








Lifestyle Risk factors trend - MLHD

NSW Health Survey	Year	MLHD %	NSW %	compared to NSW	MLHD 5 year trend
Risk Alcohol Drinking (adult)	2022	35.6	32.4	Not Sig	
Adequate Fruit consumption (child)	2020 2021	66.9	62.6	Not Sig	
Adequate Vegetable consumption (child)	2020 2021	7.5	5.4	Not Sig	
Adequate Fruit consumption (adult)	2022	37.5	37.7	Not Sig	
Adequate Vegetable consumption (adult)	2022	5.0	4.4	Not Sig	
Insufficient physical activity (adult)	2022	47.5	39.4	High	
Sedentary behaviour (child)	2021-2022	55.1	58.8	Not Sig	



Alcohol: To assist monitoring long-term risk of harm, as defined by Guideline 1 of the 2009 National Health And Medical Research Council Guidelines, this indicator provides information on the proportion of adults who consume more than 2 standard drinks on a day when they consume alcohol.

Adequate physical activity: the indicator includes children who achieve adequate physical activity. It is defined as 1 hour or more of vigorous or moderate physical activity outside of school hours each day. Sedentary behaviour: the indicator includes children who spent more than 2 hours per day on sedentary leisure activities.

The indicator includes those whose level of physical activity was insufficient, sufficient or who did not undertake any moderate physical activity in a typical week. The national guidelines apply different criteria for different age groups. The guidelines relating to physical activity and sedentary behaviour were updated in 2014 and the new definition has been applied to the entire time series shown.

For fruit, the indicator includes those who consumed 2 or more serves a day (both males and females aged 9 years and over). For children, the recommended intake of fruit is at least 1 serve each day for children aged 2-3 years and 1.5 serves each day for children aged 5-8 years.

For vegetables, the indicator includes those males aged 16-18 years who consumed at least 5.5 serves of vegetables a day; males aged 19-50 years who consumed at least 6 or more serves a day; males aged 51-70 who consumed at least 5.5 serves per day; and males aged over 70 and all females aged 16 years and over who consumed at least 5 serves per day.

Notes:

Adults are defined as persons aged 16 years and over in the NSW Population Health Survey.

The indicators show self-reported data collected through Computer Assisted Telephone Interviewing (CATI) except smoking pregnancy from NSW Perinatal Data Collection.

Estimates were weighted to adjust for differences in the probability of selection among respondents and were benchmarked to the estimated residential population using the latest available Australian Bureau of Statistics mid-year population estimates

Compared to NSW- is based on statistical significance at 95% confidence.

Source: NSW Population Health Survey (SAPHaRI). Centre for Epidemiology and Evidence, NSW Ministry of Health accessed from www.healthstats.nsw.gov.au 17/10/2023