













# Where you live and your health

Extracted from *Australia's health 2016: in brief*

Australians living outside major cities tend to have higher rates of disease and injury than people in major cities.

In 2013, around **29%** of the Australian population lived in regional and remote areas:

- 18% in *Inner regional* areas
- 8.9% in *Outer regional* areas
- 1.4% in *Remote* areas
- 0.9% in *Very remote* areas.

	 Arthritis	 Diabetes	 Cardiovascular Disease	 Mental health conditions	 Current daily smoker	 No/low levels of exercise	 Lifetime risky drinking
 Major cities	14%	4.7%	4.7%	17%	13%	64%	16%
 Inner regional	20%	6.0%	6.7%	19%	17%	70%	18%
 Outer regional/ Remote	18%	6.7%	5.8%	19%	21%	72%	23%

For more information see *Australia's health 2016-in brief* report page 32