

# 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

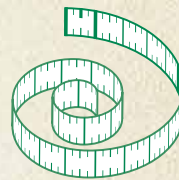
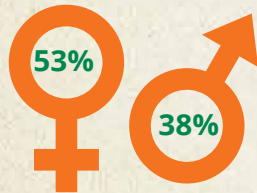


Getting the right advice and support



Half of Australian adults are unhappy with their current weight

46% of Australians have tried to lose weight in the last 12 months



Of those trying to lose weight, 20% referred to the Australian Dietary Guidelines

43% of Australian adults eat take-away or eat dinner out on three or more days a week



1 in 4 want to reduce portion sizes



36% of adults want to eat more vegetables

1 in 5 want to cook at home more



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



Reference: Ompoll survey (September 2016) of 1,033 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



Only 6.8% of Australians eat enough vegetables

Only half of Australians eat enough fruit



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

Reference: Australian Bureau of Statistics; Adults aged two years and over