

Australia's Healthy Weight Week

AHWW is about inspiring Australian adults to make simple changes towards smart eating, starting with:



Cooking at home



Choosing the right portions

Accredited
Practising
Dietitian

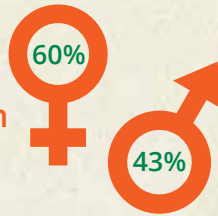


Getting the right advice and support



Half of Australian adults are unhappy with their current weight

60% of women and 43% of men want to lose weight



Just over one in ten (14%) Australian adults eat take-away or eat out for dinner three or more days a week

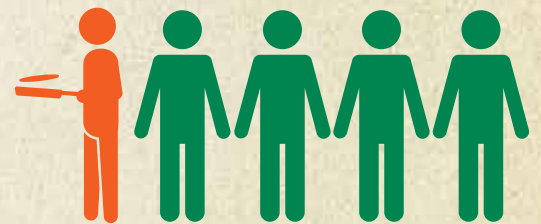


34% of adults want to eat more vegetables

Men eat take-away or go out for dinner more than women



1 in 5 want to cook at home more



1 in 4 want to reduce portion sizes



38% of adults want to adopt healthier eating habits

18-34 years olds eat take-away or go out for dinner more than other Australians



Omnipoll survey (October 2015) of 1,230 Australians aged 18-64 years, commissioned by the Dietitians Association of Australia.



91% of men say they like cooking



24% of men cook at home no more than twice each week



63% of adults in Australia are overweight or obese



Only 6.8% of Australians eat enough vegetables

Only half of Australians eat enough fruit



Online survey by the Dietitians Association of Australia of 811 Australian men (October 2015).

Australian Bureau of Statistics; Adults aged two years and over.