



Risk factors

Extracted from *Australia's health 2012*
Pages 116–119

Risk factors have a major impact on the burden of disease.

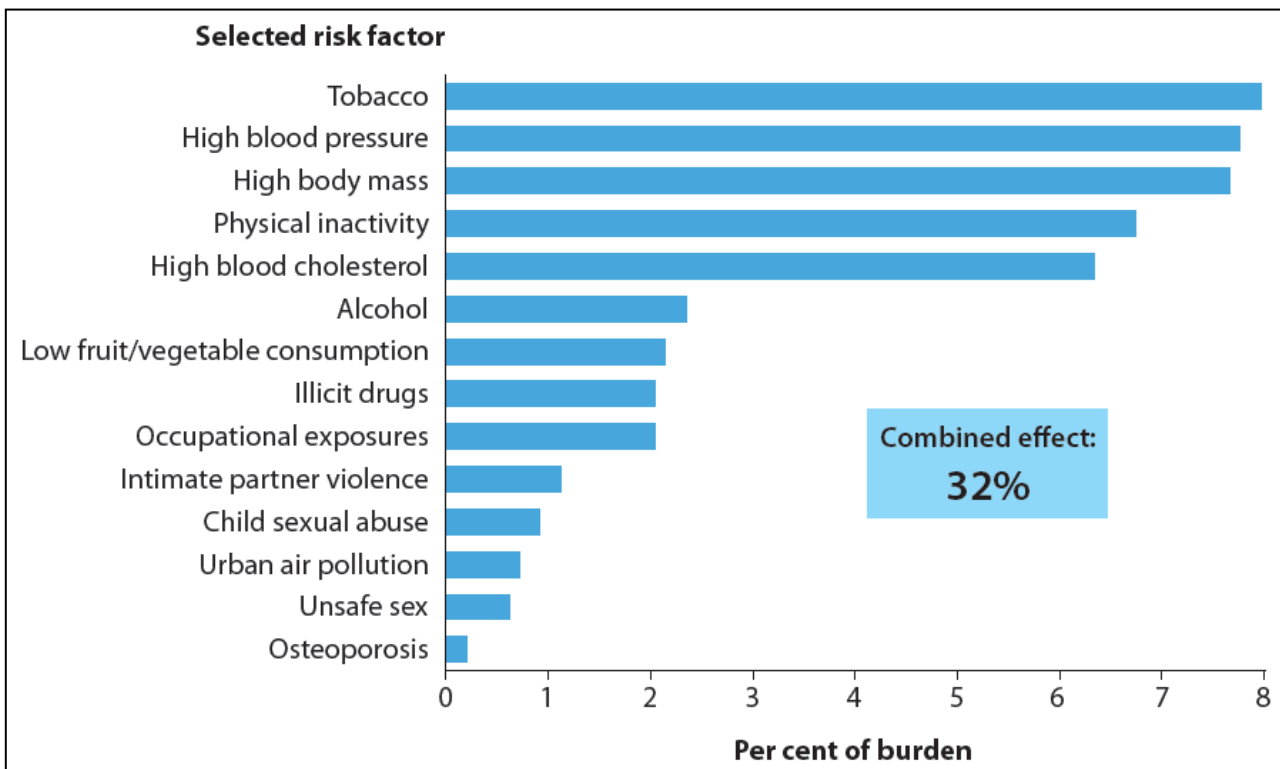
The 14 risk factors examined are largely preventable or treatable.

Out of 14 risk factors examined, tobacco smoking, high blood pressure and high body mass accounted for the greatest disease burden. The next leading group of risk factors are physical inactivity and high blood cholesterol.

A World Health Organization global burden of disease 2009 analysis, found the same top four risk factors for high-income countries as Australia—tobacco smoking, high blood pressure, overweight and obesity, and physical inactivity.

The combined effect of the 14 risk factors or burden of disease is estimated to be about 32%, indicating that the total disease burden could be reduced by about one-third if these risk factors could be eliminated.

Burden attributed to 14 selected risk factors, 2003



Source: AIHW Burden of Disease Database