

Data Sheet 108 (DS 108)

Obese Persons

What are we monitoring?

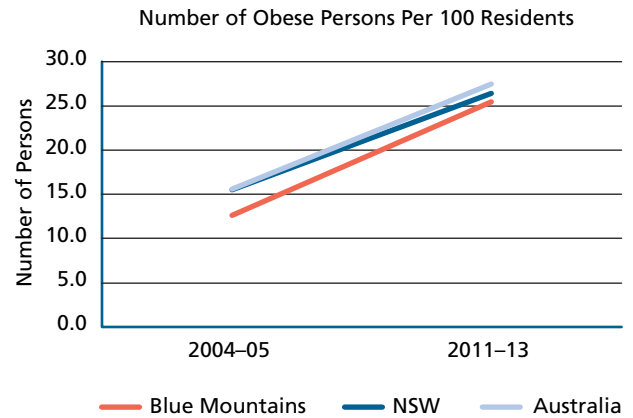
The number of obese persons in the Blue Mountains compared to NSW and Australia.

What is the trend?

There are insufficient data points to establish a trend, but there was a negative change between 2004–2005 and 2011–2013 when the number of obese people in the Blue Mountains increased from 7,818 to 13,757. The change in the proportion of obese persons was in line with change in NSW and Australia.

Why is monitoring this trend important?

The number of obese persons is a good indicator of actual health problems. High levels of obesity indicate residents that are more like to have chronic health problems.



Number of Obese Persons

Year	2004–2005		2011–2013	
	Number	%	Number	%
Blue Mountains	7,818	12.6	13,757	25.4
New South Wales	836,324	15.5	1,264,360	26.4
Australia	2,502,908	15.6	3,947,535	27.5

Source: Social Health Atlas of Australian Local Government Areas
Public Health Information Development Unit (PHIDU),
Adelaide University Australia 2004–2005, 2011–2013