

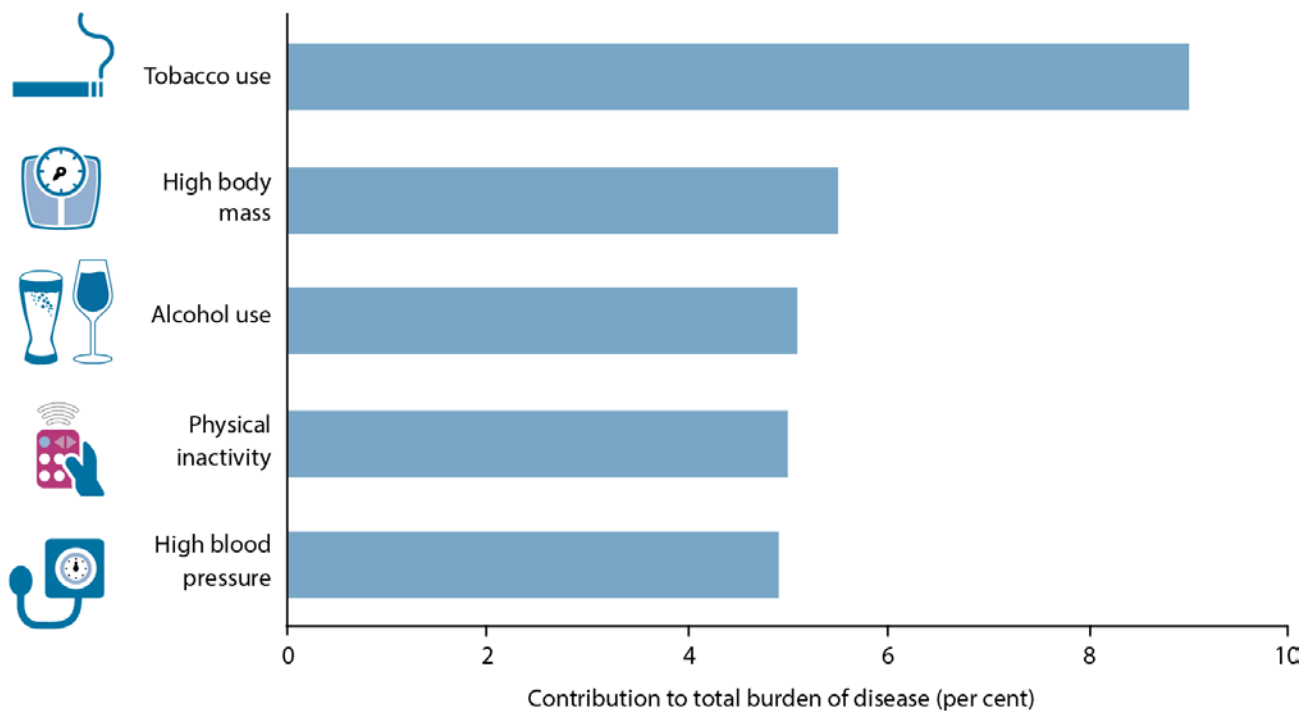


# Risk factors and ill health

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

Factors that influence the chance of ill health, disability, disease or death are known as 'risk factors'. Some risk factors are classified as 'modifiable' because they can be eliminated or reduced through behavioural or environmental changes.

In 2011, 31% of the burden of disease experienced by the Australian population could have been prevented by reducing modifiable risk factors such as tobacco use, high body mass, alcohol use, physical inactivity and high blood pressure.



## Proportion of total burden attributable to the five risk factors causing the most burden, Australia, 2011

For more information see *Australia's health 2016-in brief* report page 19