



Health risk factors in 2014-15

Web report | Last updated: 30 Nov 2017 | Topic: [Risk factors](#)

About

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

- [Fact sheets](#)
- [Data](#)

Findings from this report:

- 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



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.



Technical note

© Australian Institute of Health and Welfare 2023





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](#).

Amendments

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



Data

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



Related material

Resources

Latest related reports

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

Related topics

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