What are the state and national goals?

**Toward Q2:** To cut by one third obesity, smoking, heavy drinking and unsafe sun exposure.\(^1\)

**COAG – National Partnership Agreement on Preventive Health:** this agreement reforms Australia’s efforts in preventing the lifestyle risks that cause chronic disease.\(^2\)

### Daily smoking

Based on the current downward trend in percentage of adult Queenslanders who report smoking daily
- Toward Q2 goal (2020) – on target to be achieved in 2015
- COAG goals (noting all measurement is based on the National Drug Strategy Household Survey)
  - 2011 - to reduce smoking in Queensland to 2.0 percentage points lower than national baseline i.e. 15.5%
  - 2013 - to reduce smoking in Queensland to 3.5 percentage points lower than national baseline i.e. 14.0%

### Overweight and obesity

Based on the current upward trend in percentage of adult Queenslanders who self reported overweight and obesity
- Toward Q2 goal (2020) – not on target
- COAG goals for adults
  - 2013 – to limit the increase in rate of adult overweight and obesity to not more than 5% increase from baseline, i.e. not greater than 57.4%
  - 2015 – to return the rate of adult overweight and obesity to baseline, i.e. 54.7%

### Physical activity

Based on the current upward trend in percentage of adult Queenslanders who report sufficient physical activity for health benefit
- Toward Q2 goal (2020) – on target to be achieved in 2016
- COAG goals for adults
  - 2013 – to increase proportion of adults achieving recommended physical activity by 5% from baseline, i.e. to 58.3%
  - 2015 – to increase proportion of adults achieving recommended physical activity by 15% from baseline, i.e. to 64.5%
Based on the current upward trend in percentage of adult Queenslanders who report recommended daily fruit consumption

- Toward Q2 goal (2020) – not on target to be achieved
- COAG goals for adults (based on mean daily serves of fruit)
  - 2013 – to increase mean daily serves of fruit by 0.2 serves from baseline, i.e. to 2.0 serves
  - 2015 – to increase mean daily serves of fruit by 0.6 serves from baseline, i.e. to 2.4 serves

Based on the current downward trend in percentage of adult Queenslanders who report recommended daily vegetable consumption (noting unreliability in estimation)

- Toward Q2 goal (2020) – not on target to be achieved
- COAG goals for adults (based on mean daily serves of vegetables)
  - 2013 – to increase mean daily serves of vegetables by 0.5 serves from baseline, i.e. to 3.0 serves
  - 2015 – to increase mean daily serves of vegetable by 1.5 serves from baseline, i.e. to 4.0 serves

Based on the current trend in percentage of adult Queenslanders who report sunburn on previous weekend in summer

- Toward Q2 goal (2020) – on target – achieved in 2009
- Sun safety is not a COAG indicator

Note: The small number of data points for this indicator limits the reliability of the current trend. The reliability of this indicator is also limited by the impact of variability in year-to-year weather patterns.

Methods:
Baseline measures, ongoing surveillance and data sources are described in other documents. Annual surveillance reports on preventative health indicators for Queensland and regional areas are available from the Queensland Health website. Statistical methods, data collection and analysis for preventative health indicators have been previously described.

References:

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