

Supporting evidence and data

Health and wellbeing play an important role in informing health policies, prioritising improvement and monitoring progress. The below table outlines Mandurah's Health Profile data for both behavioural and biomedical risk factors.

| Behavioural risk factors | Prevalence (%) Mandurah health profile | Prevalence (%) WA average | Comparison to WA |
|---|---|------------------------------|------------------|
| Drinks sugar-sweetened beverages > twice a week | 20.1 | 16.8 | ▲ |
| Eats fast food more than twice a week | 6.3 | 6.0 | ▲ |
| Eats the recommended serves of fruit daily | 31.5 | 33.4 | ▼ |
| Eats the recommended serves of vegetables daily | 3.2 | 4.7 | ▼ |
| Insufficient weekly physical activity * | 38.9 | 39.1 | ▼ |
| More than recommended screen-based sedentary time | 42.5 | 37.4 | ▲ |
| Obese | 41.7 | 37.3 | ▲ |
| Overweight | 36.2 | 37.4 | ▼ |
| Current rate of smoking * | 14.5 | 13.5 | ▲ |
| Current rate of vaping * | 8.5 | 7.9 | ▲ |
| High risk alcohol use for long-term harm | 33.0 | 29.1 | ▲ |
| High risk alcohol use for short-term harm | 12.6 | 11.9 | ▲ |

All indicators: 2024, WA Health and Wellbeing Surveillance System, Epidemiology Directorate, Department of Health WA.

Note. All indicators relate to persons aged 16 and over. * = persons ages 18 and over.

● Worse than the WA average
● Better than the WA average