

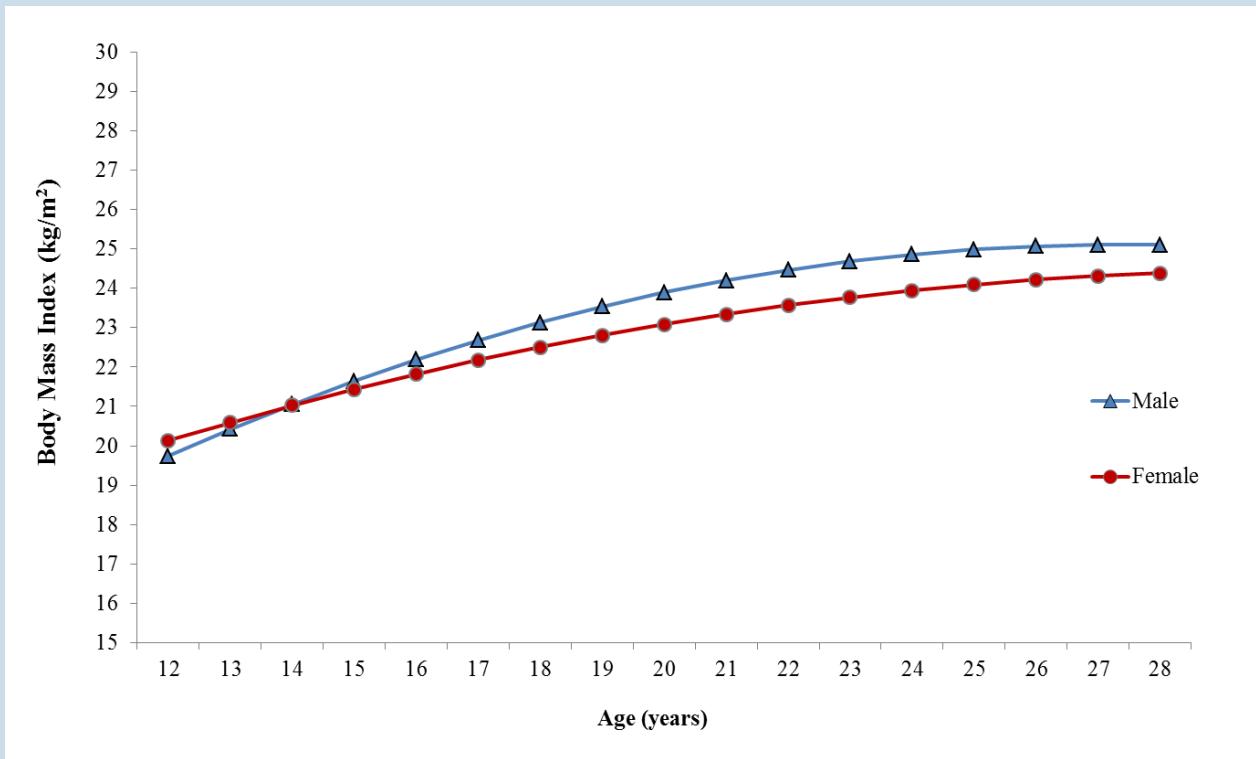
INCREASING BODY MASS INDEX

BASED ON MEASURED WT AND HT IN 2013

ONE IN THREE

17% overweight ($25\text{kg}/\text{m}^2$ to $30\text{kg}/\text{m}^2$)

10% obese ($>30\text{ kg}/\text{m}^2$)



HYPERTENSION (SITTING B/P IN 2013)

ONE IN FIVE

18% of young adults have Stage 1 Hypertension (140/90).

4% have Stage 2 Hypertension (160/100)

Young adults with hypertension are 3 times more likely to be male

PHYSICAL & MENTAL HEALTH SYMPTOMS

...had symptoms every week or more.

