



Veggies on the nose

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medical reporter

VICTORIANS are shunning vegetables, filling up on processed food and overdosing on salt, a snapshot of our health reveals.

Health experts say the state's largest-ever study of its kind has revealed a "grim and alarming" insight into our wellbeing.

The Health Monitor Report, which will be released today by Health Minister David Davis, reveals 929,000 Victorians are obese.

The report, which included more than 3600 Victorians, is the first to analyse health since 1995. It found:

VEGIE consumption has dropped by almost 20 per cent since 1995.

PROCESSED foods account for up to 75 per cent of food sales.

VICTORIANS are consuming 8g of salt a day, three times the recommended intake.

MORE than 60 per cent of males and 42 per cent of females aged 35-44 years have abnormal cholesterol levels.

ONE in four people has high blood pressure.

TWO out of five people are vitamin D deficient.

On a positive note, Victorians are eating more fruit, and seafood consumption has increased 75 per cent since 1995.

The Obesity Policy Coalition's Jane Martin said our reliance on processed food was indica-

tive of our lifestyle where it was easier, cheaper and faster to get a pie than a salad.

"There are a high prevalence of people who are overweight and obese," she said.

Ms Martin said policy makers needed to help people make better choices with food.

"We need to see better labelling on food, controls on advertising and marketing to children, and kilojoule labelling on menus," she said.

Heart Foundation Victoria CEO Kellie-Ann Jolly said it was shocking that one in three Victorians aged 18-34 years had unhealthy cholesterol levels.



Chew on it: Taylor, 4, and Maxwell Roberts, 8, enjoy a healthy snack.