

The Everyday Health Survey provides a snapshot of our diet and lifestyle habits. Together we can take positive action to help all Queenslanders live healthier and happier lives and reduce their risk of cancer.

How many of us understand the dietary guidelines?

Most people know they should eat two serves of fruit and five serves of veggies every day...but most people don't know what makes up one serve of vegetables.

Veggies

1 serve = 75 grams
½ cup of cooked vegetables or
1 cup of leafy salad vegetables.



Fruit

1 serve = 150 grams of fresh fruit
1 medium apple, banana, orange or pear;
2 small apricots, kiwi fruits or plums; 1 cup
diced or canned fruit (with no added sugar).

... **94%**
of people do not know
the recommended
daily sodium intake
is 1600 milligrams.

 **63%**
of people do
not know the
weekly limit of cooked lean
red meat is 455 grams.

 **70%**
of people do
not know that
they should eat 25-30
grams of fibre every day.

60%
of people do not know
the recommended
daily adult energy
intake is 8700kjs.

What are our unhealthy habits?



1 in 3
people eat in front of a
screen each day.

Time & money
are our greatest barriers to eating
healthy food.



1 in 4
people find it hard to control their
weight when they are stressed,
anxious, sad, or fatigued.

90%
of people are highly concerned about
junk food marketing to children.

At the community level, how can we help people stay healthy?

“Get rid of junk food vending machines.”

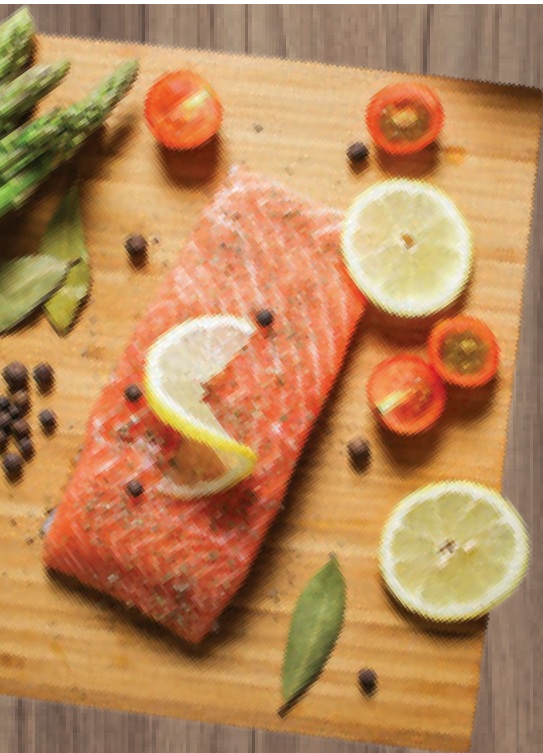
“Educate the community about healthy eating.”

“Improve ‘at a glance’ food labelling.”

“Encourage community gardens and teach children to cook healthy food.”

“Higher taxes on junk food and drinks.”





What are our healthy habits?

"I enjoy cooking healthy meals."

"I put in the effort to eat healthy food because it is important to me."

"Even on a limited budget I always find healthy food is within reach."

"I eat a healthy diet, with occasional treats."



People find recipes, practical tips, and evidence helpful to stay healthy.



Most people feel less stressed when they exercise.



Most people read nutritional information panels.

People access information about healthy eating in multiple ways, both online and in person through social networks.



80% of people look for healthy choices when buying groceries.



80% of people check the sugar, sodium and fat levels on products.



60% of people plan their meals.

What would help you make healthier choices when grocery shopping?

"Cheaper prices for healthier options."

"Better labelling, improved knowledge."

"Better education on healthy choices."

"Greater promotion of healthy foods."

"Improved health labelling on shelves."

"Reduce the salt and sugar contents in packaged foods."

"Exercise equivalent labelling."

