data across metropolitan and regional areas.

[Download Fact sheet: Uncontrolled high blood pressure. Format: PDF 267Kb](#) PDF 267Kb

[Fact sheet: Lifetime risky alcohol consumption](#)

In a 2014-15 survey: 1 in 6 Australian adults had lifetime risky alcohol consumption, and more adults from regional areas had higher lifetime risky alcohol consumption than their metropolitan peers. Lists data across metropolitan and regional areas.

[Download Fact sheet: Lifetime risky alcohol consumption . Format: PDF 242Kb](#) PDF 242Kb

[Fact sheet: Insufficient physical activity](#)

In a 2014-15 survey: 56% of Australian adults did not meet their recommended level of physical activity, and more adults from regional areas did not meet the recommended level of physical activity than their metropolitan peers. Lists insufficient levels of physical activity across metropolitan and regional areas.

[Download Fact sheet: Insufficient physical activity. Format: PDF 244Kb](#) PDF 244Kb

[Data visualisation: Healthy community indicators by risk factors](#)

Explore the data to get the latest health information for your Primary Health Network (PHN) area by alcohol consumption, weight, smoking, physical inactivity and high blood pressure.

[View](#)

Latest related reports

- [Child and maternal health in 2014–2016](#) | 25 Oct 2018
- [Patients' out-of-pocket spending on Medicare services 2016–17](#) | 16 Aug 2018
- [Patient experiences in Australia in 2016–17](#) | 16 Aug 2018
- [Coordination of health care – experiences with GP care among patients aged 45 and over 2016](#) | 26 Jul 2018
- [Life expectancy and potentially avoidable deaths in 2014–2016](#) | 19 Jul 2018
- [Overweight and obesity rates across Australia 2014–15](#) | 07 Jun 2018
- [Medicare Benefits Schedule GP and specialist attendances and expenditure in 2016–17](#) | 07 Jun 2018
- [Child and maternal health in 2013–2015](#) | 19 Apr 2018
- [Participation in national cancer screening programs in 2015–2016](#) | 19 Apr 2018
- [Incidence of selected cancers in 2009–2013](#) | 19 Apr 2018

Related topics

- [Risk factors](#)
 - [Primary health care](#)
 - [Alcohol](#)
 - [Physical activity](#)
 - [Smoking](#)
 - [Health care quality & performance](#)
-

Last updated 14/12/2018 v1.0

© Australian Institute of Health and Welfare 2020 