



Health survey shows one in five Queensland kids are overweight(图)

<http://www.firstlight.cn> 2007-07-13

13 July 2007, A survey carried out by the Children's Nutrition Research Centre and School of Human Movement Studies at The University of Queensland has found more than one in five Queensland children are overweight or obese.

The Healthy Kids Queensland Nutrition and Physical Activity Survey was conducted for Queensland Health and measures the nutrition, physical activity and weight among school-aged children in 2006.

Queensland Health Minister, Stephen Robertson, released details of the study this week. He said the survey was the first state-wide study of child nutrition in Queensland since a national survey in 1995.

"The survey shows that Queensland - like the rest of Australia - is experiencing an epidemic of unhealthy weight and obesity among children," he said.

"Overall, 21% of Queensland children aged 5 - 17 years are overweight or obese; including 19.5% of boys and 22.7% of girls.

"However, generally obesity rates in Queensland children were about 3% lower than in kids in New South Wales and Western Australia where comparable surveys have been done."

Mr Robertson said he was concerned by the rates of obesity in children and the impact on their future health.

"We know that excess weight is now the main cause of preventable chronic disease in Queensland," he said.

"Overweight and obesity contributes to the development of type 2 diabetes, heart disease, kidney disease, stroke, arthritis and some mental health problems."

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